

KETO DIET PLAN (Master Syed Rahean, 7 years)

EARLY MORNING : Cream (100ml) + 3tsp Coconut oil.

BREAK FAST : 2 Eggs omlette with spinach(100g) + 3tsp Coconut oil / Scrambled egg(2no.) with Cheese(40g) + 3tsp Coconut oil.

LUNCH : Chicken (50g) with skin+ sauteed vegetables (100g) + 2tsp Coconut oil/

Vegetable salad with cheese(40g)+ fresh cream(100ml) + 2tsp flax seeds powder.

SNACK : Cheese (40g)vegetable sandwich with cream(50g) + 3tsp coconut oil.

DINNER : Cauliflower rice (100g) with grated cheese(40g) and vegetable curry (100g)+ 2tsp flax seeds + 2tsp coconut oil.

NUTRITIONAL VALUE :

CALORIES : 1670 Kcals.

CARBOHYDRATES : 19 gms. **FAT :** 140gms **PROTEIN :** 44gms.

TIPS:

- Instead of rice/roti choose organ meat but do so in moderation.
- Meat patty can be wrapped in lettuce/ spinach leaves.
- Instead of bread vegetables can be placed between two slices of cheese to make a sandwich.
- Do not use mayonnaise for salad dressing instead go for olive oil/ hung curd.
- Green leafy vegetables and fruits contain lots of vitamins and minerals and they supply very less calories to the body. They can easily supply the required amount of carbs to your body everyday.
- Moreover they make you feel fuller faster and for longer periods of time.
- Avoid eating refined flour since it can affect your GI system adversely and also contain s lots of calories.
- Stay away from aerated drinks, packaged juices and soda as they contain lots of sugar and they will put all your efforts in vain.
- Increase the use of olive oil, peanut oil, coconut oil and butter in the diet.