

Healthy Fat Ketogenic Diet

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Goals:

1. Maintain total carbohydrate calories no higher than 100 calories per day (25 gms)
2. Maintain total protein intake between 55-65 gm
3. Blood monitoring of glucose and ketone levels should be performed three times daily (before breakfast, two hours after lunch, and two hours after dinner). Blood glucose should be kept within the following range - 55-70 mg/dL (3.1-3.8 mmol/L). Blood ketones should be maintained within the range of 4-7 mmol/L – this requires the use of the Medisense Precision Xtra blood glucose and ketone monitor (Abbott Laboratories).
4. Ketones should be present in all urine samples
5. If the patient is in good health and medical monitoring available – beginning the program with a 3-day water fast is most ideal.

Daily Calorie Summary Of Ketogenic Diet

- Total Daily Calories - approximately 2045 calories
- CHO – 22.5 gm or 90 calories
- Protein – 63.2 gm or 252.8 calories
- Fat – 190.1 gm or 1710.9 calories – mostly medium chain triglycerides, which are highly ketogenic and not atherogenic

Percentage Breakdown Of Calories From all Food, Shakes And Supplements):

- 83.2% Calories From Fat
- 4.4 % Calories From Carbohydrate
- 12.4% Calories From Protein

Breakfast:

Skake Mix:

- KetoCal Shake: add 20 gm of KetoCal powder to approximately 200 ml of water (or desired thickness)

Protein – 6 gm

CHO – 1.2 gm

Fat – 29.2 gm

- Add ½ Scoop Whey Factors Shake Mix to 200 ml of KetoCal Shake – choice of vanilla, chocolate or strawberry (Natural Factors)

Protein – 8.5 gm

CHO – 1 gm

Fat – 0.75 gm

- Add 1 tablespoon of MCT oil (example Alpha's Supreme MCT Oil) to 200 ml of KetoCal Shake

Fat – 14 gm

- Take 2 Adeeva Nature's Essential Oils Capsules

Protein – 3 gm (12 calories)

CHO - .6 gms (2.4 calories)

Fat – 23.5 gms (211.5 calories)

- Take 2 Adeeva Multiple Vitamin and Mineral Caplets

Breakfast Calories Summarized:

CHO= 2.8gms (11.2 calories)

Protein= 17.5 (70 calories)

Fat = 67.5 gms (607 calories)

Total Calories – approx. 688.2 calories

Mid Morning Snack: ½ cup of strawberries: (23 calories)

Mid Moring Snack Calories Summarized:

CHO – 4 gms (16 calories)

Fat – 0.5 gm (4.5 calories)

Protein 0.6 (2.4 calories)

Total Calories – 23 calories

Lunch:

Skake Mix:

- KetoCal Shake: add 20 gm of KetoCal powder to approximately 200 ml of water (or desired thickness)
- Add 1 tablespoon of MCT oil to 200 ml of KetoCal Shake
- 1 tablespoon Fry's Premium Cocoa to 200 ml of KetoCal Shake

CHO – 2 gm

Protein – 1 gam

Fat- 0.5 gm

Add artificial sweetener Sucralose (Splenda) to 200 ml of KetoCal Shake – to achieve desired level of sweetness

- Take 2 Adeeva Nature's Essential Oils Capsules
- Take 2 Adeeva Multiple Vitamin and Mineral Caplets

Lunch Calories Summarized:

CHO= 3.8 gms (15.2 calories)

Protein= 10 gms (40 calories)

Fat = 67.2 gms (604.8 calories)

Total Calories – approx.660 calories

Dinner:

- Salmon (4 ounces) or other fatty fish choices limited to halibut, sardines, herring or cod:

CHO – 0 gms (0 calories)

Protein – 22.6 gms (90.4 calories)

Fat – 7.2 gms (64.8 calories)

- 1 cup of chopped vegetables from using any combination of the following non-starchy vegetables:

broccoli, cauliflower, brussels sprouts, kale, chard, spinach, dandelion greens, endive, asparagus, cabbage, cucumber (skinned and deseeded), collard greens, any lettuce

Steam, boil or have them raw. You may add olive oil, lemon, and/or non-sweet vinegar to add flavour

CHO – 8 gms (32 calories)

Protein – 4 gm (16 calories)

Fat – 0 gms (0 calories)

Evening Snack:

Mixed Nut Combo:

- Brazil Nuts – 12
- Pecans – 1 oz or 20 halves

CHO – 4.7 gm (18.8 calories)

Protein – 8.6 gm (34.4 calories)

Fat – 47.6 gm (428.4 calories)

Where To Obtain Products:

1. KetoCal – online from Nutricia (<http://www.nutricia-na.com/pages/ketocal.htm>)
2. MCT oil (health food store)
3. Natural Factors - Whey Factors Protein Formula – most health food stores
4. Adeeva Supplements (www.adeeva.com)

