

# Ketogenic Program Food Modification Worksheet

	1200-Calorie Plan	1500-Calorie Plan	1800-Calorie Plan	2000-Calorie Plan	2200-Calorie Plan
	Servings Per Day				
Ketogenic Shakes or Soup	2	2	2	2	2
Oil/Fat	7	7	10	11	12
Nuts/Seeds	5	6	7	8	10
Protein 1 serving = 3-4 oz.	1	1	2	3	3
Dairy	0	1	1	1	1
Nonstarchy Vegetables	3	3	4	5	5

## More Tools for Personalizing Your Eating Plan

In order to customize your meal plan to better suit your preferences, there are some substitutions that can be made to allow for additional/reduced servings of certain food categories. Keep in mind that variety is important; therefore, you should avoid making changes with the intent of eliminating an entire category. Each exchange below is for one serving in that food category unless otherwise stated.

<p><b>Ketogenics Shakes or Soup:</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• n/a</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• +3 nuts/seeds AND</li> <li>• +3 oz. protein</li> </ul>	<p><b>Oils &amp; Fats:</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• -1 nuts/seeds</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• +1 nuts/seeds</li> </ul>	<p><b>Nuts &amp; Seeds:</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• -1 oil/fat</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• +1 oil/fat</li> </ul>
<p><b>Protein:</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• n/a</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• +1.5 legumes</li> </ul>	<p><b>Dairy :</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• n/a</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• +1 legumes</li> </ul>	<p><b>Nonstarchy Vegetables:</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• n/a</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• n/a</li> </ul>
<p><b>Fruit:</b></p> <p><b>More:</b></p> <ul style="list-style-type: none"> <li>• -2 nonstarchy vegetables</li> </ul> <p><b>Less:</b></p> <ul style="list-style-type: none"> <li>• +2 nonstarchy vegetables</li> </ul>	<p><b>Food Modifications for Vegetarians:</b></p> <ul style="list-style-type: none"> <li>• If not vegan, include eggs, cheese, milk, yogurt</li> <li>• 1.5 legume servings are equal to 1 animal protein</li> <li>• Extra-firm tofu is a great source of plant-based protein</li> </ul>	