



Jesabe Warner Naturopathy

PERSONALISED AND SPECIALISED FUNCTIONAL MEDICINE

KETOGENIC DIET

Low carb, high fat, moderate protein

Recommended Vegetables

3 handfuls (Raw) per meal or 1 cup of cooked per meal

Alfalfa sprouts
Artichokes
Asian greens
Asparagus
Baby spinach
Bamboo shoots
Bean sprouts
Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbage
Capsicum
Cauliflower
Celery
Chard
Cucumber
Eggplant
Endive
Fennel
Green beans
Kale
Kohlrabi
Leeks
Lettuce - all types
Mushrooms
Okra
Olives
Onions
Radicchio
Radish
Rocket
Sea vegetables e.g. kelp, wakame, kumbu, arame
Snow peas

Spinach
Sprouts
Squash
Tomato
Water cress
Zucchini

Recommended Fruits

1 handful of recommended fruit may replace 1 handful of vegetables once daily

Apples
Apricots
Blackberries
Blueberries
Cherries
Fresh fig
Grapefruit
Guava
Honeydew melon
Kiwi fruit
Lemons
Limes
Mandarin
Mulberries
Nectarines
Orange
Passionfruit
Paw paw
Peaches
Pears
Pineapple
Raspberries
Rockmelon
Strawberries
Tangerine
Watermelon

Recommended Protein

1 pack of cards to palm-sized portion per meal

Beef
Cheese
Chicken
Duck
Eggs
Fish
Kangaroo
Lamb
Mussels
Oysters
Pork

Prawns
Scallops
Squid
Turkey
Veal
Tempeh

Nuts and Seeds

3 finger portion

Almonds
Brazil nuts
Coconut meat
Flax/Linseeds
Hazelnuts
Macadamias
Nut butters/spreads (no added sugar)
Pecans
Pepitas
Pine nuts
Pistachio nuts
Sesame seeds
Sunflower seeds
Walnuts

Recommended Condiments

Healthy Oils

Coconut oil
Flax/Linseed oil
Macadamia oil
Olive oil*
Sesame oil
Walnut oil