

Sample Menu for Breakfast / Lunch / Dinner

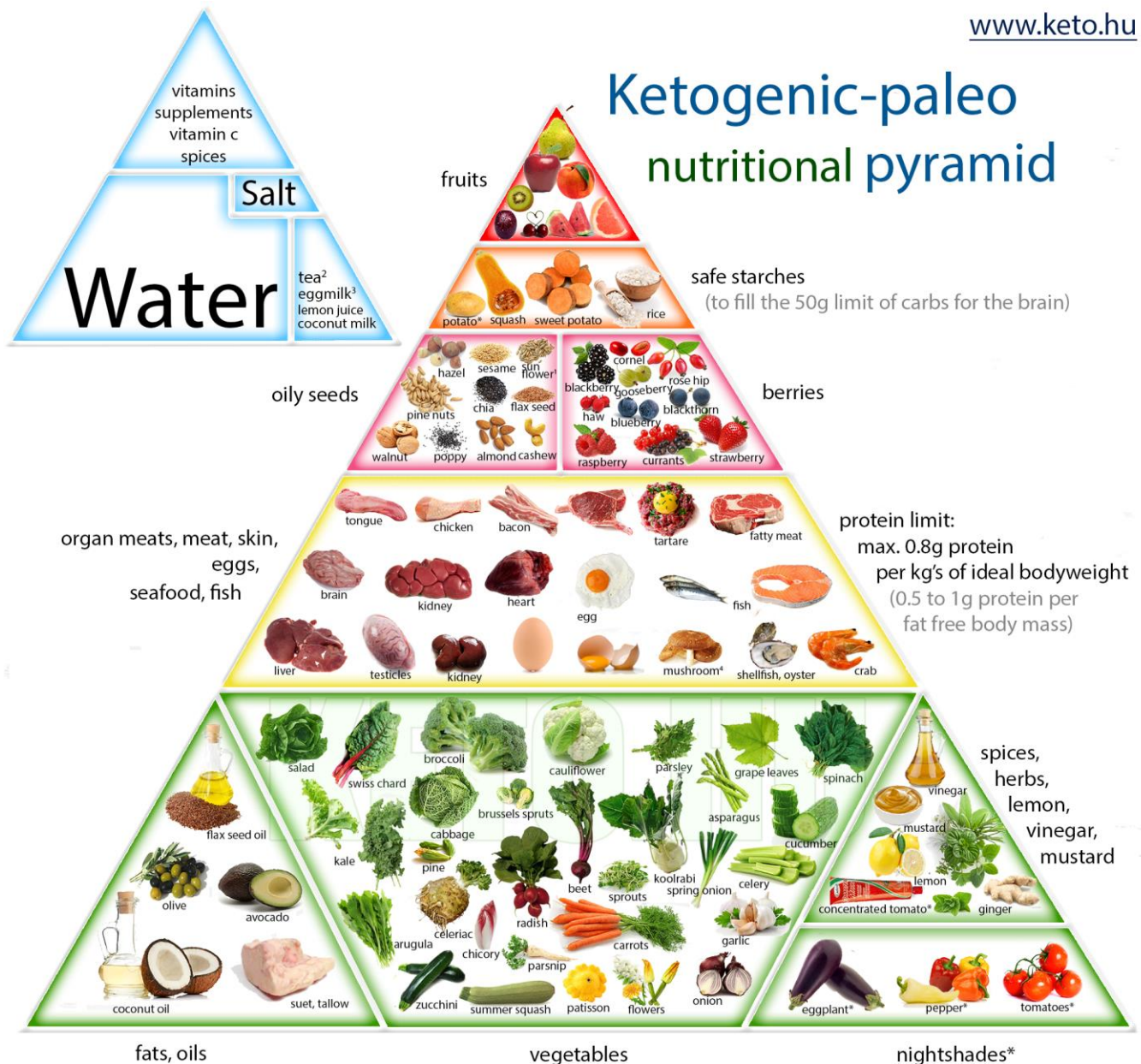
KEY THOUGHTS:

- Monitoring the effects of different foods on blood glucose levels is important for weight loss and general health. If you feel sleepy soon after a meal. This may be a sign that you should incorporate more fiber rich foods in the form of low sugar vegetables and good quality protein in your daily meals. You may be eating too many refined foods and simple sugars in one sitting. Maintaining stable glucose levels helps regulate endocrine hormones other than just insulin.
- Increasing micronutrient density while decreasing overall calories is key to steady glucose levels.
 - Making vegetables and vegetable based protein the base of the diet
 - Improving vitamin and mineral status
 - Increasing phytonutrient intake
- Additionally, consider that people who reduce caloric intake by just 100 calories per day may actually lose up to 30 lbs in a year.
 - Eliminate simple access to food
 - Try incorporating simple trade- offs (Example if eating a high calorie snack, one can trade a heavier later meal for a lighter one)
 - Reduce calorie intake for one meal each day by simply consuming vegetables and fruit rather than bread and pasta

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Consider the Ketogenic Food Guide Pyramid

www.keto.hu



It offers a great base from which to think about food and intake without having to fuss over the details. Of course you can still add in easily digested grains like millet, quinoa, rice and oats. This is just a pictorial guide for the realities of how we should be thinking about the proportions of foods that we eat.

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Breakfast (A – E)

- A. ½ - 1 cup of plain oatmeal with cinnamon and teaspoon of 100% maple syrup or no calorie stevia and with ¼ -1/4 cup any or all types of Berries (blueberries, raspberries, strawberries)
- B. Fruit and Nut Bowl - 1 medium sized bowl of Fruit topped with ¼ cup – 1/3 cup of nuts and/or seeds (almonds, walnuts, pecans, sunflower seeds, pumpkin seeds, crushed flax seeds) Nut bowl (assorted fresh or frozen fruit topped with nuts and seeds)
- C. ½ -1 cup of plain oatmeal with a small sliced banana and cinnamon
- D. Green Salad with vegetables and raisins and mango and ½ -1/3 cup of beans or lentils (1 tablespoon MAX - oil and vinegar dressing)
- E. ½ - 1 cup of oatmeal with sliced apples, ¼ cup nuts and cinnamon sweeten with 1 teaspoon (100% maple syrup) or no calorie stevia.

LUNCH:

- A. Salad with 2 cups of lettuces (romain or dark or colorful lettuce and mixed greens) with 1/2 cup of beans/lentils (white beans, chickpeas, black beans, kidney beans, and ½ cup of additional vegetables (alfalfa sprouts, avocado, carrots, artichoke, hearts of palm, onion, tomato etc); along with an apple – sour apple is preferred and 1 – 2 Tablespoons of Oil and Vinegar salad dressing
- B. Lettuce wraps: Take lettuce and fill with either ½ - 1 cup of grilled chicken, lean ground beef or beans; wrap it up like a burrito and enjoy
- C. Salad with 1 cup of Mixed Greens topped with ¼ -1/2 cup of assorted vegetables and ¼ cup of beans; Portabello mushroom and ½ cup of sweet fruits (grapes, watermelon, pineapple, or a small orange) or 1 cup of lower sugar fruits (All the Berries and sour apples)
- D. Any burger – NO BUN ! Wrap it in lettuce; topped with 1 slice cheddar or havarti or Swiss cheese (Avoid American Cheese); Top with onions, cucumbers, carrots jalapenos and Pickles with 1 teaspoon of ketchup or mustard. 1 cup of mixed greens with vegetables to make a side salad or ½ -
- E. 1 cup simply cooked vegetables (roasted or steamed); and a piece of fruit

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- f. Any Chicken, Fish, Beef – small piece and a side salad made with 2 cups of lettuce and an assortment of vegetables but without the beans/lentils
- g. Any Soup ½ - 1 cup; Limit tomato and potato soup to no more than once or twice a week to avoid weak bones; with a side salad made with 2 cup so lettuce and an assortment of vegetables with ½ cup of beans/lentils

DINNER

- A. Any Soup ½ - 1 cup; Limit tomato and potato soup to no more than once or twice a week to avoid weak bones; with a side salad made with 2 cup so lettuce and an assortment of vegetables with ½ cup of beans/lentils
- B. Bean Burger (NO BUN !) wrapped in lettuce; Cooked vegetables – greens, kale, cabbage, green beans Brussels sprouts, asparagus etc.
- C. ½ - 1 cup Roasted vegetables with baked fish 3 oz piece (Salmon, Trout, Tuna etc)
- D. ½ - 1 cup tortilla chips with ½ cup black bean dip and ½ cup salsa with ¼ cup shredded cheddar cheese and ¼ cup guacamole
- E. Bean and Vegetables chili with ½ cup of tortilla chips and ½ cup cooked vegetables and a side salad with 1 cup of lettuce and mixed vegetables.
- F. Meat of Chicken chili with side salad made with 1 cup lettuce and mixed vegetables and ½ cup of cooked vegetables

SNACKS:

(Aim for one daily and choose Unlimited Foods if still hungry)

- A. 1 sliced apple and 2 table spoons of peanut butter
- B. 1 cup mixed berries and ¼ cup of walnuts
- C. 1 piece of any favorite fruit with ¼ cup of almonds
- D. ¼ cup of walnuts and ¼ cup of raisins mixed
- E. ¼ cup sunflower seeds and ¼ cup of goji berries
- F. ½ of a granola bar
- G. any small portion of the above listed Breakfast /Lunch /Dinner ideas
- H. 4-8 Oz fruit and yogurt smoothie