



Ketogenic Menu

--- Entrée (Breakfast) ---

Scrambled Eggs • Hard-Cooked Eggs • Bacon
Turkey Bacon • Turkey Sausage Patty

--- Entrée (Lunch & Dinner) ---

Beef Patty • Turkey Patty • Ground Beef (Crumbled)
Marinated Grilled Chicken Breast • Hot Dog (No Bun)
Sliced Turkey • Sliced Ham • Pepperoni
Canned Tuna in Water • Baked Cod

--- Cheese ---

Sliced American • Sliced Cheddar • Sliced Provolone
Sliced Swiss • Parmesan • Shredded Cheddar Cheese
• Philadelphia Cream Cheese

--- Cereal ---

Cheerios • Rice Krispies

--- Dairy ---

Yoplait Fat-Free Plain Yogurt
Plain Whole Milk Yogurt
Heavy Cream (40% fat)

--- Snacks ---

Almonds • Peanuts • Whole Grain Goldfish Crackers
Sugar Free Gelatin (Orange) • Plain Lay's Potato Chips
Peanut Butter • Sunflower Seed Spread • Popcorn

--- Fruit ---

Unsweetened Applesauce • Apple Slices • Banana
Strawberries • Blueberries
Orange • Diced Peaches • Grapes

--- Vegetables (Raw) ---

Baby Carrots • Celery Sticks • Sliced Cucumbers
Spinach • Tomatoes • Sliced Red Onion
Sweet Pepper (Red or Green) • Mushrooms
Dill Pickle Slices • Lettuce

--- Vegetables (Cooked) ---

Carrots • Spinach • Broccoli • Green Beans
• French Fries

--- Condiments ---

Salt • Pepper • Full Fat Mayonnaise • Butter • Margarine
Mustard • Ketchup

--- Beverage ---

Whole Milk • Bottled Water • Crystal Light Iced tea
Crystal Light Lemonade
Crystal Light Fruit Punch • Keto Kool-Aid
Decaffeinated Coffee • Decaffeinated Tea
Diet Ginger Ale



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