

Macronutrient and Caloric Breakdown Of Meschino Ketogenic Diet Plan: Adjunctive Dietary Plan For Patients Undergoing Treatment Of Cancer (requires physician supervision and monitoring)

Meals and Snacks	CHO gm	Protein gm	Fat gm	Total Calories
Breakfast	2.8	17.5	67.5	688.2
Morning snack	4	0.5	0.6	23
Lunch	3.8	10	67.2	660.0
Dinner	8	26.6	7.2	203.2
Evening Snack of Mixed Nuts	See 3 columns below	See 3 columns below	See 3 columns below	
Brazil nut (12 nuts)	0.8	6	27.2	274
Pecans (1oz or 20 halves)	3.9	2.6	20.4	196
Totals	22.5 (90 cals)	63.2 (252.8 cals)	190.1 (1710.9 cals)	Approx : 2,045 cals
% calories from CHO, Protein and Fat	4.4% from carbohydrates	12.4 % calories from protein	83.2% calories from fat	Total= 100%

By Removing Nuts The Nutrient Count Changes as per the following:

470 fewer cals with no nuts (new calorie total – 1575 calories)

47.6 gm fewer fat (428.40 calories) (new total 142.5 gm or 1282.5) – 81% calories from fat

8.6 gm fewer protein (34.4 calories) (new total protein 54.6 gm)

4.7 gm fewer carbs (18.8 calories) (new total CHO 17.8 gm)