

Ketogenic Diet



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Ketogenic Diet | Overview

The ketogenic diet was developed in 1924 by Dr. Russell Wilder at the Mayo Clinic as a treatment for epilepsy. It was very popular in the 1920s and 1930s until the introduction of anticonvulsant medications. However, it is still utilized as a means of therapy for those who have a pharmacological resistance to epilepsy.

It is a high fat, low carbohydrate diet which induces a state that mimics carbohydrate starvation. By almost completely eliminating carbohydrates from the diet, the body resorts to burning fat and using ketone bodies as an energy source.

What are ketones?

The body's preferred source of energy is glucose, which comes from dietary carbohydrates. Glycogen is the stored form of glucose in the body, and glycogen can also be broken down and converted back into glucose to use as energy if needed. When there is not enough glucose in the bloodstream due to a low carbohydrate intake, and glycogen stores are depleted, the body uses fat as an alternative source of energy.

The process of converting fat into energy occurs predominantly in the mitochondria of the liver. Fatty acids which are stored are broken down by specific enzymes, in a process called beta-oxidation, the metabolite formed is Acetyl-CoA and it is able to undergo metabolic processes to produce energy as ATP.

What conditions may benefit from the Ketogenic diet?

Epilepsy

The ketogenic diet may significantly reduce seizure frequency, with studies demonstrating a reduction of up to 50% in a majority of child and adult patients.

The mechanism by which the ketogenic diet aids in epilepsy is still unclear, however it is hypothesized that ketones elicit an anticonvulsive effect. They influence excitatory and inhibitory neurotransmitters, in addition to cell excitability.

Multiple Sclerosis

Due to altered and impaired glucose metabolism, increasing energy supply through ketosis could potentially be beneficial. There is also a lower uptake of glucose in the brain of MS sufferers, and providing the brain with an alternative source may reduce the rate of degeneration.

Obesity

Fat is burned as a source of energy when ketosis is achieved.

Alzheimer's Disease (AD)

In AD, low glucose metabolism in the brain precedes cognitive decline and memory loss. The impaired glucose uptake present in AD may be supported by ketones, as beta-hydroxybutyrate and acetoacetate are the brain's alternative energy sources to glucose. These ketones are able to act as energy sources for the brain, as the brain receives approximately 65% of its energy from ketone bodies when blood glucose levels are low.

Parkinson's Disease (PD)

It is hypothesized that the ketone body, beta-hydroxybutyrate elicits a protective action on neurons, and prevents neurodegeneration in PD.

[Read More about the Ketogenic Diet...](#)

Ketogenic Diet | Shopping list



Fresh Vegetables

Include

Low carbohydrate, non starchy leafy greens should be eaten most:

- Boy Choy
- Broccoli
- Broccolini
- Brussel Sprouts
- Cabbage
- Chard
- Kale
- Lettuce
- Mustard greens
- Rocket
- Silverbeet
- Spinach

Other Vegetables:

- Artichoke
- Asparagus
- Bamboo Shoots
- Beetroot

- Butternut Pumpkin
- Capsicum
- Carrot
- Cauliflower
- Celery
- Chard
- Chili
- Cucumber
- Daikon Radish
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger
- Jerusalem Artichoke
- Jicama
- Kale
- Kohlrabi
- Leek
- Lotus Root
- Okra

- Olives
- Onions
- Parsnip
- Plantain
- Pumpkin
- Radicchio
- Radish
- Rhubarb
- Seaweed
- Spaghetti Squash
- Spinach
- Squash
- Sweet Potato
- Taro
- Tomatoes
- Turnip
- Zucchini

Fermented vegetables:

- Kimchi
- Sauerkraut

Avoid

- Nightshades
- Potatoes
- Mushrooms
- Corn

Meat, Poultry, Fish, Eggs

Include

Fresh meat, fish and poultry, ideally grass-fed, organic.

Meat:

- Beef
- Chicken
- Duck
- Kangaroo
- Lamb
- Mutton
- Pork
- Rabbit

- Turkey
- Venison
-

Organ meats:

- Liver, heart and kidney

Seafood:

- Anchovy
- Clams
- Crab
- Cod
- Crayfish
- Herring

- Lobster
- Mackerel
- Mahi Mahi
- Mussels
- Oysters
- Prawns
- Salmon
- Sardines
- Scallops
- Squid

Avoid

- Cured meats
- Deli meats
- Processed meats

Ketogenic | Shopping list



Legumes, Nuts & Seeds

Include

- Almonds
- Brazil nuts
- Cashews
- Flaxseeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Pecans Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Organic Tempeh
- Organic Natto

Avoid

- Chickpeas
- Lentils
- Kidney Beans
- Peanuts

ALL Non-Fermented Soy Foods:

- Tofu, Soy Protein,
- Mock Meats

Herbs & Spices

Include

- Allspice
- Aniseed
- Basil
- Bay Leaf
- Capsicum
- Caraway
- Cardamom
- Cayenne Pepper
- Celery Seed
- Chili
- Cinnamon
- Clove
- Coriander Leaf (fresh)
- Coriander Seed
- Cumin Seeds
- Curry Powder
- Fennel Seeds
- Fenugreek
- Garlic
- Horseradish
- Lavender
- Mace
- Mint
- Mustard Seeds
- Nutmeg
- Paprika
- Poppy Seeds
- Rosemary
- Saffron
- Sage
- Sesame Seeds
- Star Anise
- Sumac
- Thyme
- Turmeric

Fats and Oils

Include

- Avocado Oil
- Beef Tallow
- Cocoa Butter
- Coconut Oil
- Duck Fat
- Extra Virgin Olive Oil
- Lard
- MCT Oil
- Organic Ghee
- Sustainable Palm Oil

Avoid

- Butter
- Margarine
- Plant Oils
- (Sunflower, Peanut, Canola, Safflower, Cottonseed, Soy)

Ketogenic Diet | Shopping list



Fruit

Include

- Avocado
- Berries in small amounts
- Citrus in small amounts
- Coconut
- Mandarin
- Orange
- Raspberry
- Strawberry

Avoid

- Apple
- Banana
- Date
- Fig
- Goji berries
- Grape
- Grapefruit
- Guava
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Pawpaw
- Peach
- Pear
- Persimmon
- Pineapple
- Plantain
- Plum
- Pomegranate
- Watermelon

Drinks

Include

- Black Tea
- Coconut Milk
- Filtered Water
- Green Tea
- Herbal Teas

- Kefir
- Kombucha
- White Tea
- Yerba Mate

Avoid

- Alcohol
- Soft drinks

Flour

Include

- Arrowroot
- Cassava
- Coconut
- Plantain
- Tapioca
- Tigernut

Avoid

- Wheat
- Rice
- Buckwheat
- Gluten Containing and Gluten Free Flours

Pantry Items

Include

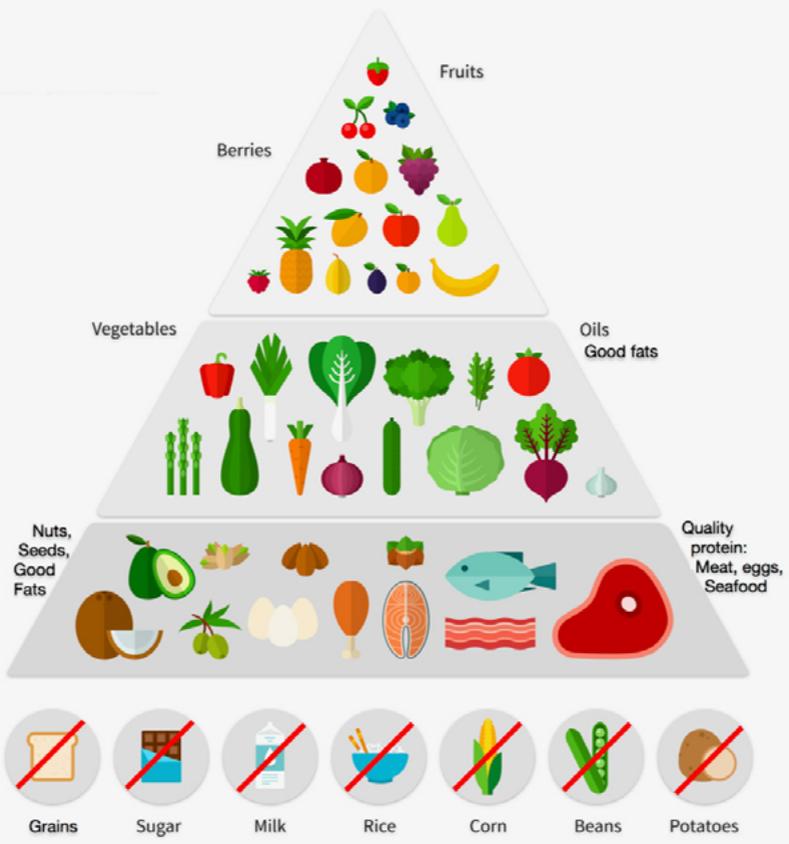
- Almond Meal
- Apple Cider Vinegar
- Arrowroot Starch
- Baking Powder (Gluten Free)
- Balsamic Vinegar
- Chocolate (Dairy Free, Soy Free, Refined Sugar Free)
- Coconut Aminos
- Coconut Flour
- Coconut Yoghurt
- Collagen
- Erythritol
- Fish Sauce
- Gelatin
- Kelp Noodles
- Konjac/Shirataki Noodles "slendier pasta"
- Mayonnaise (Organic)
- Mustard (Dijon, Wholegrain)
- Non-fortified Nutritional

- Yeast
- Passata (Organic)
- Pickles, Gherkins (Sugar free)
- Raw Cacao
- Sundried Tomatoes
- Stevia
- Tahini
- Organic Tamari
- Tapioca
- Vanilla Extract

Avoid

- Artificial Sweeteners (Splenda, Equal, Aspartame)
- Braggs seasoning
- Carageenan in certain products
- Malt Vinegar
- MSG (Monosodium Glutamate)
- Rice Wine Vinegar
- Soy Sauce

Ketogenic Food Pyramid



The Ketogenic diet drives the body to use ketones as the primary energy source, rather than glucose.

Research indicates that people struggling with various neurological, metabolic and immune conditions can benefit from Ketosis including epilepsy, MS, dementia, autism, obesity and many more.

Find out more information about the Ketogenic Diet at mindd.org

Ketogenic Diet Meal Plan

This is an example of what 7 days on a ketogenic diet may look like. At Mindd Health, we advocate a dairy-free ketogenic diet, this differs to a classic ketogenic diet which includes dairy. Note that if you have specific intolerances or allergies that are included in the meal plan below, feel free to remove them. Use this as a guide and alter it according to your likes and dislikes.

DAY 2



Breakfast
Kale Smoothie

Lunch
Chicken Fried "Rice"

Dinner
Lamb Chops & Salad

Snacks
Bliss Balls

DAY 4



Breakfast
Zucchini Fritters

Lunch
Kelp Noodle Stir-Fry

Dinner
Slow Cooked Meat and Salad

Snacks
Chocolate Protein Bark

DAY 6



Breakfast
Keto Pancakes

Lunch
Beef Stir-fry with Greens

Dinner
Bone Broth + Chicken and Vegetables

Snacks
Chocolate Chia Pudding

DAY 1



Breakfast
Bacon and Eggs & Green Salad

Lunch
Beef Tacos

Dinner
Pan Grilled Salmon, Garlic Vegetables & Cauliflower Mash

Snacks
Chocolate Mousse

DAY 3



Breakfast
Poached Eggs, Smoked Salmon & Greens

Lunch
Spicy Broccoli & Chicken Salad

Dinner
Chicken and Vegetable Curry & Cauliflower Rice

Snacks
Dips + Bacon & Vegetable sticks

DAY 5



Breakfast
Overnight Keto Bircher

Lunch
Thai Beef Salad

Dinner
Shirataki Noodle Stir-Fry with Turkey Meatballs

Snacks
Baked Kale Chips

DAY 7



Breakfast
Nutty Chocolate Smoothie

Lunch
Yellow Curry

Dinner
Zucchini or Spaghetti Squash Pasta with Turkey/Beef Bolognaise

Snacks
Baked Green Bean "Fries"

Breakfast

Bacon and Eggs

Fried eggs (in coconut oil or ghee)
Organic bacon

Lettuce
MCT oil
Apple Cider Vinegar

Green Salad

Cucumber
Avocado

Lunch

Beef Tacos

4 Cos lettuce cups
½ Tomato diced
½ Avocado
1 tbsp Coconut oil
200g Minced beef
½ tsp each Smoked paprika, cumin, coriander seed, turmeric
¼ chili
Sauerkraut

Method: Heat coconut oil and sauté herbs and beef. Spoon into lettuce cups. Top with tomato, avocado and sauerkraut.
Preparation Time: 10 minutes
Cooking Time: 15 minutes
Serves: 1-2

Dinner

Pan Grilled Salmon, Garlic Vegetables & Cauliflower Mash

Grilled fish and mixed vegetables sautéed in ghee and herbs.

Method: Mash cauliflower with coconut oil. Steam cauliflower until soft, mash with a fork or in a food processor, drizzle a small amount of coconut oil, season with salt.

Preparation Time: 10 minutes
Cooking Time: 30 minutes
Serves: 1

Snacks

Chocolate Mousse

1 Ripe avocado
¼ cup Raw cacao (adjust to taste)
½ tsp Vanilla extract
¼ cup Coconut cream
A pinch of Stevia

Preparation Time: 5 minutes
Cooking Time: 5 minutes
Serves: 2

Method: Mix everything together in a blender/food processor or by hand until smooth and creamy. Refrigerate until cool.

Breakfast

Kale Smoothie

1 handful Kale
200ml Coconut milk
200ml Almond milk
1 tbsp Collagen powder
1 heaped tsp Hemp seeds
1 dash Cinnamon powder
1 tbsp Flaxseed meal

1 tbsp Chia seeds
1 tbsp MCT
Optional: Stevia drops

Preparation time: 5 minutes
Cooking time: 1 minute
Serves: 1

Lunch

Chicken Fried "Rice"

½ head grated Cauliflower
100g Chicken
1 cup chopped Bok Choy
2 cloves Garlic
½ thumb Ginger
½ diced Onion
½ Chili
2 tbsp Coconut aminos

Method: Sauté onion, ginger, chili, add chicken, garlic, and then cauliflower, and finally bok choy and coconut aminos.

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Serves: 1-2

Dinner

Lamb Chops & Salad

Lettuce
Radicchio
Rocket
Cucumber
Avocado
Sun-dried Tomatoes

Snack

Bliss Balls

½ cup Almond meal
½ cup Coconut flakes
Coconut oil (adjust amount for right amount of moisture)
10 Stevia drops (adjust for sweetness)
1 tbsp Raw cacao powder
1 tbsp Maca powder

Method: Mix all ingredients and roll into balls.
Preparation Time: 15 minutes
Serves: 4

Breakfast

Poached Eggs, Smoked Salmon & Greens
Sautéed broccoli and kale in coconut oil.

Lunch

Spicy Broccoli & Chicken Salad

4 florets Broccoli, chopped
2 Grilled chicken thighs
½ Capsicum, chopped
1 small Cucumber, sliced
½ handful crushed Almonds
1 palmful of Pumpkin seeds, and Sunflower seeds
½ tsp Smoked paprika
2 tbsp Mayonnaise
1 tbsp Apple cider vinegar
1 tbsp MCT oil
A sprinkle of Chilli flakes

Method: Grill and slice two chicken thighs, mix with all the raw vegetables, top with nuts and seeds and chilli flakes. Dressing (adjust amounts as per your taste preference): Combine mayonnaise, apple cider vinegar, MCT oil.

Preparation Time: 25 minutes
Serves: 1-2

Dinner

Chicken and Vegetable Curry & Cauliflower Rice

Onion
Garlic
Shallot
Cumin
Coriander
Cayenne Pepper
Turmeric
Ghee

Chicken
Carrot
Broccoli
Bamboo Shoots
Zucchini
+ Steamed Cauliflower Rice

Snack

Dips + Bacon & Vegetable sticks

1. Eggplant Dip: Roasted eggplant, Garlic, Tahini, Lemon juice and Olive oil

2. Artichoke Dip: Artichoke hearts, Garlic, Lemon juice and Olive oil

3. Roasted Cauliflower Hummus: Roasted cauliflower, Smoked paprika, Garlic, Tahini and Olive oil

4. Basil Pesto: Basil, Pine nut,s Nutritional yeast, Garlic and Olive oil

+ Bacon, Cucumber, Broccoli, Radicchio

Breakfast

Zucchini Fritters

2 Eggs
2 medium Zucchini
1 tsp Garlic powder
1 tsp Coriander seed powder and Coconut oil +
Side salad (greens, cucumber, tomato, avocado)

Method: Grate zucchini, and beat eggs. Mix eggs and grated zucchini, add garlic and coriander. Heat oil in a pan and spoon in mixture. Cook both sides until golden brown.

Preparation Time: 25 minutes
Serves: 1-2

Lunch

Kelp Noodle Stir-Fry

100g Chicken, sliced.
2 cloves Garlic, minced
½ Onion, diced
1 Chili, chopped
2 Spring onion, chopped
2 tbsp Coconut aminos
½ cup chopped Kale
½ cup broccoli florets
1 pack Kelp noodles
Coconut oil
Salt and Pepper

Method: Heat coconut oil and sauté garlic, onion, chili, and spring onion.
Add chicken and stir until brown.
Add vegetables, noodles and coconut aminos.
Season with salt and pepper.

Preparation time: 30 minutes
Serves: 1-2

Dinner

Slow Cooked Meat and Salad

Large Beef or Lamb roast
1 stalk Celery, chopped
1 Capsicum, chopped
5 Brussel sprouts, halved
2 Bay leaves
1 Onion, diced
5 cloves Garlic, minced
1 Tomato, diced ¼ cup
Coconut aminos + salad (Lettuce, spinach, rocket, cucumber, avocado, olives, carrot)

Method: Add all ingredients into slow cooker or crock pot on stove. Leave for 5+ hours and season with salt and pepper.

Cooking Time: 6 hours
Serves: 5

Snack

Chocolate Protein Bark

¼ cup Coconut oil
1 heaped tbsp Raw cacao powder
1 heaped tbsp Maca powder
1 tbsp Collagen peptides
10 drops Liquid Stevia
10 crushed Hazelnuts
10 crushed Macadamias
¼ cup Coconut flakes

Method: Melt coconut oil on a double boiler, whisk in cacao, and maca.
Add in the remaining ingredients.
Remove and let it cool slightly.
Pour into a mold lined with baking paper.
Place in freezer to harden.

Breakfast

Overnight Keto Bircher

(soaked overnight)

1 tbsp. Hemp seeds
1 tbsp. Chia seeds
200ml Almond milk
3 tbsp Coconut cream
1 tbsp Coconut flakes
Stevia drops (as desired)
1 tbsp Pea protein
1 handful Crushed nuts
Optional: Cacao powder, maca powder,
cinnamon, turmeric, allspice, greens powder

Method: Mix all ingredients except milk and coconut cream.

Pour milk and coconut cream over the top.
Leave in fridge overnight.
Add more milk when serving if desired.

Preparation tTime: 5 minutes + Overnight
Serves: 1

Lunch

Thai Beef Salad

Beef (Pan grilled steak then sliced)
A few springs Coriander, chopped
1 cup Lettuce
½ Cucumber, chopped
1 Shallots, minced
½ Tomato, diced
A few Mint leaves, chopped
A few Basil leaves, chopped.
1 tbsp Tamari,
1 tbsp Coconut aminos
A few drops Fish sauce
A few drops Sesame oil,
½ Chili, sliced thinly
2 Kafir lime leaves, bruised

½ a Lemon (juice)
Salt and Pepper

Method: Mix sliced cooked beef and all vegetables in a bowl.
In a separate bowl mix tamari, coconut aminos, fish sauce, sesame oil, chili, lime leaves and lemon.
Pour over beef and vegetables. Season if desired.

Preparation Time: 25 minutes
Serves: 1

Dinner

Shirataki (konjac) Noodle Stir-Fry with

Turkey Meatballs

200g Turkey mince
4 cloves Garlic, minced
1 Onion, diced
4 Shallots, minced
½ thumb Ginger, grated
1 tsp Turmeric,
2 tbsp Coconut aminos,
½ cup Broccoli florets
½ cup chopped Kale
Coconut oil
Konjac noodles ("slendier pasta")
+ green salad (lettuce, rocket, cucumber and avocado)

Method: Roll turkey mince into balls, bake in oven for 30 minutes at 180 degrees.
Heat coconut oil, sauté onion, garlic, shallots, ginger, turmeric. Add vegetables and noodles.
Add coconut aminos. Serve with meatballs.

Preparation time: 1 hour
Serves: 2

DAY
5

Ketogenic Diet | Recipes

Snack

Baked Kale Chips

1 bunch Kale
1 tbsp Nutritional Yeast
½ cup Coconut oil
2 tbsp Coconut aminos
1 tsp Turmeric powder
Salt and Pepper

Method: Remove stems of kale leaves, and tear leaves into small bite sized pieces.
Mix coconut oil, coconut aminos, turmeric, nutritional

yeast, salt and pepper.
Pour mix on leaves and massage leaves.
Flatten leaves and spread out on a baking tray lined with baking paper.
Bake at 180 degrees for 15 minutes, do not burn

Preparation Time: 30 minutes
Serves: 2-3

DAY
6

Ketogenic Diet | Recipes

Breakfast

Keto Pancakes

2 cups Almond meal/coconut flour
4 Eggs
¼ cup Coconut oil
A few drops of Stevia
1 tsp Baking powder
½ tsp Vanilla extract cinnamon.
+ coconut yoghurt and berries

Method: Mix flour, eggs, oil, stevia, baking powder, and vanilla extract.
Oil a pan and spoon in batter, cook until golden brown on both sides.
Top with sprinkled cinnamon, coconut yoghurt and berries.

Preparation Time: 30 minutes
Serves: 2

Lunch

Beef Stir-fry with Greens

100g Beef
2 cloves Garlic, minced
1/2 Chili, sliced thinly
½ thumb of Ginger, grated
2 tbsp Coconut aminos,
½ Carrot, chopped
1/2 Green capsicum, chopped
½ cup Broccoli florets
½ cup chopped Kale
Coconut oil
Salt and Pepper

Method: Heat oil and sauté chili, ginger, garlic.
Add beef and coconut aminos, then carrot, capsicum, broccoli and kale.
Season with salt and pepper.

Preparation Time: 25 minutes
Serves: 2

DAY 6

Ketogenic Diet | Recipes

Dinner

Bone Broth + Chicken and Vegetables

1 whole Chicken
1 Leek, sliced thinly
1 stalk Celery
1 Onion, dived
½ bunch chopped Silverbeet
10 cloves Garlic
1 thumb Ginger crushed
1 thumb Turmeric crushed
Coconut oil
+ Side salad (Green leaves, cucumber coriander, olives, tomato, avocado)

Method: Heat coconut oil, sauté ginger, turmeric, onion, celery, leek and garlic until soft.
Put in chicken and cover with water, turn heat down
and cook for the entire day (6+ hours).
Add silverbeet just before serving.

Preparation Time: 6+ hours
Serves: 5

Snack

Chocolate Chia Pudding

½ cup Chia seeds
200ml Coconut milk
1 tsp Cacao powder
A few drops of Stevia
1 palm crumbled Hazelnuts

Method: Mix all ingredients and leave to set for a few hours in the fridge.
Add more milk when serving if desired.

Preparation Time: 5 minutes (+ 3 hours refrigeration)
Serves: 1-2

DAY 7

Ketogenic Diet | Recipes

Breakfast

Nutty Chocolate Smoothie

1 heaped tbsp Sunflower seed or Almond butter
400ml Coconut or Almond milk
A few drops Stevia
A few drops Vanilla extract
1 tsp Cacao powder
1 tbsp Flaxseed meal
1 tbsp Collagen
1 tbsp MCT

Preparation Time: 5 minutes
Serves: 1

Lunch

Yellow Curry

150g Chicken/beef/lamb
3 cloves Garlic minced
1 Onion, diced
1 thumb Turmeric, crushed
½ a Chili, sliced thinly
½ bunch Coriander, chopped
1 thumb Ginger, crushed
5 Brussel sprouts, halved
½ cup Broccoli florets
½ cup sliced Cabbage
Coconut oil
1 can Coconut milk
Salt and Pepper
1 head Cauliflower
+ Cauliflower rice

Method: Heat oil, sauté onion, garlic turmeric, chili, coriander, ginger. Add meat, and coconut oil. Cook down for approximately 1 hour or until meat is soft. Add vegetables. Serve with steamed cauliflower rice.

Grate or process 1 head of cauliflower until small and grainy. Steam and set aside as rice.

Preparation time: 1 hour & 15 minutes

Serves: 4

Dinner

Zucchini or Spaghetti Squash Pasta with Turkey/Beef Bolognese

3-4 medium Zucchini, spiralised
250g minced Beef/Turkey
6 diced Tomatoes
1 Onion diced
5 cloves Garlic, minced
1 Bay leaf
1 bunch Basil, chopped
1 tsp Oregano
Salt and Pepper
Olive oil
+ Green salad (lettuce, rocket, cucumber, avocado)

Method: Heat olive oil, sauté garlic, onion, and bay leaf, add meat, stir until meat is cooked. Add tomatoes, basil, oregano, salt and pepper. Serve on spiralised zucchini.

Preparation Time: 50 minutes

Serves: 3

Snack

Baked Green Bean “Fries”

300g Green beans
1 Egg
¼ cup nutritional Yeast
1 tsp Garlic powder
1 tsp Smoked paprika
Salt and Pepper

Method: Beat the egg.
In a separate bowl, mix nutritional yeast, garlic powder, smoked paprika, salt and pepper.
Dip beans into egg, then into the herb mix.

Place beans on a lined baking tray and bake for 10-15 minutes.

Preparation time: 25 minutes

Serves: 2

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