

KETOPIA

KETOPIA SYSTEM

FOOD & RECIPE SUGGESTIONS



SNACKS

The best snacks for the Ketopia program are lean proteins, eaten in small portions. Snacks should have little to no carbohydrates or sugars.

- Jerky (nitrate-free)
- String Cheese
- Nuts
- Nut Butters
- Hard-boiled Eggs
- Celery
- Cucumbers
- Peppers
- Hard Cheeses

PROTEIN

Proteins should be lean and natural. Avoid canned, potted, processed, battered or fried meats, including lunch meats, sausage, and hot dogs. Eggs can be prepared as scrambled, poached, soft boiled, hard boiled or deviled. Limit cheeses to four (4) ounces or less per serving. Keep soft cheeses to a minimum, as they typically contain more carbohydrates than do hard cheeses. You should also avoid any processed cheeses, such as cheese spreads or canned cheeses.

- Turkey
- Chicken
- Duck
- Fowl
- Fish
- Beef
- Pork
- Lamb
- Veal
- Venison
- Wild Meat
- Jerky
- Eggs
- Cheese
- Sardines
- Collagen Protein
- Whey Protein
- Eggs
- Hard Cheese (cheddar, parmesan, etc.*)

*Limit daily cheese intake to 4 oz. or less.

VEGETABLES

Choose as many greens as you can. We recommend eating a lot of salads that also include meats, cheeses and dressings. Low-carb vegetables and greens include:

- Lettuce
- Arugula
- Romaine
- Parsley
- Endive
- Chicory
- Radishes
- Mushrooms
- Chives
- Celery
- Cucumber
- Cilantro
- Peppers
- Olives
- Asparagus
- Bok Choy

With a few more carbs, the following vegetables and greens can be used to supplement meals but should be eaten in moderation.

- Snow Peas
- Cabbage
- Sauerkraut
- Spinach
- Bean Sprouts
- Chard
- Broccoli
- Onions
- Kale
- Zucchini
- Avocado
- Brussels Sprouts
- String Beans
- Beans
- Summer Squash
- Pumpkin
- Tomatoes
- Collard Greens
- Artichoke
- Eggplant

FATS

Fats are an important part of the Ketopia program, but should also be chosen wisely. Watch out for added carbohydrates in anything packaged, and keep serving sizes small.

- Avocado
- Butter
- Ghee
- Macadamia Nuts
- Cashews
- Mayonnaise
- Olive Oil
- Coconut Oil
- Nut Butters
- Pecans
- Almonds
- Walnuts
- Mayonnaise
- Nut Butters
- Egg Yolks
- Pasteurized Animal Fats (duck, goose, pork)
- Grass-fed Red Meat Fat
- Olive Oil
- Coconut Oil
- Fermented Cod Liver Oil
- Avocado Oil
- MCT Oil
- Krill Oil
- Omega3 Oil

CARBOHYDRATES

Although carbohydrate intake should remain limited, here are some good options to choose from in moderation.

- Pumpkin
- Winter Squashes (such as butternut, etc.)
- Sweet Potatoes / Yams
- Blackberries
- Blueberries
- Coconut
- Cranberries
- Lemon
- Lime
- Raspberries

SWEETENERS

Many artificial sweeteners still contain high amounts of sugars or carbohydrates. Here are some approved sweeteners to use in moderation while following a ketogenic diet.

- Xylitol
- Erythritol
- Stevia

DRINKS

Water! You should drink half your body weight in ounces per day. Feel free to add a little lemon or lime juice to your water to mix up the taste. Coffee and tea with some cream (no sugar) can be used on the program, but not in excess. Green tea is a great alternative. No soda or juice should be used on the program due to the high amounts of sugar they contain.

TIPS FOR EATING OUT

Keep things simple and stick to low-carb options. A steak or fish with a side of steamed vegetables and butter are a good example. When eating fast food, try to avoid fried foods. A number of places offer protein-style hamburgers, which means the burger is wrapped in lettuce instead of a bun.

SUGGESTED RECIPES

KETO COBB SALAD

- 1 c. ham
- 4 cherry tomatoes
- ¼ c. bleu cheese
- 2 eggs, hard boiled
- 2 c. romaine lettuce, coarsely chopped
- ½ avocado, diced
- 2 slices turkey bacon

KETO COBB SALAD DRESSING

- 1 T. olive oil
- 1 T. organic apple cider vinegar
- 1 t. lemon juice
- 1 t. Dijon mustard
- 1 clove garlic, crushed (optional)
- Salt and pepper, to taste

Mix dressing and salad ingredients separately. Pour dressing over salad and enjoy.

QUICK AVOCADO SALAD

- ½ avocado, diced
- 1 small head crunchy lettuce, shredded
- 2 eggs, hard boiled and sliced
- 1 medium spring onion, chopped
- 1 splash lemon juice
- 1 pinch pink Himalayan salt
- 1 T. extra virgin olive oil

Mix all ingredients and enjoy.

KETO STEAK

2 4-oz. sirloin steaks, cut into strips
1 T. coconut oil
1 small onion, diced
1 clove garlic, crushed
2 small tomatoes, diced
1 t. ground ginger
4 T. apple cider vinegar
Salt and pepper, to taste

Pour oil into a large skillet. Brown steaks on both sides over medium-high heat. When both sides are browned very well, add onion, garlic, and tomatoes. In a separate bowl, stir together ginger, salt, pepper, and vinegar. Add vinegar mix to skillet and stir. Cover skillet and reduce heat to low. Simmer until liquid evaporates completely and serve.

KETO GROUND TURKEY

1 c. ground turkey
½ c. sliced spinach
3 T. red pepper
¼ c. part skim mozzarella cheese
½ t. fresh basil (optional)
2 T. red onion, chopped
1 t. butter
Salt and pepper, to taste

Brown turkey in butter over medium-high heat. Add remainder of ingredients. Reduce heat to low. Cook until onions are soft, stirring occasionally. Serve.

KETO OMELET

3 eggs
2 T. almond milk (can substitute cream or coconut milk)
1 plum tomato, diced
¼ c. shredded spinach
1 T. purple onion, diced
1 pinch basil
Garlic (optional)
1 t. coconut oil

In a mixing bowl, beat eggs with almond milk. Add other ingredients. Warm coconut oil in skillet over medium-low heat. Pour egg mixture into skillet and cook until eggs are cooked, flipping half-way through.

KETO FRITTATA

1 T coconut oil
4 eggs
1 ¼ c. fatty ground beef, turkey, pork, chicken or bacon
½ green pepper, diced
½ red pepper, diced
3 leaves kale
4 mushrooms
1 c. goat cheese
1 T. curry powder
1 T. paprika
1 T. garlic powder

Cut the kale, mushrooms, green pepper and red pepper into small pieces. Heat coconut oil in a pan over medium-low heat. Add vegetable mixture and sauté until soft. Add ground beef (or other meat) and stir until browned. In a separate bowl, beat eggs, curry powder, paprika and garlic powder together. Spread the vegetable mixture evenly across the pan. Pour the egg mixture evenly over the vegetables. Sprinkle goat cheese on top. Cover and cook until eggs are cooked and cheese is bubbling (3-5 minutes).

CHEESE AND ONION QUICHE

5-6 c. Muenster or Colby jack cheese, shredded and divided in half
2 T. butter, plus more for greasing pans
1 large white onion, finely chopped
12 large eggs
2 c. heavy cream
1 t. salt
1 t. ground black pepper
2 t. dried thyme

Preheat oven to 350 degrees. In a skillet, melt butter over medium-low heat. Add vegetables and sauté until onions are translucent and soft. Remove from heat and cool. Butter two 10-inch quiche pans or deep pie pans. Put half of the shredded cheese in the bottom of each buttered pan. Add half of the cooled vegetable mixture to each pan in an even layer over the cheese.

Crack eggs into a large mixing bowl. Add cream and spices, then whisk together until well mixed and frothy. Pour half the mixture over each pan of vegetables and cheese, and use a fork to gently and evenly distribute cheese and vegetables into egg mixture. Slide quiche pans into the oven, leaving an inch of space between the pans. Bake for 20 to 25 minutes, or until set, puffy and slightly golden in the center. Quiches are done if you insert a knife into the center and it comes out clean. Cut each quiche into six equal sized servings. Serve immediately, or let cool and refrigerate or freeze. These will keep in the freezer for two weeks, or the refrigerator for one week.

KETO MEAT LOAF

1 lb. lean ground beef
2 eggs
1 t. garlic powder
2 t. Mrs. Dash seasoning
1 t. Italian seasoning
1 T. cream
½ c. water

Mix all ingredients and place in baking dish. Bake at 350 degrees for 45 minutes. Garnish with a small amount of ketchup, but be mindful of added sugars.

EGG MUFFINS

8 eggs
½ c. hard cheese, shredded
½ c. spinach, chopped
1 t. oregano
1 t. basil
1 T. garlic
Pepper, to taste

Crack eggs into medium mixing bowl. Mix in all other ingredients and pour into muffin pan. Bake at 500 degrees for 10 to 15 minutes, or until cooked all the way through.

