Ketogenic Diet

**Breakfast**

**Entrees**
- Scrambled Eggs
- Hardboiled Egg
- Bacon Strips
- Sausage Patty
- Turkey Sausage

**Lunch/Dinner**

**Meats**
- Deli Sandwich - Ask for no bread
  - Sliced Turkey
  - Sliced Ham
  - Roast Beef
- Hamburger - Ask for no bun
- Hotdog - Ask for no bun
- Pot Roast
- Crispy Baked Tilapia
- Roast Turkey
- BBQ Pulled Pork
- Chicken Breast

**On the Side**
- Broccoli
- Green Beans
- Carrots
- Diet Gelatin (Red or Orange)
- Yellow Squash
- Apple
- Applesauce
- Peach Slices

**Condiments**
- Salt
- Mrs. DASH
- Lemon Juice
- Lemon Wedge
- Mayonnaise
- Heavy Cream
- Margarine
- Sour Cream
- Vinegar
- Cream Cheese
- Avocado

**Supplements:**
- KetoCal 4:1 Powder
- KetoCal 4:1 Liquid