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# Ketogenic Meal Plans

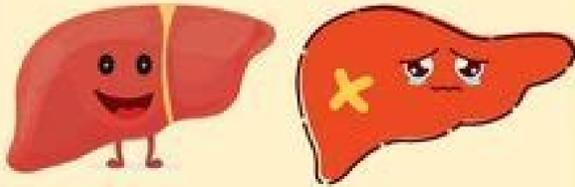


By Dr. Eric Berg DC

## FATTY LIVER DIET

Its Benefits

### FOODS TO INCLUDE & AVOID



Healthy Liver Fatty Liver

#### FOODS TO INCLUDE

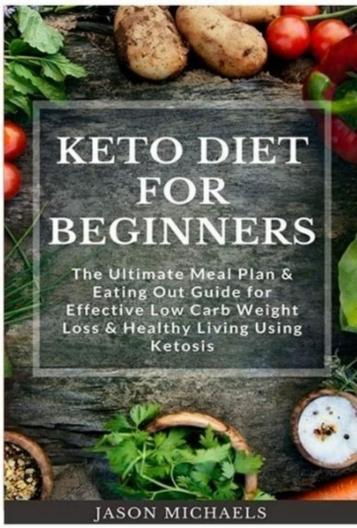
- Raw Vegetables
- Fruits
- Cooked Vegetables
- Proteins



#### FOODS TO AVOID

- fried snacks
- burgers
- pastries
- donuts





**USDA** U.S. Department of Agriculture

**MyPlate Plan**  
Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

**Food Group Amounts for 1,800 Calories a Day**

Fruits	Vegetables	Grains	Protein	Dairy
<b>1 1/2 cups</b>	<b>2 1/2 cups</b>	<b>6 ounces</b>	<b>5 ounces</b>	<b>3 cups</b>
Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies. Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains. Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine. Mix up your protein foods. To include seafood, beans, and peas, unaltered nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt. Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.

**Limit:** Drink and eat less sodium, saturated fat, and added sugars. Limit:  
 • Sodium to **2,300 milligrams** a day  
 • Saturated fat to **20 grams** a day  
 • Added sugars to **45 grams** a day

**Be active your way:** Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

**MyPlate Plan**

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 1,800-calorie pattern are:

Food group	Write your food choices for each food group	Did you reach your target?
<b>Fruits</b> 1 1/2 cups 1 cup of fruits counts as: • 1 cup raw or cooked fruit, or • 1/2 cup dried fruit, or • 1 cup 100% fruit juice.		<input type="checkbox"/> Y <input type="checkbox"/> N
<b>Vegetables</b> 2 1/2 cups 1 cup vegetables counts as: • 1 cup raw or cooked vegetables, or • 2 cups leafy salad greens, or • 1 cup 100% vegetable juice.		<input type="checkbox"/> Y <input type="checkbox"/> N
<b>Grains</b> 6 ounce equivalents 1 ounce of grains counts as: • 1 slice bread, or • 1 ounce ready-to-eat cereal, or • 1/2 cup cooked rice, pasta, or cereal.		<input type="checkbox"/> Y <input type="checkbox"/> N
<b>Protein</b> 5 ounce equivalents 1 ounce of protein counts as: • 1 ounce lean meat, poultry, or seafood, or • 1 egg, or • 1 Tablespoon peanut butter, or • 1/4 cup cooked beans, or peas, or • 1/2 ounce nuts or seeds.		<input type="checkbox"/> Y <input type="checkbox"/> N
<b>Dairy</b> 3 cups		<input type="checkbox"/> Y <input type="checkbox"/> N

**Limit:**  
 • Sodium to **2,300 milligrams** a day  
 • Saturated fat to **20 grams** a day  
 • Added sugars to **45 grams** a day

**Activity:** Be active your way:  
 Adults: Be physically active at least **2 1/2 hours** per week.  
 Children 6 to 17 years old: Move at least **60 minutes** every day.

**PLAN DE DIETA PARA LA RESISTENCIA A LA INSULINA EN ESPAÑOL**

Insulin Resistance Diet Plan in Spanish

Current dietary guidelines from the U.S. Department of Agriculture (USDA) recommend consuming a variety of foods from all food groups, including lean animal protein (or plant-based protein sources), dairy products and fortified soy products, whole grains, fruits, and vegetables. While we do not endorse fad diet trends or unsustainable weight loss methods, we present the facts so you can make an informed decision that works best for your nutritional needs, genetic blueprint, budget, and goals. Eating when you're hungry, savoring each bite, and stopping before you become overly full can help promote weight loss. Within 30 days, all his symptoms went away, so the surgery was canceled. People following a low-carb diet may experience deficiencies in valuable micronutrients, such as vitamin B1 (thiamin), folate, vitamin C, magnesium, iron, vitamin D, vitamin E, and calcium. Experts say it would be tough for most people to adhere to a total ban on grains. He waded through stacks of nutritional data and functional anthropology research, and devoted years of his life to analyzing and testing his theories. The Wild Diet encourages healthy habits like opting for nutrient-dense whole foods, but it eliminates whole grains. Wild Diet meals should be set up as follows: Roughly two-thirds of your plate should be non-starchy vegetables. Grains, even whole grains, and legumes are not permitted. Difficult to sustain: James stresses the importance of choosing foods as close to "wild" as possible, including organic produce, grass-fed beef, free-range eggs, wild-caught seafood, and so on. For example, if you can't eat enough vegetables on Monday, eat more veggies on Tuesday or Wednesday so that at the end of the week, about 65% of your food intake has been nutrient-rich, low-starch vegetables. Some promotions for the diet suggest that you can eat fatty, indulgent foods like bacon, sausage, or heavy cream. And to date, it has helped thousands of people worldwide break free from poor health and debilitating diseases - and regain the health and wellness each of us was born to have. Leafy greens (mustard greens, beet greens, spinach, chard, kale) Carrots Pumpkin Jicama Artichokes Peppers Eggplant Berries The Wild Diet is heavy on meat: Grass-fed, pastured, organic, wild, or locally raised meats. May include too much protein: High-protein diets that emphasize animal protein are often high in saturated fats. Eric spent the earlier part of his life struggling with constant sinus and throat infections, excess weight, acne and chronic fatigue. Current exercise guidelines suggest an activity program that includes 150 minutes or more of moderate activity for weight management and overall health. His research took him to live with bushmen in Africa, where he studied their eating patterns. People following this diet will eat a lot of meat, seafood, and vegetables. The workout plan simply includes one 7-minute, high-intensity workout session per week. Many people who read his book or download the Wild Diet PDF may not have that same level of interest or investment. No counting required: If you prefer not to count calories or carbohydrates, you might prefer the Wild Diet to other low-carb weight-loss plans. If you try the Wild Diet and find that you can't maintain it, there's no need to beat yourself up over it. However, experts agree that it isn't right for everyone. Restricting an entire food group does not align with USDA guidelines for a well-balanced diet—though this eating plan can still be a healthy strategy for weight loss if followed for the short term. Note that this meal plan is not all-inclusive, but if you do choose to follow this diet, there may be other meals that are more appropriate for your tastes, preferences, and budget. Those ingredients can be challenging to find and expensive, too. James says that you can lose 20 pounds in 40 days on the Wild Diet. Note that this is not a definitive shopping list and you may find other foods that work better for you. Eric Edmeades is an international speaker, author, and pioneer in the field of evolutionary biology and nutritional anthropology. You will probably notice a change in your body size, and you may even benefit from an increase in energy when you cut out processed carbs. On a 2,000 calorie diet, that's about 1,500 calories a day—but this can vary based on an individual's age, sex, weight, height, and level of physical activity. But note that not everyone is fit or healthy enough to complete high-intensity intervals. "The Wild Diet is a low-

carbohydrate meal plan with several helpful takeaways, such as focusing on unprocessed foods and eating intuitively. Eric’s personal experience drove his passion to explore food’s role in human health. Day 1: 1 serving low-carb frittata with spinach, mushrooms, and chicken sausage; 1 tuna salad collard green wrap; 1 cup rainbow vegetable soup; 4 ounces oven-baked salmon with herbs; 1 serving roasted or grilled asparagus; 1 square of high-quality dark chocolate Day 2: 1 California summer vegetable omelet; 1 serving simple green juice; 3/4 cup avocado chicken salad (use full-fat yogurt); 1/4 cup lemon-herb lentil dip with 3 ounces cucumber slices; 1 serving zesty grilled shrimp skewers, lemony roasted low-carb broccoli, spring mix greens with olive oil Day 3: Two eggs scrambled or over easy; 1/2 sliced avocado; 1 cup mixed berries; 1 serving low-carb salad with chicken, bacon, and apple; 1 1/2 cups quick roasted tomato soup with fennel; 3 ounces grilled or pan-seared sirloin steak, sautéed kale, sautéed oyster mushrooms, and onions; 1 glass red wine Day 4: Sautéed spinach, 2 soft boiled eggs, 1 cup raspberries with 1/2 cup grass-fed dairy yogurt; 1 serving Asian chopped salad with garlic-ginger chicken; 1 serving 6-ingredient almond crusted tilapia, roasted asparagus; 1 square high-quality dark chocolate Day 5: 1 serving ratatouille hash under fried eggs; 1 serving tuna salad with fennel and orange salsa; 1 serving miso marinated steak with bok choy stir-fry, 1 cup mixed berries Day 6: 1 serving tomato and broccoli braided top breakfast frittata; 1 serving Greek shrimp with feta and olives, sautéed zucchini; 1 serving sesame coleslaw with teriyaki chicken (use olive oil); 1 glass red wine Day 7: 1 avocado with 2 eggs baked inside, roasted tomatoes, mixed berry, greens, and kefir smoothie; vegetable and goat cheese frittata, spring mix greens with olive oil and cucumbers; herb roasted chicken with tapenade, sautéed kale, and mushrooms with a sprinkle of parmesan cheese, steamed broccoli James has a book that includes explanations for how to choose foods to eat and foods to avoid. The remaining section should be filled in with fruit and healthy fats. May lead to nutrient deficiencies: Choosing whole foods over processed ones is a healthy choice, but eliminating whole grains and restricting carbohydrates can lead to nutrient deficiencies. High in saturated fat: This may also not be a healthy eating plan for people who have been instructed to cut back on their saturated fat intake. Since the Wild Diet eliminates grains entirely and restricts other healthy foods, it does not align with federal guidelines. And research shows that high-protein diets that exceed the recommended daily intake of protein may cause high cholesterol, heart disease, and even some forms of cancer. Encourages intuitive eating: Despite the dietary restrictions, the premise of the Wild Diet encourages followers to eat mindfully and follow their body’s natural hunger cues. There is no calorie counting on the Wild Diet, but nutrition experts recommend counting calories to stay within the recommended range for weight loss. The eating style has clearly worked for Abel James, but he had an incentive (he participated in a reality TV show featuring his diet), time, and substantial personal motivation to build his diet around a unique array of foods. There is plenty of evidence to show that high-protein diets can be an effective strategy for weight loss. Dark leafy greens (kale, spinach, arugula, Swiss chard, collard greens) Non-starchy vegetables (broccoli, cauliflower, zucchini, Brussels sprouts, green beans, mushrooms) Low-carb fruits (berries, pineapple, cantaloupe, avocado) Healthy fat sources (avocados, walnuts, almonds, chia seeds, flaxseeds, olive oil) Meat and poultry (beef, chicken breast, turkey breast, bacon, sausage) Fresh or frozen fish (halibut, salmon, cod, snapper, shrimp) Whole milk and/or heavy cream Eggs Dark chocolate Despite the weight-loss benefits associated with the Wild Diet, not everyone will be successful on this plan. Use the program as a guide and make adjustments to fit your personal health needs, your schedule, and your budget. If your goal is weight loss, remember that losing weight isn’t necessarily the same as being your healthiest self, and there are many other ways to pursue health. Dining out is allowed on the plan and eating with friends is encouraged. Produce allowed on the Wild Diet includes mostly non-starchy vegetables, especially colorful ones (preferably organic). Alcohol (preferably red wine) is OK in moderation (two drinks or fewer per day). BreadPastaCerealOatsRiceLentilsChickpeasKidney beans Foods that are processed and/or have added sugar are off-limits on the Wild Diet. Potato chipsBaked goodsSugar-sweetened drinks Even though James provides guidance about how to structure each meal and how to time your daily food intake, he says your eating plan should be organized to reach weekly goals, not daily ones. Though the Wild Diet stresses that all foods consumed on the plan should be locally sourced and organic, this may not always be possible depending on where you live and your budget. WILDFTI is the culmination of Eric’s journey. James also recommends that you carry high-quality dark chocolate for “chocolate emergencies.” The Wild Diet plan is accompanied by an exercise program. Better yet, talk to your healthcare provider or invest in a session with a registered dietitian to make sure that the eating plan you choose supports a comprehensive plan for wellness and longevity. He says this allows for greater flexibility and makes the program easier to follow. Successful eating plans need to be individualized and take the whole person into consideration. Whole milk Cream Fermented dairy (yogurt, kefir) Almond milk Coconut milk Cashew milk Like many weight-loss diets, the Wild Diet suggests cutting out refined sugar and carbohydrates. Missing food groups: Some dieters have expressed concern over the lack of whole grains and dairy on this eating plan. May be effective for weight loss: If you follow the Wild Diet perfectly, you are likely to lose weight, especially at the beginning of the program. But most of those foods are “supplementary foods,” according to the plan. That could make this diet hard to sustain and (since legumes and beans are also restricted) difficult for vegetarians to use. This can make meal planning tricky, since grains are a common dietary staple for many. Creator Abel James says that rather than eating like your Paleolithic ancestors, you should eat like your grandparents, focusing on real, whole foods instead of processed ones. Review the pros and cons to understand about trying this eating style. But it also eliminates a large group of carbohydrates: all grains and legumes. Prior to starting a new diet plan, consult with your healthcare provider or a registered dietitian, especially if you have an underlying health condition. The best diet is always the one that is balanced and fits your lifestyle. It can be hard to get all the nutrients you need when you cut out all or most of these foods. The following shopping list offers suggestions for getting started on the Wild Diet, and it’s up to you to decide whether or not to choose organic. While foods like butter and cream are limited on the plan, they might still be too high for people trying to follow an eating plan to support heart health. The Wild Diet is an example of how different diets work for different people. Use this calculator to determine the right number of calories to meet your goals. Bison Elk Buffalo Boar Veal Venison Pork Chicken Beef Wild-caught fish and shellfish (shrimp, cod, salmon, clams, crab, tuna) Eggs (chicken, duck, quail) Fats should come from specific sources. The following 7-day meal plan offers suggestions for what to eat on the Wild Diet. James recommends that you eat no more than two total servings of supplementary foods per week until you reach your goal weight. His doctors believed that surgically removing his tonsils was the solution, but on a whim, Eric decided to experiment with changing his diet. High-quality foods: Many people who follow the program will benefit from an increased intake of nutrient-rich vegetables and high-quality protein sources, along with reduced consumption of processed foods that may be high in sugar and salt. The USDA advises a reduction of 500 calories per day for a steady rate of weight loss of 1 to 2 pounds per week. While it is possible that some people hit that goal, many people may have a hard time sticking with the diet long enough to get there. Encourages a healthy lifestyle: The Wild Diet promotes healthy habits like choosing whole foods and getting lots of exercise. He wanted to understand why simple dietary changes healed his body - especially when western medicine had spent years telling him that cutting out a part of his body was the only solution. Nuts and seeds Virgin, cold-pressed plant-based oils (avocado, coconut, olive, walnut) Organic pasture-raised animal fats (butter, ghee) Dairy products are allowed in moderation (about two servings per day), with an emphasis on whole milk and products made from grass-fed animal milk. One serving of protein (meat, fish, or eggs) that should be about the size of the palm of your hand, or roughly 3 ounces. Remember, following a long-term or short-term diet may not be necessary for you and many diets out there simply don’t work, especially long-term. Eliminating grains can be too restrictive for some to follow long-term.”—Chrissy Carroll, RD, MPH The Wild Diet emphasizes meat, seafood, and non-starchy vegetables, allows for fruit and dairy on occasion and eliminates grains entirely. Intuitive eating can also help people to cultivate a healthy relationship with food. May not include enough fiber: Consuming only non-starchy vegetables and restricting legumes could make it difficult for some people to meet their recommended daily intake of fiber. A limited amount of starchy vegetables (such as sweet potatoes or beets) is allowed for people who exercise regularly. Starchy vegetables, such as potatoes and sweet potatoes, should be kept to a minimum, and fruits limited to no more than two servings per day. Unnecessary restrictions and missing food groups are a significant downside to the Wild Diet. The Wild Diet eating plan is similar to the Paleo diet, but allows for a greater range of foods and more flexibility in your eating style. The Wild Diet emphasizes locally farmed, organic, whole foods, with the exception of whole grains. On the Wild Diet, your carbohydrates will come from fruits and vegetables only. Exercise, sleep, and other lifestyle factors also play a major role in your overall health. At Verywell, we believe there is no one-size-fits-all approach to a healthy lifestyle. You will still need to keep an eye on your portions and consume certain foods in moderation using intuitive eating, however. If you currently eat a typical American diet (one that relies heavily on meat, processed foods, starchy carbohydrates, and sugary drinks), the shift to a low-carb eating style is likely to result in a quick loss of water weight. Decreased sugar intake: Since processed foods, sugar-sweetened beverages, and simple carbohydrates (like baked goods and candy) are not allowed, some may improve their health on this plan as a result of the decrease in sugar intake.