

# KETOGENIC DIET MENU

This diet is very strict and prescribed only by the ketogenic diet team. Reach out to the dietitian for assistance with meal selections. Remember, these items are to all be weighed in specific quantities per recipes created in KetoDietCalculator or by dietitian.

## BREAKFAST

American Cheese      Sausage  
Bacon                      Scrambled Eggs  
Cheddar Cheese

## LUNCH & DINNER

Chicken Breast      Hamburger Patty  
Deli Ham              Hot Dog  
Deli Turkey Breast    Pepperoni  
Deli Roast Beef

## FRUITS

Applesauce              Pineapple  
Grapes                    Strawberries  
Orange

## VEGETABLES (COOKED)

Broccoli                  Green Beans  
Carrots

## VEGETABLES (RAW)

Broccoli                  Cucumber  
Carrots                    Leaf Lettuce  
Celery                      Tomato Slice

## SNACKS

String Cheese  
Sugar Free Jell-O®

## FATS

Avocado                    Mayonnaise  
Butter                        Olive Oil  
Heavy Cream

## BEVERAGES

Diet Gingerale              Water  
Gatorade® Zero

## CONDIMENTS

Ranch Dressing  
Salt & Pepper

## STAGE 2 GERBER BABY FOODS

### Fruits:

Applesauce, Bananas, Peaches, Pears

### Vegetables:

Butternut Squash, Carrots, Green Beans, Peas

### Meats:

Beef with gravy, Chicken with gravy

Please call Hannah Bullington, RD,  
our ketogenic dietitian, with further questions.  
757-668-6856

