

MODIFIED KETOGENIC DIET

THE 500/10 MYKETOWEIGH METHOD

5 CHOICES OF FAT PER MEAL



2 CHOICES OF FRUIT OR VEGETABLE PER MEAL

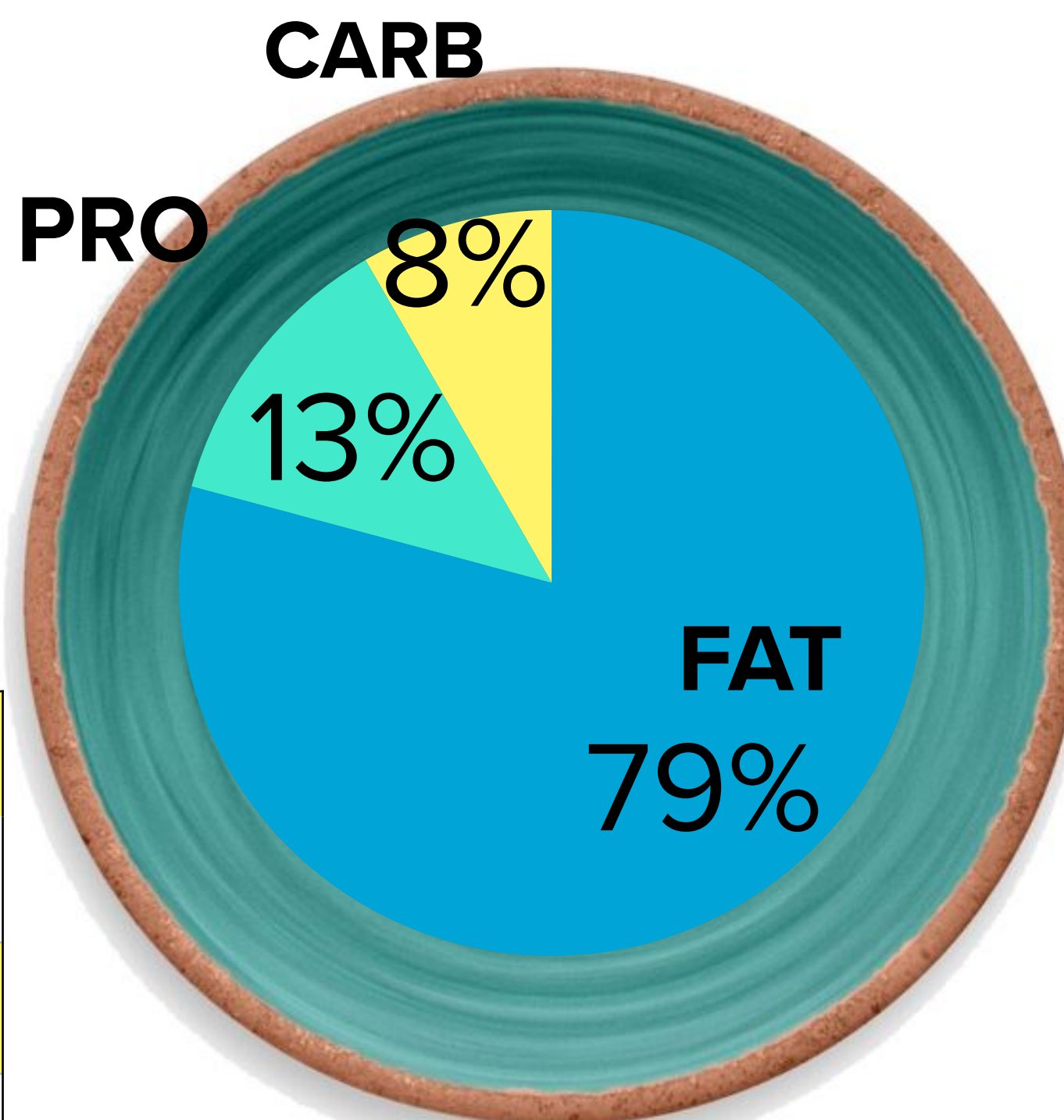
FOOD	PORTION	NET CHO GRAMS	CHOICES
APPLE, SMALL	1/2 WITH SKIN	5	1
BLACKBERRIES, FRESH	3/4	5	1
BLUEBERRIES, FRESH	30 BERRIES	5	1
GRAPES	5 SMALL	5	1
ORANGE, FRESH MEDIUM	1/2	5	1
STRAWBERRIES, FRESH	8 MEDIUM	5	1
PEACH, FRESH SMALL	1/2	5	1
RASPBERRIES, FRESH	47 BERRIES	5	1

*PLEASE NOTE THAT VEGETABLES CONTAIN PROTEIN

FOOD	PORTION	NET CHO GRAMS	CHOICES
ASPARGUS	16 MEDIUM SPEARS, COOKED	5	1
GREEN BEANS	3/4 CUP COOKED	5	1
BROCCOLI	3/4 CUP COOKED	5	1
BRUSSEL SPROUTS	6 MEDIUM SPROUTS, COOKED	5	1
CAULIFLOWER	1 1/2 CUP, COOKED	5	1
CUCUMBER	1 1/2 CUP, WITH PEEL, SLICES	5	1
ZUCCHINI	1 CUP WITH SKIN, COOKED,	5	1



**EACH MEAL PROVIDES
~500 Kcals, 10g Net CHO, 40 g
FAT, 21 g PRO, 1.3:1 Ratio**



** PLEASE NOTE THESE CHOICES CONTAINS 2 GRAMS OF CHO

FOOD	PORTION	FAT GRAMS	CHOICES
BUTTER	1 TEASPOON	5	1
COCONUT MILK UNSWEETENED	8 OUNCES	5	1
HEAVY WHIPPING CREAM	1 OUNCES	10	2
MAYONNAISE	1 TABLESPOON	10	2
OLIVE OIL	1 TEASPOON	5	1
**AVOCADO	1/2 MEDIUM	15	3
**SOUR CREAM	2 TABLESPOONS	5	1
SALAD DRESSING	1 TABLESPOON	10	2
CREAM CHEESE	1 TABLESPOON	5	1

3 CHOICES OF PROTEIN PER MEAL

*THIS METHOD IS BASED ON MEDIUM -FAT PROTEIN CHOICES. ADJUSTMENTS ARE REQUIRED WHEN OPTING FOR HIGH-FAT OR LOW-FAT PROTEIN OPTIONS.

FOOD	PORTION	FAT GRAMS	CHOICES
CHICKEN, WHITE MEAT	1 OZ	3	1
Salmon	1 OZ	3	1
CHICKEN, DARK MEAT WITH SKIN	1 OZ	5	1
PORK CHOP	1 OZ	5	1
HAMBURGER (70% LEAN)	1 OZ	5	1
PORK SAUSAGE	1 OZ	10	2
CHEESE (CHEDDAR,	1 OZ	10	2
BEEF RIBEYE	1 OZ	10	2