

Week #1 Modified Ketogenic Diet

The goal for week #1 is to induce a state of moderate ketosis by consuming only protein. The body gets its energy from a universal process called the Krebs Cycle. This is the name for the chemical reaction in all living cells that utilize oxygen where glucose (sugar) is broken down into energy units called ATP. When the body is deprived of sugars it will convert carbohydrates into sugar. When neither sugar nor carbohydrates are available then the body will convert fat into useable energy. As the state of ketosis is obtained, your body will use its fat stores to substitute for sugar in the Krebs Cycle. Approximately 500 – 700 calories a day are permitted in this first week.

Protein Servings: A maximum of ten 1-oz portions of lean protein are permitted per day. These should be divided into a minimum of three separate servings. If all 10 portions of protein are consumed, this will provide approximately 50 grams of protein and 500 calories per day. The following 1-oz portions of each group are suggested for a total of ten portions per day.

Beef: sirloin, tenderloin, roast trimmed of fat

Pork: Canadian bacon, tenderloin

Lamb: roast, chop

Veal: roast, chop

Poultry: chicken or turkey (white meat & skinless)

Fish: cod, flounder, haddock, halibut, trout, tuna, grouper, tilapia, salmon

Shellfish: crab, lobster, scallops, shrimp (3 oz = 1 ½ portions)

Egg: 1 hard boiled = 1 ½ portions

Dairy: ½ cup 1% cottage cheese or one piece fat free cheese or ½ cup non fat yogurt

Beans: ½ cup

Processed Meats: ham, chicken, turkey with 3 grams or less of fat per serving

Protein bars: Check how many grams of protein per bar.

At the beginning of this diet it may be useful to depend on canned meats or fish for accurate caloric or portion measurements. A 5 oz can of white chicken has 140 calories; so, ½ can has approximately 70 calories, 7 grams of protein and is considered one and ¼ portions for the purpose of this program. A 3 oz can of chunk light tuna (in water) has 80 calories, 18 grams of protein and is also considered one and ¼ portions.

Week #2 – to the end of this program

In this stage, up to 4 servings of carbohydrates from the following fruit and vegetable list below can be added per day to the protein diet. Your protein to carbohydrate ratio will now be approximately 70%:30%.

Vegetables: One serving of the following vegetables is equal to 1 cup of raw or ½ cup cooked. Beans and Lentils are restricted to 1/3 cup uncooked per day and bulgar restricted to 1/4 cup uncooked prewashed per day.

Artichokes	Carrots	Leeks
Radish		
Asparagus	Cauliflower	Lentils
Sauerkraut		
Black Beans	Celery	Lettuce
Soy Beans		
Broccoli	Collard Greens	Mushrooms
Spinach		
Brussel Sprouts	Cucumbers	Okra
Squash		
Bulgar	Eggplant	Onions
Cabbage	Kidney Beans	Peppers

Fruits:

Apples	Grapefruit	Peaches
Apricots	Grapes	Pears
Avocados	Mangoes	Plums
Bananas	Nectarines	Strawberries
Cherries	Oranges	

Approximating fruit portions is problematic at best. How big is a “small” strawberry? Is it a California strawberry or a Florida strawberry? We are realistic as to this difficulty and subscribe to the “triangle” method of measurement. Take your thumb and index finger of both hands and form an equilateral triangle flat on a table. Any quantity of fruit that fits within that triangle (including height) is considered “one portion”.

Do's

Salad Dressings:

- One teaspoon of olive oil is permitted
- Use only fat free dressings and then use a spritzer to spray it on your salad.

Beverages:

- Calorie free flavored waters, Decaf coffee and teas, Decaf diet sodas are permitted. Any calorie free-caffeine free diet drink

Free Selections: eat any time after week #1

- Cucumbers, Diet Gelatins, Dill (not sweet) pickles
- Fat Free broths, Lettuce, Artificial Sweeteners, Celery, Condiments such as ketchup and mustard
- Spices
- Fat free broths

Don'ts

- Balsamic Vinegars are not permitted because of their high sugar content.
- No white carbs:
ie: rice, pasta, potatoes, breads
- No Alcohol
- No white carbohydrates
- Milk, juices or creamers
- No beets, corn, lima beans, yams or other starchy vegetables

Limit dairy products to:

Non-fat yogurts
skim milk

Alternatives

- Eat sashimi instead of sushi.
- When dining out order chicken Cesar salad **NO** dressing, **NO** cheese and **NO** croutons.
- *USE CHOPSTICKS INSTEAD OF A FORK.*

Why use chopsticks instead of a fork?

dieter will tend to pick up smaller pieces at a time, scooping less
food = consuming less food
dieter will tend to eat slower