### Plant-Centric Ketogenic Diet

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# PLANT-CENTRIC KETOGENIC

DET

#### DAIRY ALTERNATIVES MILKS, YOGURTS, & CHEESES CAN BE MADE FROM:

## ALMONDS COCONUT • CASHEWS

### HEALTHY FATS

OCONUT – OIL, CREAM, BUTTER, MEAT AVOCADO – OIL, FRUIT EXTRA-VIRGIN OLIVE OIL • NUT/SEED OILS – MACADAMIA NUT, WALNUT, PUMPKIN SEED

### NUTS/NUT BUTTERS

**MACADAMIA NUTS** • WALNUTS **BRAZIL NUTS** • HAZELNUTS • PECANS

### LOW-CARB VEGETABLES

BROCCOLI ZUCCHINI CAULIFLOWER BOK CHOY ASPARAGUS BRUSSELS SPROUTS LEAFY GREENS (SPINACH, KALE, ARUGULA, ROMAINE, ETC.)

## PROTEIN

• NUTS/NUT BUTTERS • HEMP SEEDS • PLANT-BASED PROTEIN • POWDERS TEMPEH

### FOODS TO AVOID

LEGUMES
STARCHY/ROOT VEGETABLES
MOST FRUIT
GRAINS

### **TIPS AND TRICKS**

USE OILS OFTEN
TRACK YOUR MACROS
INTERMITTENT FAST
MONITOR BLOOD KETONES

### **GET CREATIVE**

• COCONUT "BACON" • ZUCCHINI NOODLES • WALNUT "MEAT" • CASHEW "CHEESE"

### EXAMPLE MEAL PLAN

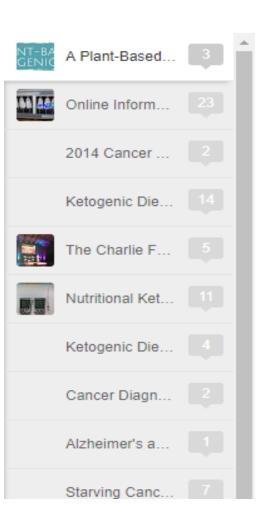
OAIRY-FREE "BULLETPROOF" COFFEE • MEAL 1: LARGE SALAD WITH OIL-BASED DRESSING, AVOCADO, HEMP SEEDS, COCONUT BACON MEAL 2: ZUCCHINI NOODLES WITH CASHEW-BASED ALFREDO SAUCE SNACK: SMOOTHIE WITH PROTEIN POWDER, MCT OIL, AND COCONUT CREAM

### PLANT-BASED OMEGAS

ALA IN PLANT FOODS – VERY LOW **CONVERSION RATE TO EPA AND** DHA ALGAE-SOURCED EPA AND DHA SUPPLEMENTS – ALTERNATIVE TO **FISH OILS** 

## **KetoNutrition Blog**

A Plant-Based Approach To Keto 🖋



### PLANT-BASED KEFOGENIC DIET-

By now you have probably heard of the ketogenic diet but never really thought it would be possible on a plant-based diet. First, let's first clear up any confusion you might have when it comes down to what the diet actually is. There are several different variations of the ketogenic diet and as it grows in popularity it's becoming more of an umbrella term for all the ways you can achieve nutritional ketosis (defined by elevation of blood ketones). The fascinating origin and history of the ketogenic diet is covered in the 3 part series on Robb Wolf's blog. Each variation stems from the classical ketogenic diet, where your daily calories come from approximately 90% fat, 6-10% protein, and 2-4% carbohydrates (4:1 ketogenic diet). What came later were modified versions of this diet which, for most, may be a little more approachable and sustainable long term. These modified versions of keto (aka modified Atkins) range from 65-85% of your daily calories coming from fat, 15-35% from protein, and 5-10% from carbohydrates. Can you see the trend? Fat is our friend. The modified versions are more liberal with protein and non-glycemic fibrous carbs (i.e. veggies). These modified versions can still allow you to reap all those superhuman benefits of ketosis that everybody raves about without having to significantly restrict protein or giving up carbs completely.