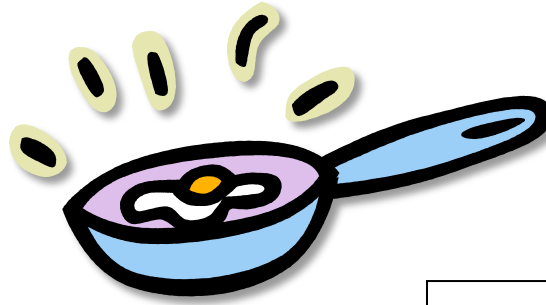


# Ketogenic Diet

## Breakfast

### Entrees

Scrambled Eggs  
Hardboiled Egg  
Bacon Strips  
Sausage Patty  
Turkey Sausage



### Supplements:

KetoCal 4:1 Powder  
KetoCal 4:1 Liquid

## Lunch/Dinner

### Meats

Deli Sandwich- Ask for no bread

- Sliced Turkey
- Sliced Ham
- Roast Beef

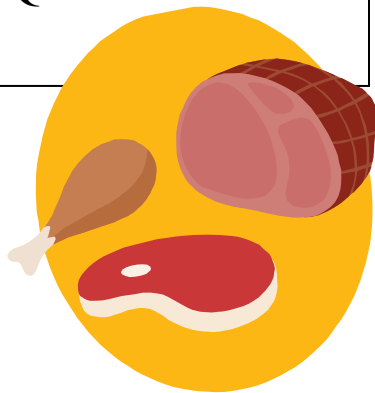
Hamburger- Ask for no bun

Hotdog- Ask for no bun

Pot Roast      Crispy Baked Tilapia

Roast Turkey    BBQ Pulled Pork

Chicken Breast



### On the Side

Broccoli	Applesauce
Green Beans	Peach Slices
Carrots	Diet Gelatin (Red or Orange)
Yellow Squash	Apple

### Condiments

Salt	Pepper
Mrs. DASH	Sugar Substitute
Lemon Juice	Tartar sauce
Lemon Wedge	Mayonnaise
Heavy Cream	Margarine
Sour Cream	Vinegar
Cream Cheese	Avocado

