

Plant-Centric Ketogenic Diet

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PLANT-CENTRIC KETOGENIC DIET




DAIRY ALTERNATIVES

MILKS, YOGURTS, & CHEESES CAN BE MADE FROM:

- ALMONDS
- COCONUT
- CASHEWS



HEALTHY FATS

- COCONUT – OIL, CREAM, BUTTER, MEAT
 - AVOCADO – OIL, FRUIT
 - EXTRA-VIRGIN OLIVE OIL
 - NUT/SEED OILS – MACADAMIA NUT, WALNUT, PUMPKIN SEED
- 
- A close-up photograph of a sliced avocado, showing the green flesh and the brown pit. The slice is positioned in the lower right quadrant of the slide, partially overlapping the text.

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

- DAIRY-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 



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.


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