

## HEALTHY KETO MEAL PLAN

### By Veronika Larisova

Ketogenic diet is a diet very high in fats, moderate in protein and extremely low in carbohydrates. The goal of such a diet is to switch your body from using carbohydrates (glucose) to fats (ketones) as a primary source of fuel. That doesn't mean that you can eat fats in unlimited amounts. If you consume more food than your body can utilize, you will not lose weight. On a contrary, you will most certainly gain weight.

It is super easy to calculate how much of each macronutrient (macros) you need and using apps such as My FitnessPal makes it even easier.

60-80% of your calories must come from fat, then you need 1.2-1.5g of protein per every kilogram of your bodyweight and the rest are your carbs, which should stay under 20-50g. I'm giving you ranges, as the original ketogenic diet, which consists of 80% fats and under 20g of carbs, is quite extreme and difficult to adhere to. Modified ketogenic diets with little bit less fat and more carbs (still under 50g though) have proven to work quite well for fat loss and metabolic disorders.

### ***Macros calculations***

Fat = 60-80% of your daily calorie intake. 1g fat= 9kcal

Protein = weight in kilograms x 1.2-1.5g (depending on the level of activity). 1g protein= 4kcal

Carbohydrate= the rest of the calories (1g of carbohydrate = 4 kcal). Must stay under 20-50g.

You could easily stick to the macros split by eating lots of processed meat, fried foods, cream and vegetable oils. That would be really unhealthy though. You would be flooding your body with carcinogens and lots of other harmful toxins and robbing it of fibre, which is so important for gut health.

### **Healthy keto rules:**

- loads of green leafy and other non-starchy veggies
- small amounts of grass fed meat, organic poultry/eggs and wild caught fish (80-100g per serving)
- healthy fats such as grass fed ghee/butter, olive oil, coconut oil and any other nut oil, avocado, nuts and seeds, fatty fish

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### Meal Plan

#### ***Breakfast***

Mushroom and egg scramble  
Slice of toasted keto pumpkin bread with ¼ smashed avocado  
Black coffee or tea of choice

#### ***Lunch***

Pulled lamb shoulder salad with cauliflower and nuts

#### ***Dinner***

Keto prawn pasta  
2 squares 100% dark chocolate  
Herbal tea

#### ***Snack***

[Chief Collagen Peanut Butter Bar](#)

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### **MACROS**

Energy: 1900 kcal  
Carbs: 29g  
Fat: 158g (73%)  
Protein: 89g

This diet would be suitable for an active person who weighs around 60-75kg.

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### **RECIPES**

The recipes use organic grassfed ghee and olive oil.

#### ***Mushroom and egg scramble***

3 tsp. ghee  
100g button mushrooms  
2 eggs

Let the ghee melt in a pan; then add sliced mushrooms, cover with a lid and let sauté. Once mushrooms are ready, add eggs and scramble. Season with salt.

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### ***Keto pumpkin bread***

450g grated raw pumpkin  
4 whole organic eggs  
½ tsp Himalayan pink salt  
pinch of cinnamon  
¼ cup melted coconut oil  
¾ tsp baking soda  
1 tbsp fresh lemon juice  
300g almond meal (you can also use hazelnut meal or any nut meal you like)  
pumpkin seeds to sprinkle on top

Preheat oven to 180 C (or 150-160 Fan forced)  
Mix pumpkin, eggs, salt, cinnamon, lemon juice and oil in a bowl  
Add almond meal and baking powder and mix well  
Line a loaf tin with baking paper (base and sides)  
Spoon the mixture into the tin, press and sprinkle with seeds  
Bake for 1.5 hours (check after 1 hour as every oven is different)  
Remove from the oven, rest for one hour in the tin then remove  
Cool and save in air tight container in the fridge for up to 6 days and freeze the rest

### ***Pulled lamb shoulder salad***

80g slow cooked lamb shoulder  
1 cup spinach  
1 cup rocket  
1 tbsp. olive oil  
¼ cup raw mixed nuts  
150g baked cauliflower  
Fresh dill  
Fresh chopped parsley  
Salt  
Pepper

Mix fresh herbs with olive oil, dill, parsley, salt and pepper. In a large bowl, toss the mixture with spinach, rocket, nuts and cauliflower. Top up with lamb.

### ***Keto prawn pasta***

1 spiralled medium zucchini  
1 serve (100g) konjac spaghetti/noodles  
10 cooked peeled prawns  
¼ cup organic chicken bone broth  
4 tsp. lime infused ghee  
1 tbsp. lemon juice  
1 tbsp. parsley chopped  
Pinch of chilli flakes

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Spiralize the zucchini, place it on a paper towel and salt it to draw the moisture out. Leave about 15min to blot the water away.

On a pan, melt the ghee and add lemon juice, chilli flakes and bone broth. Bring to boil and then add the prawns and simmer until they turn pink. Reduce the heat, season with salt and pepper, and then throw the zucchini noodles, konjac noodles and parsley in the pan. Toss through, make sure the noodles are coated in the sauce and let it heat just for a few moments.

**BIO:** [Veronika Larisova](#) is a Nutritionist, Exercise Physiologist, Fitness practitioner and Educator who has worked with a wide range of clientele ranging from Olympic athletes to weekend warriors. She is also the Co-Founder of [Chief Nutrition](#).