

KETOSYSTEM

YOUR GUIDE TO KETOSYSTEM



Metagenics

Genetic Potential Through Nutrition

Lose Fat, Look Great and Feel Healthier.

www.ketosystem.com.au



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WELCOME TO THE KETOSYSTEM

Have you tried countless weight loss diets but failed to get results?

Ever wondered why weight loss diets are often unsuccessful?

Do you know how to switch on your body's natural fat burning process?

It is time to answer these important questions. Welcome to safe and effective fat loss. Your Healthcare Practitioner has recommended you follow one of the most advanced and effective programs for normalising your body composition. Many people try weight loss programs without positive long-term results. The KetoSystem helps overcome many of the problems associated with these programs and finally enables healthy fat loss that stays off.

"Take care of your body. It's the only place you have to live"
- Jim Rohn



BEFORE YOU START

Professional Care

Your Healthcare Professional has recommended you follow the KetoSystem. Make sure you maintain regular contact with your Practitioner. To ensure success it is essential that a qualified Healthcare Professional support you through the program and monitor your progress.

Nutritional Support

Depending on your specific requirements your Healthcare Professional will recommend some additional support for you. You will find some explanations of these support products in this booklet (see page 36). It is important to realise that these products may offer many personal benefits beyond improved fat loss. Your Practitioner will advise you of the correct supplementation and dosage schedule.

What to Expect

During the first few days you may feel poorly and become a little tired, however, after three to four days most people experience greater energy and satisfaction than they ever have before. Occasionally, negative effects such as constipation, slight headaches and bad breath may occur. Speak to your Practitioner if you happen to experience any of these as they are usually transient and easily corrected.



BEFORE YOU START

www.ketosystem.com.au

In addition to this booklet you can access the KetoSystem Website for additional support and information, in particular the website is a great place to get suitable recipes and recipe ideas for your program.

The KetoSystem Website provides:

- Basic KetoSystem guidelines;
- A downloadable patient diary;
- Support product information;
- Recipes.

QUICK START YOUR PROGRAM

For Those Who Want to get the Fat Moving... NOW!!!

This booklet is designed to give you all the background information you need to fully understand the benefits of losing body fat, how the KetoSystem works, why the KetoSystem is better than other weight loss diets, how your body burns fat, and give you ideas and plenty of personal support. However, if you want to fast track your program turn to the page recommended by your Practitioner below and you will be ready to start burning fat immediately.

Tick one of the following:

- Phase 1 – Two Week Induction on page 13
- Phase 2 – Ketogenic Fat Loss on page 25
- Phase 3 – Low Glycaemic Load Eating Plan on page 31



WHY LOSE BODY FAT?

“Obesity’s health consequences range from increased risk of premature death to serious chronic conditions that reduce the overall quality of life.” – The World Health Organisation

Many people want to lose body fat simply so they look good, however, having a high percentage of body fat is known to be one of the most serious causes of ill health, increasing your risk of Diabetes, Heart Disease and some types of Cancer (see Table 1). Elevated fat mass also increases the frequency of allergies, muscular aches and pains and reduces energy production causing fatigue.

Table 1: Obesity increases your risk of...

Depression	Heart Disease
Type 2 Diabetes	Stroke
Hypertension	Asthma
Arthritis	Birth defects
Cancer	Early death

In Australia and New Zealand, the prevalence of Obesity is skyrocketing with almost 60% of men and women currently overweight or obese. It is concerning to know that 20-25% of children are also obese or overweight. Excess body fat is undoubtedly one of the biggest health threats facing both us and our children’s lives. The good news is that losing even a small amount of body fat (as little as 10%) can reduce your chances of developing numerous diseases including Diabetes, Heart Disease or suffering from a stroke. Most calorie restriction

diets don't deal with the underlying metabolic and hormonal inhibitors of fat loss. The effectiveness of the KetoSystem to deal with these hormonal derangements makes it a critical factor for individuals with treatment-resistant Obesity.

If you are still unsure why you should lose body fat, here are some good reasons:

- 1. Looking good means feeling great.** Excess body fat can affect your self-esteem and is linked to the development of mood related disorders such as Depression. Meeting a challenge, improving your health and looking better can improve your sense of accomplishment, self-esteem and health in countless ways. You can do it!
- 2. It can improve energy levels.** Overweight and obese people have much less energy than people who have a healthy body weight. More energy means more vitality.
- 3. It reduces Cardiovascular risk.** In Australia, Cardiovascular Disease kills more people than anything else. Being overweight dramatically increases your risk of dying from this number one killer.
- 4. Protects against Cancer.** Obesity is strongly associated with the development of several Cancers, including colon, breast, endometrial, kidney and esophageal Cancer.
- 5. It will promote healthy ageing.** Obesity in the elderly is related to the development of various diseases; e.g. Cancer, Osteoarthritis, Diabetes and Hypertension. Consider fat loss a type of "life insurance."

6. **It is empowering.** Losing body fat is an incredibly powerful experience. You are actualising something that only you have the power to do and only you will truly experience the personal reward.
7. **Lowers your blood sugar.** This is great for sustaining your energy levels and particularly important for diabetics.
8. **Lowers blood pressure.** Weight loss can reduce blood pressure that's already high and prevent high blood pressure in the first place.
9. **Reduces your risk of developing Diabetes.** Weight loss improves your body's ability to use the insulin it makes; lessening the chance you'll develop Type 2 (adult-onset) Diabetes. If you have Type 2 Diabetes, weight loss can benefit your condition and may decrease the amount of medication you may need.
10. **Improved sex life.** One of the major risk factors for impotence in men is excess body weight. Losing weight may not only make you feel more attractive but improve sexual function, particularly erectile function in men.
11. **Improved fertility.** Overweight men and women are known to have high rates of infertility. Losing weight is a good idea if you are planning a family.
12. **It is fun!** Seeing continuous improvement and changes in your own body is incredible! Make fat loss fun, stay focused on your goal and enjoy the journey.

WHY OTHER DIETS FAIL

“Weight loss attempts may be associated with subsequent major weight gain.”

– Scientific Research Finding.

The KetoSystem is the most effective fat loss program available. The KetoSystem assists you to lose up to 2 kg of fat per week whilst preserving your muscle mass. Most calorie-restricted diets produce disappointing results principally due to the excessive loss of muscle mass. This loss of muscle reduces your metabolic rate (ability to burn calories) and increases your likelihood of you putting the fat back on (yo-yo dieting). Losing muscle mass and reducing your metabolic rate tends to create a vicious cycle of fat gain which causes hormonal and metabolic abnormalities that eventually promote further fat gain (see Figure 1). **The KetoSystem avoids these damaging effects of dieting because it is a fat loss system, not a weight loss system.**

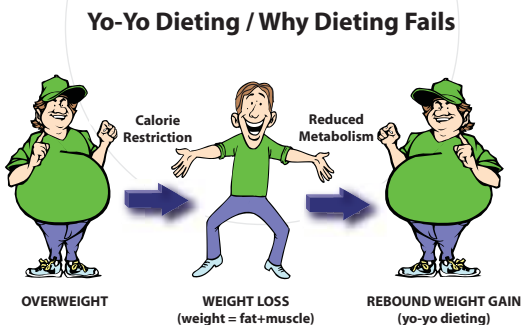


Figure 1: Yo-Yo Dieting.

HOW THE KETOSYSTEM WORKS

Switching on Fat Burning

Your body has three main sources of energy. It can burn fat, glucose, or protein. When we burn fat, we produce chemicals called ketones. These are produced normally, and when we can measure these ketones in our urine, we know we are burning fat efficiently. High levels of dietary carbohydrates, also known as high glycaemic load foods (e.g. sugars and starchy foods such as bread, rice, pasta and potatoes) work with the hormone insulin to “switch off” fat burning and increase fat gain (see Figure 2). When your insulin levels become too high it promotes the production of excess fat whilst blocking the burning of fat. So it becomes virtually impossible to lose fat if you have raised your insulin levels.



FIGURE 2: High carbohydrate diets increase fat gain.

When your body's blood sugar and insulin levels are low enough you will switch to a higher level of fat burning. This is the secret to the KetoSystem. To burn fat you need to restrict high glycaemic load foods to a level where your body will produce less of the hormone insulin thereby increase the rate of fat burning. Eating less food is not the answer; you need to specifically reduce the high glycaemic index, carbohydrate-rich foods in order to "switch on" fat burning.



IS THE KETOSYSTEM EFFECTIVE?

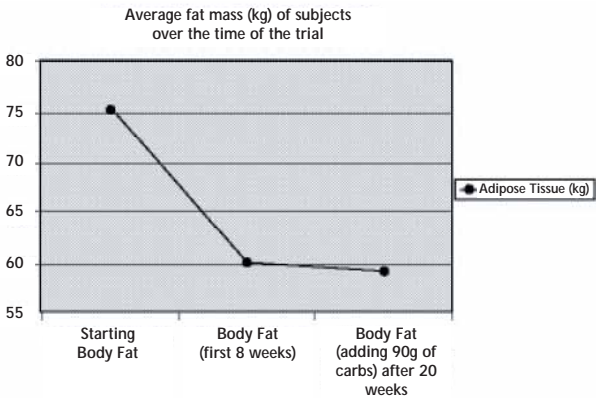
The KetoSystem is very effective and will enable you to lose $\frac{1}{2}$ - 2 kg of fat (not weight) per week without feeling hungry and tired. Many people have achieved greater fat loss than they ever thought possible. These people have maintained their muscle mass, which decreases on most diets, and so they can more easily keep their fat levels down.

The KetoSystem:

- Reduces insulin production;
- Reduces fat production;
- Increases fat burning;
- Increases muscle mass;
- Increases energy.

The following study is an excellent demonstration of the effect of carbohydrates on fat loss. This research study was done on grossly obese adolescents (average of 147.8 kg) who went on a ketogenic fat loss program. They lost on average 2 kg of fat per week. Figure 3 shows their average fat loss for the first eight weeks, and then the effect of adding only a small amount of carbohydrate, equivalent to only three pieces of white bread to their diet. We can see that carbohydrate slowed fat burning; in fact one of the subjects actually started putting on weight! This study shows that a ketogenic diet quickly reduces fat in severely obese individuals. This also shows how a small amount of carbohydrate can dramatically reduce the rate and amount of fat loss.

FIGURE 3: Carbohydrate Effect on Fat Loss.





PHASE 1

TWO WEEK INDUCTION

Phase 1 is a two week induction period designed to help you become an efficient fat burner. Stick with it and in no time the two weeks will pass and you will be burning fat efficiently and shedding those excess kilos. Once you finish Phase 1 you are rewarded with more freedom in your diet. Make sure you maintain regular contact with your Practitioner. It is essential to your success that they support you along your journey towards a healthy body weight.

During Phase 1 of your program there are five simple steps to follow:

- Step 1: How Much Protein do I Need?
- Step 2: How Much Carbohydrate do I Need?
- Step 3: How Much “Good Fat” do I Need?
- Step 4: How Much Exercise do I Need?
- Step 5: Measure Your Ketones Twice Daily.
- Phase 1 Checklist.

STEP 1: How Much Protein Do I Need?

You need to eat 3 regular meals and 2 between meal snacks containing protein-rich foods. For your first two weeks on the KetoSystem, your protein intake is either 90 g or 110 g per day depending on your sex and weight. Your protein intake is controlled so you effectively “switch on” fat burning. After Phase 1 (two weeks) your protein intake is not controlled giving you more dietary freedom.

- ❑ If you are a woman over 90 kg or a man you need to follow Program A below.
- ❑ If you are a woman under 90 kg you need to follow Program B on page 16.

Program A.

Women over 90 kg and all men need 110 g of protein per day

110 g of protein refers to 110 g of pure protein, not to 110 g weight of protein containing foods. Protein containing foods include meat, nuts, cheese, soy foods, eggs and fish.

There are two ways you can determine your protein allowance;

- The Set Meal Planner;
- Making your own meal plan using the Protein Content of Foods Table and the Personal Meal Planner.

To make things easy, Table 2 on page 15 is a Set Meal Planner. Alternatively, you can structure your own meal plan using your Personal Meal Planner on page 20 and the KetoSystem recipes (see www.ketosystem.com.au) or the Protein Content of Foods Table on page 18. This table details the protein equivalent of suitable protein-rich foods so you know exactly how much protein you are getting from your meals and snacks. To help you with suitable snacks, a list of Keto Snacks can be found on page 124.

TABLE 2: Meal planner for 110 g protein

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	Mexican Style Scrambled Tofu (20 g)*	2 Quiche Delight (20 g)*	Creamy Chicken Coleslaw (20 g)*	A Keto Bar (20 g)	Chicken Fajita Casserole (30 g)*
2	Fetta, Pumpkin, Zucchini and Red Capsicum Frittata (30 g)*	2 soy and garlic chicken drumsticks (20 g)*	Thai Red Curry Fish with Lime and Asian Vegetables (20 g)*	2 serves of Ketoslim - any flavour (20 g)	Veal Escalopes with a Side of Salad (20 g)*
3	Ketoslim Smoothie, 2 serves (20 g)	A Keto Bar (20 g)	Traditional Italian Meatballs (30 g)*	Almonds 100 g (10 g) and a chicken drumstick (10 g)	San Choy Bow (Pork Mince in Lettuce Cups) (20 g)*
4	Katy's Sensational Pancakes (20 g)	2 serves Ketoslim - any flavour (20 g)	Tuna Treasure Salad (25 g)*	A Keto Bar (20 g)	South American Style Chicken Salsa (25 g)*
5	Chicken Sausage and Sautéed Vegetables (30 g)*	2 serves Ketoslim - any flavour (20 g)	Fresh Garden Salad (20 g)*	Brazil nuts, 140 g (20 g)	Lamb Cutlets with Vegetables (20 g)*
6	Eggs Florentine (20 g)*	Walnuts, 140 g (20 g)	Thai Red Curry Fish with Lime and Asian Vegetables (20 g)*	Chocolate mud cake, 2 slices (20 g)*	Grilled Pepper Steak with French Beans and Lemon Butter Sauce (30 g)*
7	Quick Spanish omelette (20g)*	2 serves Ketoslim - any flavour (20 g)	Mediterranean Salad (25 g)*	A 150 g can of flavoured tuna (20 g)	Baked Fish with Toasted Almonds (25 g)*

* See www.ketosystem.com.au, or the back of this booklet for these recipes.

Program B.

Women under 90 kg need 90 g of protein per day

90 g of protein refers to 90 g of pure protein, not to 90 g weight of protein containing foods. Protein containing foods include meat, nuts, cheese, soy foods, eggs and fish.

There are two ways you can determine your protein allowance:

- The Set Meal Planner;
- Making your own meal plan using the Protein Content of Foods Table and the Personal Meal Planner.

To make things easy, Table 3 on page 17 is a Set Meal Planner. Alternatively, you can structure your own meal plan using your Personal Meal Planner on page 20 and the KetoSystem recipes (see www.ketosystem.com.au) or the Protein Content of Foods Table on page 18. This table details the protein equivalent of suitable protein-rich foods so you know exactly how much protein you are getting from your meals and snacks. To help you with suitable snacks, a list of Keto Snacks can be found on page 124.

TABLE 3: Meal planner for 90 g protein

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	Mexican Style Scrambled Tofu (20 g)*	Quiche delight (10 g)*	Creamy Chicken Coleslaw (20 g)*	½ Keto Bar (10 g)	Chicken Fajita Casserole (30 g)*
2	Fetta, Pumpkin, Zucchini, and Red Capsicum Frittata (30 g)*	Soy and garlic chicken drumstick (10 g)*	Thai Red Curry Fish with Lime and Asian Vegetables (20 g)*	1 serve of Ketoslim – any flavour (10 g)	Veal Escalopes with a Side of Salad (20 g)*
3	Ketoslim Smoothie, 2 serves (20 g)	½ Keto Bar (10 g)	Traditional Italian Meatballs (30 g)*	Almonds 100 g (10 g)	San Choy Bow (Pork Mince in Lettuce Cups) (20 g)*
4	Katy's Sensational Pancakes (20 g)*	1 serve Ketoslim – any flavour (10 g)	Tuna Treasure Salad (25 g)*	A ½ caramel Keto Bar (10 g)	South American Style Chicken Salsa (25 g)*
5	Chicken Sausage and Sautéed Vegetables (30 g)*	1 serve Ketoslim – any flavour (10 g)	Fresh Garden Salad (20 g)*	Chocolate mud cake (10 g)*	Lamb Cutlets with Vegetables (20 g)*
6	Eggs Florentine (20 g)*	Walnuts, 70 g (10 g)	Thai Red Curry Fish with Lime and Asian Vegetables (20 g)*	Brazil nuts, 70 g (10 g)	Grilled Pepper Steak with French Beans and Lemon Butter Sauce (30 g)*
7	Quick Spanish Omelette (20 g)*	1 serve Ketoslim – any flavour (10 g)	Mediterranean Salad (25 g)*	A 95 g can of flavoured tuna (10 g)	Baked Fish with Toasted Almonds (25 g)*

* See www.ketosystem.com.au, or the back of this booklet for these recipes.

Table 4 - Protein Content of Foods					
	10 g	20 g	30 g	40 g	50 g
Eggs	1-2 eggs	3 eggs	4 eggs	5 eggs	6 eggs
Chicken Leg 1 Chicken Leg= 15 g Protein. 2 Chicken Legs= 30 g Protein. 3 Chicken Legs= 45 g Protein					
Minced beef	65 g	130 g	195 g	260 g	325 g
Fish	65 g	130 g	195 g	260 g	325 g
Scallops	90 g	135 g	180 g	325 g	415 g
Prawns cooked	50 g	100 g	150 g	200 g	250 g
Ham/ Pork	45 g	90 g	135 g	180 g	325 g
Lamb	45 g	90 g	135 g	180 g	325 g
Steak	45 g	90 g	135 g	180 g	325 g
Cheese, Hard	45 g	90 g	135 g	180 g	325 g
Cheese, Cottage	40 g	80 g	120 g	160 g	200 g
Cheese, Ricotta	95 g	190 g	285 g	380 g	475 g
Cheese, Fetta	60 g	120 g	180 g	240 g	300 g

Table 4 - Protein Content of Foods

	10 g	20 g	30 g	40 g	50 g
Soy, Tofu	45 g	90 g	135 g	180 g	325 g
Soy, Tempeh	50 g	100 g	150 g	200 g	250 g
Soy, Milk	350 ml	700 ml			
Soy, Miso	4 Table- spoons				
Nuts, Almonds	50 g	100 g	150 g	200 g	250 g
Nuts, Walnuts	70 g	140 g	210 g	280 g	350 g
Nuts, Brazil	70 g	140 g	210 g	280 g	350 g
Nuts, Macadamia	130 g				
Keto Bar	1/2 bar	1 bar	1 1/2 bar	2 bars	2 1/2 bars
Ketoslim	1 serve	2 serves	3 serves	4 serves	5 serves
Ketoslim Soy	1 serve	2 serves	3 serves	4 serves	5 serves
Bio Pure	1 serve	2 serves	3 serves	4 serves	5 serves

PERSONAL MEAL PLANNER

Table 5: Your Personal Meal Planner

Day	Breakfast	Snack	Lunch	Snack	Dinner
1. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:
2. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:
3. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:
4. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:
5. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:
6. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:
7. Protein Total:	Protein count:	Protein count:	Protein count:	Protein count:	Protein count:

STEP 2: How Much Carbohydrate do I Need?

Reduction of high carbohydrate foods is necessary to switch on fat burning. Throughout Phase 1 your carbohydrate food allowance is **2 cups of low glycaemic load vegetables per day and up to 4 cups of additional salad vegetables**. The Low Glycaemic Load Vegetable list on page 125 provides a list of vegetables you can use to make up your allowance. It is best to combine your vegetables with meals. During Phase 1, it is not advised that you consume any fruit. They are a little high in sugars and can be introduced after your initial two weeks.

STEP 3: How Much “Good Fat” do I Need?

Good fats are those found in foods such as fish, nuts, seeds and cold-pressed vegetable oils. These dietary fats are especially good for your heart and will help you burn body fat. During Phase 1 it is important to limit your intake of nuts and seeds and cold pressed vegetable oils. The following three points will ensure you remain within the general guideline.

- 1. Your nut and seed allowance is a small handful or ¼ of a cup daily.**

The Recommended Nuts and Seeds list on page 126 provides a list of nuts and seeds you can consume. Nuts and seeds make a great snack on their own or can be added to meals such as stir-fries and salads.

2. Limit your dietary oils used in cooking and on salads oils to 2 tablespoons daily.

The best oil to use for cooking is cold-pressed extra virgin olive oil. When adding oils to salads and other cold dishes any cold-pressed oil can be used. Macadamia nut, olive, sesame, walnut and flax seed are good choices. Always make sure these oils are bought fresh and kept refrigerated.

3. Take 1-2 tablespoons of Meta Oil or Keto Oil daily.

Essential fatty acids form an important part of the KetoSystem because these oils support fat burning by increasing the natural energy cycles in the body (thermogenesis). You can add Meta Oil or Keto Oil to your diet as a salad dressing, in smoothies, cold food or just take them on their own.

STEP 4: How Much Exercise do I Need?

During the KetoSystem **it is best to undertake only light to moderate exercise for 30 minutes most days of the week.** For some people this may be too much to begin with, don't worry as your weight reduces you will have more energy and will be able to exercise more. Gentle to brisk walking is an excellent choice, enjoyable, easy to undertake and requires minimal effort. Speak to your Practitioner about "Your Guide to Exercise," an easy to use booklet that is designed to help you tailor an exercise regimen that suits your individual needs.

STEP 5: Measure your Ketones Daily.

Ketones are a natural product of fat metabolism. You can measure ketones to ensure you are efficiently burning fat. Ketostix™ determines the amount of ketones your body produces by measuring them in your urine. **Measure and record your ketones twice daily, before breakfast and before dinner.** Simply follow the instructions on the KetoStix™ pack. Your ideal fat burning range is between trace and small. If you are outside this range, you need to speak to your Practitioner who will advise you on how to achieve the best results.





PHASE 1 CHECKLIST

Phase 1 is broken down into five simple steps that can be summarised as follows. Make sure you read the details of each step carefully. You will be burning fat in no time!

Step 1: How Much Protein do I Need?

- This varies depending on your sex and body weight;
- Use the meal planner or design your own plan using the protein table;
- Eat 3 regular meals and 2 between meal snacks containing protein-rich foods.

Step 2: How Much Carbohydrate do I Need?

- 2 cups of low glycaemic load vegetables per day;
- Up to 4 cups of additional salad vegetables.

Step 3: How Much "Good Fat" do I Need?

- Your nut and seed allowance is a small handful or $\frac{1}{4}$ of a cup daily;
- Limit your dietary oils to 2 tablespoons daily;
- Take 1-2 tablespoons of Meta Oil or Keto Oil daily.

Step 4: How Much Exercise do I Need?

- Light to moderate exercise (e.g. walking) for 30 minutes most days of the week is recommended.

Step 5: Measure Your Ketones Twice Daily.

- Measure your ketones twice daily, before breakfast and before dinner.

"If you can imagine it, you can achieve it. If you can dream it, you can become it."

- William Arthur Ward



PHASE 2

KETOGENIC FAT LOSS

Phase 2 of the KetoSystem is designed to keep you burning fat easily while offering a lot more freedom than Phase 1. If you have finished Phase 1:

- You don't have to calculate your protein anymore;
- You're allowed more vegetables;
- You can now enjoy fruit.

Phase 2 allows for a greater variety of foods, as well as allowing you to eat more food in general. Make sure you maintain regular contact with your Practitioner. It is essential to your success that they support you along your journey towards a healthy body weight.

During Phase 2 of your program there are five simple steps to follow:

- Step 1: How Much Protein do I Need?
- Step 2: How Much Carbohydrate do I Need?
- Step 3: How Much "Good Fat" do I Need?
- Step 4: How Much Exercise do I Need?
- Step 5: Measure Your Ketones Twice Daily.
- Phase 2 Checklist.

STEP 1: How Much Protein do I Need?

During Phase 2 you need to **eat a low carbohydrate protein-rich food at each meal, and as a healthy snack twice daily** (see example below). This will ensure you don't go hungry and keep your fat metabolism at its peak throughout the day. If you have completed Phase 1, weighing your protein is no longer necessary. The Protein-Rich Foods list on page 126 provides some examples of protein rich foods to help you get started. The Keto Snacks list on page 124 has plenty of great snack ideas to help you.

Example Meal Plan	
Breakfast	2 poached eggs with grilled vegetables or a Ketoslim smoothie with fresh strawberries
Snack	1 Ketoslim shake and a small handful of almonds
Lunch	Grilled chicken breast and Greek salad with feta cheese, olives and herb dressing
Snack	½ - 1 Caramel Keto Bar
Dinner	Salmon steak in garlic butter with freshly steamed seasonal vegetables

Tip: At each meal your protein portion should approximate 1- 1 ½ times the size of the palm of your hand with ½ a palm for snacks.

STEP 2: How Much Carbohydrate do I Need?

Reduction of high carbohydrate foods is necessary to switch on fat burning. Throughout Phase 2 your carbohydrate food allowance is **3 cups of low glycaemic load vegetables per day and up to 4 cups of additional salad vegetables**. The Low Glycaemic Load Vegetable list on page 125 provides a list of vegetables you can use to make up your allowance. It is best to combine your vegetables with meals.

You are also allowed to trade 1 piece or ½ a cup of recommended fruit for one cup of vegetables daily. For example if you ate ½ a cup of fruit your daily carbohydrate allowance would be ½ a cup of fruit and 2 cups of vegetables. **Your fruit intake is limited to 1 piece or ½ a cup per day.** The Recommended Low Carbohydrate Fruits list on page 127 is a list of your recommended fruits. These fruits are particularly low in carbohydrate.

STEP 3: How Much “Good Fat” do I Need?

Good fats are those found in foods such as fish, nuts, seeds and cold-pressed vegetable oils. These dietary fats are especially good for your heart and will help you burn body fat. **During Phase 2 it is important to limit your intake of nuts and seeds and cold-pressed vegetable oils.** The following three points will ensure you remain within the general guideline.

1. Your nut and seeds allowance should approximate a small handful or ¼ of a cup daily.

The Recommended Nuts and Seeds list on page 126 provides a list of nuts and seeds you can use.

2. Cooking and salads oils are limited to approximately 2 tablespoons daily.

For cooking choose cold-pressed extra virgin olive oil and for salads cold-pressed macadamia nut, olive, sesame, walnut, and flaxseed oils. Buy salad oils fresh and keep refrigerated.

3. Take 1 - 2 tablespoons of Meta Oil or Keto Oil daily.

Essential fatty acids support fat loss by increasing the natural energy cycles in the body (thermogenesis). You can add Meta Oil or Keto Oil to your diet as a salad dressing, in smoothies, cold food or just take them on their own.

STEP 4: How Much Exercise do I Need?

It is best to **undertake only light to moderate exercise for 30 minutes most days of the week.** For some people this may be too much to begin with, don't worry as your weight reduces you will have more energy and will be able to exercise more. Gentle to brisk walking is an excellent choice, enjoyable, easy to undertake and requires minimal effort. Speak to your Practitioner about "Your Guide to Exercise" an easy to use booklet that is designed to help you tailor an exercise regimen that suits your individual needs

STEP 5: Measure Your Ketones Daily.

Ketones are a natural product of fat metabolism. You can measure ketones to ensure you are efficiently burning fat. Ketostix™ determines the amount of ketones your body produces by measuring them in your urine. **Measure and record your ketones twice daily, before breakfast, and before dinner.** Simply follow the instructions on the KetoStix™ pack. Your ideal fat burning range is between trace and small. If you are outside this range, you need to speak to your Practitioner who will advise you on how to achieve the best results.





PHASE 2 CHECKLIST

Phase 2 is broken down into five simple steps that can be summarised as follows. Make sure you read the details of each step carefully. Visualise the new, lean you!

Step 1: How Much Protein do I Need?

- Eat a low carbohydrate protein-rich food at each meal and twice daily as a healthy snack.

Step 2: How Much Carbohydrate do I Need?

- 3 cups of low glycaemic load vegetables per day;
- Up to 4 cups of additional salad vegetables;
- You are allowed to trade 1 piece or ½ a cup of recommended fruit for one cup of vegetables daily.

Step 3: How Much “Good Fat” do I Need?

- Your nut and seeds allowance should approximate a small handful or ¼ a cup daily;
- Cooking and salads oils are limited to approximately 2 tablespoons daily;
- Take 1-2 tablespoons of Meta Oil or Keto Oil daily.


Step 4: How Much Exercise do I Need?

- Light to moderate exercise (e.g. walking) for 30 minutes most days of the week is recommended.

Step 5: Measure Your Ketones Twice Daily.

- Measure your ketones twice daily, before breakfast and before dinner.

**“The difference between try and triumph is
just a little umph!”
- Marvin Phillips**



PHASE 3

LOW GLYCAEMIC LOAD EATING PLAN

Phase 3 is designed as a maintenance diet for continued long-term fat loss and the maintenance of a healthy body weight. During Phase 3 it is unnecessary to measure your ketones as you won't be burning fat as fast. If you have completed Phase 2;

- You now need only keep your daily vegetable intake to a minimum of 3 cups;
- You can enjoy fruit without having to exchange it;
- You no longer need to take Meta Oil or Keto Oil;
- It is not necessary for you to measure ketones.

Make sure you maintain regular contact with your Practitioner. It is essential to your success that they support you along your journey towards a healthy body weight and optimal health.

During Phase 3 of your program there are four simple steps to follow:

- Step 1: How Much Protein do I Need?
- Step 2: How Much Carbohydrate do I Need?
- Step 3: How Much "Good Fat" do I Need?
- Step 4: How Much Exercise do I Need?
- Phase 3 Checklist.

STEP 1: How Much Protein do I Need?

During Phase 3 you need to **eat a low carbohydrate protein-rich food at each meal and twice daily as a healthy snack**. This will ensure you don't go hungry and keep your fat metabolism at its peak throughout the day. The Protein-Rich Foods list on page 126 provides some examples of protein-rich foods to help you get started. The Keto Snacks list on page 124 has plenty of great snack ideas to help you.

Example Meal Plan	
Breakfast	2 poached eggs with grilled vegetables or a Ketoslim smoothie with fresh strawberries
Snack	1 Ketoslim shake and a small handful of almonds
Lunch	Grilled chicken breast and Greek salad with fetta cheese, olives and herb dressing
Snack	½ - 1 Caramel Keto Bar
Dinner	Salmon steak in garlic butter with freshly steamed seasonal vegetables

Tip: At each meal your protein portion should approximate 1-1 ½ times the size of the palm of your hand with ½ a palm for snacks.

STEP 2: How Much Carbohydrate do I Need?

By following three simple steps you can keep your carbohydrate level low enough to keep burning fat.

1. Aim for a minimum of 3 cups of low carbohydrate vegetables per day and as much salad vegetables as you like.

Low Glycaemic Load Vegetable list on page 125 provides a list of the vegetables you can use to make up your allowance.

2. You are allowed 1 piece or 1/2 a cup per day of fruit. You can choose any fruit you like. Preferably fruits should be eaten fresh but may also be canned and unsweetened.

3. You can have 1 serve of recommended high carbohydrate foods daily. The Daily High Glycaemic Load Food servings list on page 127 provides a list of acceptable foods.

STEP 3: How Much “Good Fat” do I Need?

The intake of “good fats” from foods such as fish, nuts, seeds and cold-pressed vegetable oils is encouraged. Remember; these dietary fats are especially good for your heart and will help you burn body fat. During Phase 3 your intake of nuts and seeds and cold-pressed vegetable oils is not restricted, however, by following two general guidelines you will ensure you remain within the recommended dietary intake.

1. Your nut and seeds allowance should approximate a small handful or ¼ a cup daily.

The Recommended Nuts and Seeds list on page 126 provides a list of nuts and seeds you can use. During Phase 3 you can also enjoy cashews.

2. Cooking and salads oils are limited to approximately 2 tablespoons daily.

For cooking choose cold-pressed extra virgin olive oil and for salads cold-pressed macadamia nut, olive, sesame, walnut, and flax seed oils. Buy salad oils fresh and keep refrigerated.

STEP 4: How Much Exercise do I Need?

It is best to undertake light to moderate exercise for 30 minutes most days of the week. Now that you are in Phase 3 you can increase your activity level. Gentle to brisk walking is an excellent choice, enjoyable, easy to undertake and requires minimal effort. Speak to your Practitioner about “Your Guide to Exercise” an easy to use booklet that is designed to help you tailor an exercise regimen that suits your individual needs.



PHASE 3 CHECKLIST

STEP 1: How Much Protein do I Need?

- Eat low carbohydrate protein-rich foods at each meal, and twice daily as a healthy snack.

STEP 2: How Much Carbohydrate do I Need?

- A minimum of 3 cups of low carbohydrate vegetables per day and unlimited salad vegetables;
- You are allowed 1 piece or $\frac{1}{2}$ a cup per day of fruit;
- You can have 1 serve of recommended high carbohydrate foods daily.

STEP 3: How Much “Good Fat” do I Need?

- Your nut and seeds allowance should approximate a small handful or $\frac{1}{4}$ a cup daily;
- Cooking and salads oils are limited to approximately 2 tablespoons daily.

STEP 4: How Much Exercise do I Need?

- Light to moderate exercise (e.g. walking) for 30 minutes most days of the week is recommended.

NUTRITIONAL SUPPORT

Nutritional support forms an integral part of the KetoSystem. The correct supplementation, as determined by your Healthcare Practitioner, can reduce cravings, improve your energy and wellbeing, help maintain your protein intake and improve the efficacy of your program.

KETO BARS

Looking for a convenient low carbohydrate protein-rich snack? Keto Bars are the answer! These delicious chocolate (yes, chocolate) coated bars have been specifically designed to support fat loss on the KetoSystem.

- Keto Bars come in a choice of two delicious flavours; Cherry Coconut and Caramel.
- Keto Bars can help to satisfy a sweet craving. They are covered in chocolate, contain beneficial fibre and appetite reducing protein.
- Keto Bars have been specifically designed as a convenient snack. If you have trouble finding time to prepare food just grab a Keto Bar. Perfect for people on the go!
- Keto Bars are best stored in the fridge. Keeping them cool improves the taste and keeps them fresh. Remember, chocolate melts so don't leave them where they might get too hot.



KETOSLIM

The Ketoslim range is comprised of easy to prepare protein powders for use as quick low carbohydrate protein-rich snack. Ketoslim can also be used in recipes such as a tasty breakfast smoothie.

- Ketoslim has been specifically designed so that when mixed with just water it makes a great tasting, creamy and satisfying drink.
- Ketoslim comes in three flavours (Chocolate, Vanilla and Strawberry). Different choices mean more variety so you don't lose interest.
- Ketoslim can be purchased in tubs and convenient sachets. The Ketoslim sachets slip easily into your lunch or travel bag.
- Mix Ketoslim up in a Metagenics shaker for quick easy and satisfying between meal snacks. The Metagenics shaker is easy to use, simply add water, pour in your Ketoslim shake and serve.
- Blend Ketoslim with half a cup of your favourite berries, a sprinkle of cinnamon or maybe a sprig of fresh mint for a delicious and antioxidant packed breakfast or dessert.
- The Ketoslim range is made from the very highest quality, low allergy whey protein isolate. A soy based option is also available.
- Ketoslim Plus is a specialised formula designed to assist with healthy blood glucose regulation while providing high amounts of beneficial dietary fibre.



Available in Chocolate, Vanilla,
Vanilla Soy and Strawberry.

ESSENTIAL FATTY ACIDS

Fats don't necessarily make you fat. In fact, the right type of fats can help you lose body fat! Supplementing your diet with specialised fats such as fish oil, flax seed, sesame oil and conjugated linoleic acid (CLA) may enhance your fat loss by increasing the chemical reactions necessary for fat burning. That means by consuming these specific "healthy fats" you can actually enhance your fat loss.

In Australia and New Zealand, Cardiovascular Disease is the leading cause of mortality. It is well known that we do not get enough omega-3 essential fatty acids. These come from sources such as flaxseed and especially fish oil in our diets. Increasing your dietary intake of omega-3 essential fatty acids is an important step toward protecting yourself from Cardiovascular Disease.

In addition to helping you improve your cardiovascular health and helping you lose body fat, omega-3 essential fatty acids may help improve the health of your:

- Digestive System;
- Immune System;
- Memory;
- Nervous System, and;
- Skin.

And may even help with diseases such as:

- Asthma;
- Arthritis;
- Depression;
- Dermatitis, and;
- Hypertension.

By using healthy oils on salads, cold food, in smoothies or straight off the spoon you can help restore optimal levels of these “good fats” in your diet.





FREQUENTLY ASKED QUESTIONS

What if I am not producing ketones?

The following tips will help keep you burning fat and producing ketones. Check them in the following order:

1. Check for hidden sugars in your food by reading food labels. The main culprits are sauces such as gravy.
2. Increase your level of exercise. This is the least complicated and easy thing to do to get you burning fat.
3. Decrease your low glycaemic load vegetable intake by 1 cup. This should get you producing ketones within two days.
4. If all else fails fill out your patient diary (available at www.ketosystem.com.au) and arrange an appointment with your Practitioner. They will help identify other factors that can hinder fat burning.

If I break the diet, how long will it take to get back into fat burning?

The secret to success is focusing on your goals. How much do you want to lose weight? Breaking your diet is not desirable, but it can happen, so don't worry, get back on track and look to the future. It usually takes three to four days to get back to burning fat effectively again.

Is the KetoSystem a high protein diet?

The KetoSystem is better described as a low carbohydrate diet, not a high protein diet. During the KetoSystem daily protein intake is maintained to support lean muscle mass and general health. Most people will find their daily protein intake increases but maybe a low intake of dietary protein is one of the reasons why so many people are overweight! For concerns about the safety of the KetoSystem see: "Is the KetoSystem a "Fad Diet" and is it safe?" on page 45.

Can supplements help me?

A number of natural supplements may assist your fat loss, however, it is always best to seek the advice of a qualified professional, so speak to your Practitioner before trying anything. Being overweight puts you at risk for nutritional deficiencies which may affect your health. While on the KetoSystem it is recommended that you use Fibroplex Plus daily to prevent deficiencies in important minerals such as magnesium.

Is it OK to drink alcohol?

Alcohol is a form of refined sugar and is not recommended on the KetoSystem. Red wine can form part of a healthy diet however, drinking may slow down your fat loss and increase your appetite so it is best to wait until you regain a healthy body weight before drinking again. If you must break your diet, keep alcohol to a bare minimum (three glasses of red wine a week). Choose red wine or white spirits with sugar free mixers (e.g. soda water or diet drinks) as these beverages are particularly low in sugars and are less likely to stop you burning fat.

I must have my regular coffee – will it stop me burning fat?

Coffee promotes the production of the hormone insulin which works to “switch off” fat burning. However, for some people one cup a day sweetened with cream or Splenda may be OK. It is best to keep coffee as a reward or treat. If you drink more than one cup daily speak to your Practitioner about reducing your intake as suddenly stopping may have negative effects such as headaches and mood changes.

I can't live without chocolate – how am I going to cope?

On the KetoSystem many people see old cravings disappear. For chocolate lovers there are low carbohydrate alternatives readily available in good health food stores and supermarkets. Use these foods very sparingly as a reward (e.g. once a month) and make sure you limit your intake of carbohydrate from chocolate to less than 5 g of sugars daily. Keto Bars are a great way to satisfy a craving as they supply both chocolate and appetite reducing protein. Chocolate craving may also be a sign of magnesium deficiency – something your Practitioner can help you correct.

I am still hungry is there anything I can do to control my appetite?

After one week on the KetoSystem people generally have a reduced appetite, however the best way to reduce excess appetite is to use food. Here are three proven tips to reduce your appetite.

- Have a protein-rich snack. Protein is extremely satisfying.
- Take a fibre supplement such a two scoops of MetaFiber and drink plenty of water.
- Eat your salad greens as an entrée this will help you feel more satisfied and eat less during your meal.

I love exercise – can I exercise for more than 30 minutes a day?

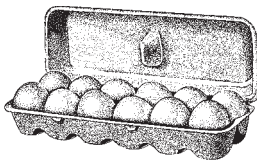
During Phase 1 of the KetoSystem it is important to restrict your exercise to the recommended level for the initial two weeks. If you want to increase your exercise level in Phase 2, you need to increase your Keto or Meta Oil by one tablespoon daily and take ½ cup of low carbohydrate fruit (page 127) within two hours of exercise. Keep an eye on your ketone readings and if you are higher than trace to moderate, cut back on the exercise until you speak to your Practitioner.

I have finished the system and am wondering where to now?

After losing your excess fat you will be looking better and feeling better than ever before! Taking care to maintain your new body is essential because it can be easy to drift back into old habits. Maintain regular visits with your Practitioner – they can help you keep the fat off and stay healthy by recommending the most appropriate diet for you (e.g. a controlled carbohydrate eating plan such as Phase 3 of the KetoSystem or The Insulin Zone System) and addressing other important factors such as stress and food cravings.

A WORD ON EGGS AND CHOLESTEROL

The humble egg is the source of much negative scrutiny because of naturally occurring cholesterol. However, eggs are a low cost source of high quality protein, vitamins and minerals. One study (Katz DL,



et al. International Journal of Cardiology. March 10, 2005) has shown that that regular egg consumption (2 eggs daily for 6 weeks) had no negative effects on blood cholesterol. Furthermore, eggs enriched with omega-3 fatty acids have been shown to have positive cardiovascular benefits (such as increasing levels of the “good” HDL cholesterol). In fact three omega-3 enriched eggs provide approximately the same amount of omega-3 as one meal of fish.

IS THE KETOSYSTEM A “FAD DIET” AND IS IT SAFE?

Fad diets are typically considered to be the “latest craze” but low carbohydrate diets are by no means a new dietary practice. The amount of carbohydrate consumed through the majority of human history is considered to be quite low compared to modern standards. An increase in dietary carbohydrate and the introduction of simple sugars are implicated as risk factors in the development of many common diseases including Heart Disease, Diabetes and Cancer.

“There is a lack of scientific evidence for the criticisms commonly laid against very-low-carbohydrate diets.”

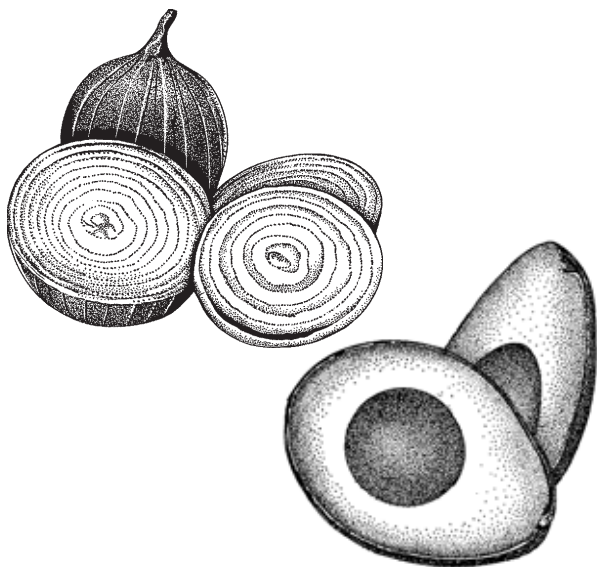
- Jeff Volek PhD RD, Eric Westman MD MHS.

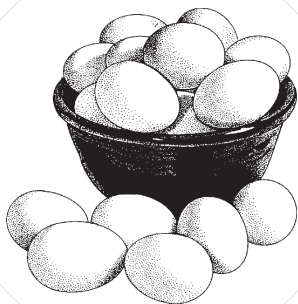
There is a large body of scientific data supporting the use of low carbohydrate diets in disease management. Claims that low carbohydrate diets are dangerous are suggested by world experts to be ill founded. Contrary to popular criticism, low carbohydrate diets containing high levels of plant foods and ample lean animal protein have no significant effect on kidney function, bone mineral loss, Heart Disease or Bowel Cancer. In fact, there is evidence to suggest that this type of eating may protect against all of these problems.

KETOSYSTEM RECIPES

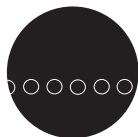
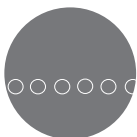
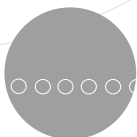
The following recipes will help you to create meals that are tasty, nutritious, and will keep you in ketosis. You are free to change the amounts or protein in each recipe to suit your requirements.

The www.ketosystem.com.au website has more recipes to help you make up your meal plans.





KETO BREAKFAST RECIPES





KATY'S SENSATIONAL KETO PANCAKES

Just when you thought you would never see a pancake again!

Ingredients

- 1 scoop (or sachet) of vanilla Ketoslim
- 1 scoop of almond or hazelnut meal
- $\frac{1}{8}$ cup unsweetened soy milk or water to mix
- 1 egg

Method

Combine ingredients in a bowl. In a non-stick pan cook on moderate heat for approx 2-3 minutes on each side. If necessary, you can use olive oil or a small amount of butter to prevent sticking. Watch carefully as it may burn quickly. Try serving buttered with $\frac{1}{2}$ cup mixed berries or stewed apple and cinnamon.

Protein count per serve: 20 g

Carbohydrate count: $\frac{1}{2}$ cup fruit (optional)

Suitable for Phase:1:2:3

Makes 1 Pancake



PUMPKIN PANCAKES



Great for breakfast or dessert

Ingredients

- 1 large egg
- 1/2 cup pumpkin
- 1/3 cup flax seed meal
- 3 scoops Biopure
- 1 tablespoon butter
- 1/2 teaspoon vanilla essence
- 2 tablespoons sour cream
- Splenda sweetener to taste
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger powder
- 1/4 teaspoon ground clove
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda

Method

In a food processor blend pumpkin, butter, vanilla, and sour cream until smooth. In a medium bowl, lightly beat the egg. Blend in pumpkin mixture. In a separate bowl mix together all dry ingredients and combine wet and dry ingredients. Mix well. On a lightly oiled fry pan, dollop out about 1/3 cup of batter to make each pancake. Covered mixture will keep for a couple of days in the fridge.

Protein count per serve: 10 g

Carbohydrate count: 1/4 cup vegetables

Suitable for Phase:1:2:3

Makes 4 pancakes



BASIC MUFFIN MIX

Variations of this muffin mix are limited only by your imagination

Ingredients

- 1 cup almond meal
- 1 egg, beaten
- 1 teaspoon baking powder
- 2 packets of Splenda
- 1 teaspoon vanilla extract
- 2 tablespoons heavy cream

Method

Preheat oven. Mix the dry ingredients together. Blend in egg and cream. You may have to add a tiny bit of water to make enough to fill 12 mini muffin tins (buttered). Bake at 180° until muffins are golden brown. Cool slightly, serve. Suggestion: Muffins can vary depending on personal taste. Try any combination of cheese, herbs, berries, low carbohydrate chocolate, pumpkin, or bacon.

Protein count per batch: 30 g

Carbohydrate count: 0 cups

Suitable for Phase:1:2:3

Makes 12 mini-muffins



PECAN AND CINNAMON APPLE MUESLI

This recipe is perfect for those who miss their morning muesli

Ingredients

¼ cup flax seed meal
¾ cup almond meal
½ cup sunflower seeds
¼ cup unsweetened shredded coconut
½ cup chopped pecans
¼ cup chopped walnuts
½ cup chopped dried apple
2 teaspoons cinnamon
2 teaspoons vanilla essence
Splenda sweetener to taste

Method

In a large bowl, mix together all ingredients. To serve; measure one cup of mixture into a breakfast bowl and serve with no added sugar soy milk. For warm Bircher style muesli soak one cup of mixture with ½ cup water or soy milk overnight then lightly heat in microwave or pan and serve with heated soy milk. Dry ingredients can be mixed together and stored in the refrigerator for later use.

Protein count per serve: 20 g

Carbohydrate count: 0 cups

Suitable for Phase: 1:2:3

Makes 4 serves (4 cups)



MICROWAVE (MOCK) PORRIDGE

Instant low carbohydrate porridge

Ingredients

½ cup almond meal

½ cup flax seed meal

⅓ cup water

Splenda sweetener to taste

Method

Mix all items together in a microwave safe dish. Add water and stir. Microwave for 1 minute. Stir. Microwave for an additional 45 seconds. Serve with a pat of butter. Sprinkle with cinnamon and artificial sweetener if desired.

Protein count per serve: 20 g

Carbohydrate count: 0 cups

Suitable for Phase:1:2:3

Serves 1



DELICIOUS BERRY SMOOTHIE

A fast recipe for people on the move

Ingredients

2 level scoops of BioPure, Ketoslim or Ketoslim Soy

½ cup of fresh or frozen berries

1 tablespoon of Meta Oil or Keto Oil (optional)

500-750 ml pure water or unsweetened soy milk

Ice

Method

Combine ingredients and blend. Serve in a tall glass.

Protein count per serve: 30 g

Carbohydrate count: 1/2 cup fruit

Suitable for Phase:2:3

Serves 1



STRAWBERRY AND SILKEN TOFU SMOOTHIE

An unusual smoothie packed full of the goodness of soy

Ingredients

½ cup strawberries

100 g silken tofu

350 ml unsweetened soy milk

150 ml water

Splenda sweetener to taste

Method

Combine silken tofu, soy milk, water and strawberries in a blender and blend until smooth. Add sweetener to taste. Sprinkle with cinnamon (optional) and serve in a tall glass.

Protein count per serve: 20 g

Carbohydrate count: ½ cup fruit

Suitable for Phase:2:3

Serves 1



SWEET VANILLA, COTTAGE CHEESE AND COCONUT MELON

A refreshing “tropical” style recipe

Ingredients

- 1 scoop (or sachet) of vanilla Ketoslim
- 80 g cottage cheese
- ½ a small paw paw, honeydew or Rockmelon
- 1 tablespoon desiccated coconut
- 2 drops vanilla essence

Method

Scoop seeds from melon half. In a small bowl, mix vanilla Ketoslim, coconut and vanilla essence with cottage cheese. Place cottage cheese mixture in hollowed melon and serve.

Protein count per serve: 20 g

Carbohydrate count: ½ cup fruit

Suitable for Phase:2:3

Serves 1



PROTEIN POWERED (MOCK) PORRIDGE

If you like creamy porridge this is for you

Ingredients

1 scoop or sachet of Ketoslim vanilla

½ cup Ricotta Cheese

1 egg

Splenda sweetener to taste

Maple or vanilla flavouring to taste

Cinnamon or nutmeg, powder

Method

Mix egg, ricotta and Splenda in bowl. Microwave for three minutes or bake on 180°C for 20 minutes or until golden brown. Blend Ketoslim and flavouring with 120 ml water to make creamy consistency and serve in a large bowl with mock oatmeal. Sprinkle with cinnamon or nutmeg.

Protein count per serve: 25 g

Carbohydrate count: 0 cups

Suitable for Phase:1:2:3

Serves 1



FLUFFY SCRAMBLED EGGS WITH A SIDE OF FRUIT

Easy to prepare and easy to digest, the perfect start to a day

Ingredients

2-4 whole eggs

Skim milk or unsweetened soy milk

½ cup of your choice of low GI fruits

(See page 127)

Cinnamon (optional)

Method

Place your choice of fruits in a bowl and sprinkle with cinnamon. Set aside. Whisk eggs in a bowl with a dash of milk. Pour mixture into a hot, oiled fry pan. Stir intermittently to keep eggs fluffy. Once eggs are cooked through, remove from pan and serve with fruits. Eggs may be seasoned with sea salt, paprika, Tabasco, or pepper.

Protein count per serve: 10-20 g

Carbohydrate count: ½ cup fruit

Suitable for Phase:2:3

Serves 1



MEXICAN STYLE SCRAMBLED TOFU

A modern adaptation from ancient Mexico

Ingredients

200 g silken tofu

1 cup mixed tomato, zucchini and onion

1 tablespoon olive oil

1 teaspoon mixed herbs

Tabasco sauce (optional)

Cracked pepper and sea salt to taste

Paprika to season

Method

Finely chop vegetables, add to oiled fry pan and sauté with mixed herbs until tender. Add tofu, breaking up and stirring until heated through. Add 2 drops of Tabasco (optional) and season with pepper and salt to taste. Place on plate and sprinkle lightly with paprika. Serve with Tabasco sauce on side.

Protein count per serve: 15-20 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



BASIL TOMATOES AND SAUTÉED HAM

The aroma of basil enlivens this simple but delicious dish

Ingredients

½ cup tomatoes, sliced

225 g sliced ham

Fresh or dried basil

Sea salt and ground pepper to taste

Method

Sauté the ham in an oiled fry pan over a medium-high heat until it begins to brown (or 2-3 minutes). Place the tomatoes on 2 plates, drizzle with olive oil and dress with basil. Sprinkle salt and pepper to taste. Divide ham between the plates and serve.

Protein count per serve: 30 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase: 1:2:3

Serves 2



EGGS FLORENTINE



A very popular continental breakfast

Ingredients

1 cup washed, fresh spinach leaves
2 tablespoons freshly grated parmesan cheese
Sea salt and pepper to taste
1 tablespoon white vinegar
2 eggs

Method

Microwave spinach in a microwave safe bowl or steam until wilted (3-5 minutes). Sprinkle with parmesan cheese and season to taste. Chop into bite size pieces and place on a plate. Heat a pan of simmering water. Add vinegar and stir with wooden spoon to create a whirl pool. Break an egg into the centre, turn of the heat and leave covered until set (3-4 minutes). Repeat with second egg. Place eggs on spinach and serve.

Protein count per serve: 15-20 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



CHICKEN SAUSAGE & SAUTÉED VEGETABLES

A hearty warm dish, perfect for winter

Ingredients

2 gluten-free chicken or turkey sausages cut into
1-2 cm slices

1 cup mixed chopped onion, mushroom and green
capsicum

1 cup washed, fresh spinach leaves

Method

Microwave spinach in a microwave safe bowl or steam until wilted (3-5 minutes). Chop into bite size pieces and place on a plate. Place chopped vegetables and sausage into a hot oiled pan and sauté until sausages are cooked through. Spoon the mixture over the spinach. Season with salt and pepper and serve.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



QUICK SPANISH OMELETTE

A quick omelette with a Spanish flavor

Ingredients

1 whole egg

1-2 whites of egg

Cayenne or black pepper

½ cup finely chopped vegetables

e.g. olives, onions, chives, capsicum, parsley, spinach, zucchini.

Method

Lightly stir-fry vegetables in extra virgin olive oil and remove to one side. Lightly cook eggs with one tablespoon of water and pinch of pepper. When almost cooked top with vegetables and flip to heat through.

Protein count per serve: 20 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase:1:2:3

Serves 1



SMOKED SALMON OMELETTE

A gourmet omelette in 10 minutes

Ingredients

1 whole egg

2 egg whites

55g smoked salmon

¼ cup tomato, sliced

1 tablespoon dill, diced fresh or dried

1 tablespoon sour cream (optional)

Method

Preheat oven grill. Whisk eggs, egg whites and dill. Add pepper and salt to taste. Poor mixture into a hot (medium heat) oiled fry pan to form a thin layer. Cook for one minute in pan and for one minute under grill. Once cooked place omelette on a plate and lay salmon, sour cream and sliced tomato on one half of the omelette. Garnish filling with dill and fold to form a triangle.

Protein count per serve: 20 g

Carbohydrate count: ¼ cup vegetables

Suitable for Phase:1:2:3

Serves 1



ROAST VEGETABLES AND SMOKED SALMON

A great way to revitalize left over roast vegetables

Ingredients

2 cups left-over or freshly baked vegetables e.g.

- Pumpkin
- Zucchini
- Capsicum
- Eggplant

250 g rocket leaves

200 g smoked salmon

2 teaspoons lemon juice

Method

Serve hot vegetables with salmon and rocket. Drizzle with lemon juice and add cracked pepper to taste.

Protein count per serve: 20 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



FETTA, PUMPKIN, ZUCCHINI AND RED CAPSICUM FRITTATA

This frittata also makes an excellent cold lunch or snack

Ingredients

2 cups coarsely chopped vegetables

- Pumpkin
- Zucchini
- Red capsicum

100 g fetta crumbled

4 eggs

¼ cup cream

2 tablespoons of olive oil

Method

Coarsely cut and steam vegetables until tender, set aside. Whisk eggs with cream, set aside. Add oil to a thick base fry pan and place on a very low heat. Add half of egg mixture to pan, place vegetables and crumbled fetta in pan and cover with remaining egg mixture. Cover with lid and cook on very low heat until cooked through. Place uncovered fry pan under grill until top of frittata turns golden brown.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



PESTO, PINE NUT, RICOTTA AND VEGETABLE STACK

Takes a little effort but well worth it

Ingredients

- 2 large flat field mushrooms
- 2 cups mixed eggplant, capsicum and zucchini
- Sun dried tomato pesto
- 1 tablespoons fresh chopped chives.
- 2 tablespoons toasted pine nuts
- 1 teaspoon crushed garlic
- 1 teaspoons finely grated lemon rind
- 1 cup (200 g) ricotta cheese

Method

Cut eggplant, zucchini and capsicum into strips, leave mushrooms whole and grill or fry until tender. Combine ricotta, chives, garlic and lemon rind in a bowl. Place cooked mushrooms stem side up on a plate and layer with cheese mixture and slices of eggplant, capsicum and zucchini. Dress generously with pesto and sprinkle with pine nuts.

Protein count per serve: 20 g

Carbohydrate count: 1 cup

Suitable for Phase:1:2:3

Serves 2



PAUL'S PALAEOOLITHIC PAN-FRY

Experience the breakfast hunter-gathers ate for millions of years

Ingredients

Your choice of meats e.g.

- 135 g Steak
- 195 g Fish
- 135 g chicken
- 135 g pork

1 cup of vegetables e.g.

- Capsicum
- Mushroom
- Onion
- Zucchini

- Tomato (limit to ½ cup)

Method

Place selection of meats and vegetables in an oiled pan or grill. Fry until cooked and serve. Add cracked pepper to taste. If you exercise just before or after breakfast reward yourself with a banana sliced into small pieces and fried until golden brown. Unusual, but delicious!

Protein count per serve: 30 g

Carbohydrate count: 1 cup

Suitable for Phase:1:2:3

Serves 1



ZUCCHINI FRITTERS



A great substitute for hash browns

Ingredients

1 cup grated zucchini
2 medium – large eggs
1 tablespoon olive oil for cooking
Sprinkle of nutmeg (optional)
Sea salt and pepper to taste

Method

Combine all ingredients in a medium bowl. Stir until well combined. Heat oil in a large pan over medium-high heat. Mould mixture into medium size balls and press flat into pan with skillet. When brown on one side, turn and cook the other side.

Protein count per serve: 15 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



STACK OF CHOICE



A fast pan-fry and grill recipe

Ingredients

2 eggs

2 bacon rashers/salmon or sliced tofu

1 slice of hard cheese (low-carb cheese)

1 slice tomato

Method

Grill bacon. Fry or poach eggs then assemble on plate by starting with egg then bacon / salmon or tofu slice then another egg and bacon slice etc then the tomato and top with the cheese. Grill until cheese has melted.

Protein count per serve: 20 g

Carbohydrate count per serve: 0 cups

Suitable for Phase:1:2:3

Serves 1



CHEESY SCRAMBLED EGGS

Ingredients

3 eggs

20 g cheese

2 tablespoon milk of choice

1 tablespoon butter

Method

Melt butter in pan. Beat eggs, cheese and milk together then pour into hot pan. Stir eggs every so often till scrambled appearance. Serve onto plate. Other variations: Add spinach, mushrooms, onions, bacon, or tuna.

Protein count per serve: 20 g

Carbohydrate count per serve: 0 cups

Suitable for Phase:1:2:3

Serves 1



BAKED SPINACH AND EGG BIRD'S NESTS

A simple variation on poached eggs

Ingredients

1 cup spinach

2 tablespoons parmesan cheese (can use any cheese)

3 eggs, poached

Black pepper

Butter

Method

Wilt the spinach in a heated saucepan and squeeze excess water out. Make into 3 bird's nest shape and crack an egg into each one. Sprinkle cheese and black pepper onto top of egg. Bake in oven (180°C) for 15 minutes or until eggs, are set.

Protein count per serve: 20 g

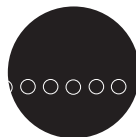
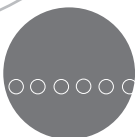
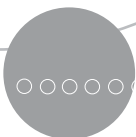
Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



KETO SNACKS & SALAD RECIPES



● ● ● GRILLED MOZZARELLA, ● ● ● EGGPLANT AND SUN DRIED TOMATO

A Mediterranean style grill best served hot

Ingredients

180 g of grated Mozzarella
1 cup eggplant, cut into round slices
1 teaspoon garlic, minced
1/3 cup sun dried tomatoes, chopped
1 tablespoon Sage, chopped
Fresh chopped basil

Method

Coat both sides of eggplant with olive oil. Brush both sides with minced garlic.

Place eggplant on an oven tray under preheated griller and cook for two minutes or until golden brown (each side). Then lay eggplant rounds into shallow casserole and sprinkle each round with sage, sun dried tomatoes and Mozzarella. Return to griller and cook for two minutes or until golden brown. Garnish with fresh chopped basil.

Protein content per serve: 20 g

Carbohydrate count: 1/2 cup vegetables

Suitable for Phase: 1:2:3

Serves 2



TUNA-CHEESE AND CELERY STICKS

A quick snack for the lunch box

Ingredients

90 g Cottage cheese, low fat
150 g Tuna or Salmon canned
2 large Celery sticks, stringed
3 teaspoons nut meal
1 tablespoon chives
1 tablespoon parsley

Method

Trim celery sticks. Mix cheese with strained tuna or salmon, parsley and chives. Fill cavity of celery sticks with mixture. Sprinkle nut meal on top and press into filling. Cut sticks into small lengths and serve.

Protein content per serve: 10 g

Carbohydrate count: $\frac{1}{4}$ cup vegetables

Suitable for Phase:1:2:3

Serves 4



SPINACH AND CHICKEN STUFFED MUSHROOMS

Also makes a great entree

Ingredients

50 g spinach
45 g fine diced chicken
4 medium mushrooms
1 teaspoon butter
1 clove garlic
1 teaspoon oregano
1 teaspoon lemon juice
3 tablespoons cheese

Method

Preheat oven to 200°C and grease tray. Wash spinach and place in saucepan (no water added) on a moderate heat until spinach wilts. Drain and cool spinach and squeeze excess liquid out of spinach

Chop stems off mushrooms and keep. Melt butter in saucepan add garlic and herbs and mushroom stems and cook until golden. Mix in spinach and cook for 1 minute. Stir in lemon juice and remove from heat

Fill mushroom caps with mixture and sprinkle with cheese. Place in oven for 10-15 minutes or until cheese has melted.

Protein count per serve: 5 g

Carbohydrate count per serve: ¼ cup vegetables

Suitable for Phase: 1:2:3

Serves 2



LEMON CHICKEN NIBBLES

An excellent meal that can be cooked in less than 15 minutes

Ingredients

½ cup lemon juice
1 tablespoon salt reduced soy sauce
1 tablespoon french or spicy mustard
1 teaspoon olive oil
A pinch of cayenne pepper
180 g chicken breasts diced largely

Method


Combine lemon juice, soy sauce, mustard, olive oil and cayenne pepper. Add the diced chicken and toss around in a bowl to coat well. Leave to marinate for an hour or so if you wish. Heat pan and fry chicken. Halfway through frying turn the chicken over and marinate with more sauce. Cook this side for a further 10 minutes or until cooked. Serve with salad.
Tip: Chicken can also be grilled or placed on a BBQ.

Protein count per serve: 20 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



SOY AND GARLIC KEBABS

Served cold this is the ultimate "ready to eat" fat loss snack

Ingredients

180 g chicken cut into cubes
1 cup onion and green capsicum, cut into wedges
1 cup cherry tomatoes
2 tablespoons garlic, crushed
Chilli to taste (optional)
3 tablespoons soy sauce
Pinch salt
Cracked black pepper

Method

Soak wooden skewers in water for ½ hour so they do not burn. Pierce the above ingredients on to the skewers. Mix garlic, soy and seasoning in a small bowl and brush kebabs with mixture. Cook, in pan, BBQ or under grill until chicken is cooked through. Tip: Serve with salad or vegetables or keep cold in fridge as a snack.

Protein count per serve: 10 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 4



QUICHE DELIGHT



Excellent served cold as a snack

Ingredients

4 eggs

1 finely sliced medium onion

1/2 cup grated zucchini

1/2 cup broccoli

1/2 cup grated hard cheese

1/2 cup bacon bits or chicken strips

Method

Combine all ingredients together and bake in moderate oven until quiche is set.

Protein count per serve: 10 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 4



GARLIC AND SOY CHICKEN DRUMSTICKS

Ingredients

6 Chicken drumsticks
3 tablespoons of Soy Sauce
1 tablespoon crushed garlic
Olive oil for cooking

Method

Cook drumsticks with garlic and soy in a covered pan on low heat until cooked through. Turn regularly. Can be served cold.

Protein count per drumstick: 15 g
Suitable for Phase:1:2



LEMONGRASS AND CHILLI CHICKEN DRUMSTICKS

Ingredients

- 6 Chicken drumsticks
- ¼ cup coconut milk
- 2 tablespoons chopped lemongrass
- 3 kaffir lime leaves
- 1 tablespoon crushed garlic
- Chilli to taste
- Olive oil for cooking

Method

Cook drumsticks with kaffir lime, garlic, chilli and lemongrass in a covered pan on low heat until cooked through. Turn regularly.

Protein count per drumstick: 15 g

Suitable for Phase:1:2:3



TUNA TREASURE SALAD

A protein rich tuna salad

Ingredients

1 can tuna (or 90 g)

1 whole egg

1 cup mixed: shredded lettuce, celery rings, shallots, parsley, thinly sliced fresh mushrooms

1 teaspoon sesame seeds

Sprinkling of French herbs

Squeeze of lemon juice

Dash pepper

Olive oil

Method

Shallow fry sesame seeds until lightly browned, put aside to cool. Add olive oil to a non-stick fry pan. Break up tuna in a small mixing bowl. Mix with egg and a dash of black pepper. Cook tuna mix over moderate heat for 8-10 minutes. Stir frequently, breaking up larger clumps until light golden brown and flaky. Set aside to cool. Prepare salad in small bowl. Drizzle with olive oil, add squeeze of lemon juice and a sprinkling of French herbs. Gently toss cooled flaky tuna into salad and sprinkle with toasted sesame seeds.

Protein count per serve: 25 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



FRESH GARDEN SALAD

A light, crisp and easy to prepare salad

Ingredients

180 g chicken

¼ cup sliced celery

¼ cup sliced red capsicum

¼ cup fresh snow peas

1 cup lettuce

1 avocado sliced

1 small tomato cut into wedges

Lemon, squeezed

Cracked black pepper

1 tablespoon low carbohydrate mayonnaise

1 tablespoon Keto Oil

Method

Combine all ingredients together, dress with lemon, mayonnaise, pepper, and Keto Oil. Serve immediately.

Protein count per serve: 20 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



CHICKEN CAESAR SALAD

One of the most popular salad recipes

Ingredients

90 g chicken breast (cut into pieces)
1 poached egg
1 tablespoon lemon juice
1 tablespoon water
1 teaspoon cracked black pepper
1 teaspoon olive oil
2 tablespoons traditional mayonnaise
1 cup Cos lettuce
Anchovies (optional)

Method

Cook chicken pieces in hot pan till brown. Remove chicken from heat and allow to cool. Mix together the lemon juice, mayonnaise, warm water, oil and pepper into a bowl. Place the salad greens, chicken and eggs into a bowl. Pour salad dressing over the salad. Dress with anchovies.

Protein count per serve: 25 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase: 1:2:3

Serves 2



MEDITERRANEAN SALAD

Ingredients

1 cup salad greens, include bitter greens such as rocket or Watercress

1 hard boiled egg

Slices of red onion and cucumber

Small can of tuna

4 black olives (optional)

Optional extras to add variety: Blanched green beans, asparagus, anchovies, ¼ avocado, 1 artichoke, fetta, mixed herbs, oven roasted capsicum or eggplant strips, marinated mushrooms.

Dressing: toss salad with one dessertspoon extra virgin olive oil and sprinkle with vinegar (apple cider, red wine or balsamic) or lemon juice

Protein count per serve: 25 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



MAYAN AVOCADO SALAD

Ingredients

½ avocado

Large plate of mixed salad greens and sprouts

6-8 king prawns (or 150 g) with a squeeze of lemon

OR

1 cup cottage cheese (or 120 g), chopped shallots and a pinch of cayenne pepper

Juice of ½ a lime

Method


Cover plate of greens with cheese mix or prawns. Garnish with thin slices of avocado. Dress with lime juice.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1



CHICKEN WALDORF SALAD

Ingredients

200 g steamed chicken fillet, chopped

½ cup green apple, chopped

½ cup celery, chopped

6 walnuts

Red onion to taste

2 tablespoons mayonnaise

Method

Combine all ingredients, season with pepper and sea salt and serve.

Protein count per serve: 20 g

Carbohydrate count: ½ cup vegetables ½ cup fruit

Suitable for Phase:1:2:3

Serves 2



CREAMY CHICKEN COLESLAW

Ingredients

Steamed chicken breast (200 g), finely sliced
2 cups finely chopped cabbage, finely chopped red onion,
grated carrot
¼ cup chopped parsley, chives
2 tablespoons crushed walnuts (optional)
2 tablespoons mayonnaise

Method

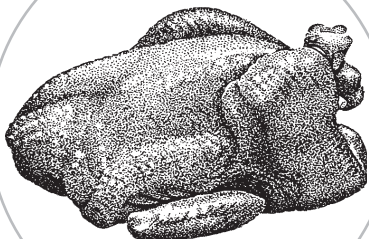
Combine all ingredients in a bowl, mix thoroughly and serve.

Protein count per serve: 20 g

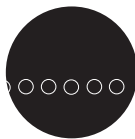
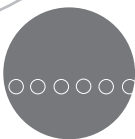
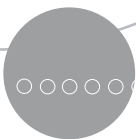
Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



KETO LUNCH/ DINNER RECIPES





BAKED FISH WITH TOASTED ALMONDS

Ingredients

325 g of Trout or other choice of fish
 $\frac{3}{4}$ cup vegetable mix - green beans, broccoli florets, zucchini
 $\frac{1}{4}$ cup onions, thinly sliced
 $\frac{2}{3}$ cup vegetable stock
1 tablespoon fresh chopped parsley
1 small clove garlic, crushed
1 teaspoon almonds, slivered, toasted
Chopped marjoram
Olive oil
Sea salt

Vinaigrette

1 teaspoon Dijon mustard
1 clove garlic, crushed
4 tablespoon extra virgin olive oil
1 tablespoon Balsamic vinegar
1 tablespoon chopped capers
1 tablespoon fresh chopped parsley
4 tablespoons hot water

Method

Steam green vegetables till tender, strain and put aside to cool. In a fry pan, lightly toast slivered almonds until golden, put aside to cool.

Vinaigrette: Put all ingredients together in closed jar, shake vigorously a few minutes Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes)

Fish: Clean, wash and dry fish. Coat shallow casserole dish with olive oil. Add garlic, onions and fry gently until onions soft and golden. Place the fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and sea salt. Bake in preheated oven (200°C) until cooked (up to 25 minutes), baste a few times. Serve with garnished toasted slivered almonds and strained green vegetable mix from vinaigrette.

Protein content per serve: 25 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase:1:2:3

Serves 2



ORANGE SEA SCALLOP SALAD

Continental style scallops on a bed of salad greens

Ingredients

415 g of fresh scallops

3 teaspoons apple cider vinegar and olive oil mixture

1 teaspoon Dijon mustard

½ teaspoon garlic, crushed

Cracked pepper

Garlic salt

Freshly chopped dill

1 cup mixture: lettuce, capsicum and cucumber, finely sliced

½ cup orange, finely sliced

Method

Preheat griller on low heat. Lightly sprinkle garlic salt over scallops and then place under griller. Grill until lightly golden (about 2-5 minutes on each side). Put aside to cool. Combine and mix well, vinegar/oil mix, mustard, garlic and pepper. Prepare salad bed and arrange scallops on top. Pour salad dressing over and garnish with freshly chopped dill. Arrange sliced orange around dish.

Protein content per serve: 25 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase: 1:2:3

Serves 2



ASIAN STYLE FISH AND SESAME MUSHROOMS

Ingredients

325 g of Perch (or other white fish) cleaned

1 whole egg

Fish Marinade

1 teaspoon sesame oil

½ teaspoon onion powder

1 kaffir lime leaf (remove rib and cut finely)

1 sprig thyme

Sea salt and cracked pepper to taste

¼ cup water

1 cup button mushrooms, finely chopped

Toasted sesame seeds and fresh chopped chives to garnish

Method

Marinate the fish in a dish containing all the onion powder, kaffir lime leaf, salt, pepper, sesame oil and thyme for 30min -1 hr. Remove the fish from the marinade. Grill under pre-heated grill (approximately 5-10 min each side), baste with a little marinade. Beat egg with Italian herbs and sea salt. Add mushroom to the egg mixture. Coat non-stick pan with olive oil. Heat pan, then add mushroom mix.

Stir occasionally to avoid burning. When ready, sprinkle with toasted sesame seeds, chopped chives and serve with fish.

Protein content per serve: 25 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase:1:2:3

Serves 2

THAI RED CURRY

FISH WITH LIME & ASIAN VEGETABLES

Ingredients

2 medium size white fish fillets (135 g ea)

Red curry paste (no added sugar)

2 tablespoons olive oil for cooking

2 cups of bean sprouts, broccoli, onion rings or cabbage strips

1 tablespoon of sesame oil

Squeeze of fresh lime juice

Method

Heat oil in a fry pan. Cut the fish into small portions, about the size of half the palm of your hand. Rub the fish with red curry paste so it is lightly coated. Shallow fry the fish lightly on both sides. While fish is cooking, lightly steam vegetables until tender. Put mixed vegetables on a plate, top with sesame oil and lime juice. Serve fish to side of vegetables.

Protein count per serve: 40 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2

GRILLED SALMON STEAKS WITH DILL BUTTER SAUCE ON A BED OF FRESH ROCKET

Ingredients

2 salmon steaks (195 g ea)
2 tablespoons extra virgin olive oil
2 cups of rocket leaves (or mesclun mix)

Dill butter sauce

60 grams unsalted butter
Juice from ½ a freshly squeezed lemon
2 tablespoons dried or chopped fresh dill

Method

Brush both sides of the salmon with olive oil and grill under high heat for 3-4 minutes per side. Salmon is cooked when the meat is just starting to fall apart. To make sauce: Heat the butter in a small saucepan, stir in the lemon juice and add dill. Spread rocket over a dinner plate, place salmon on top and cover with warm sauce.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2





NUT CRUSTED FISH AND SALAD GREENS

Ingredients

2 tablespoons extra virgin olive oil

2 tablespoons unsalted butter

1/3 cup finely chopped nuts (can be bought or done in a coffee grinder)

1 teaspoon Celtic sea salt

Black pepper to taste

2 large pieces (195 g) of boneless fish, any type will do

2 teaspoons fresh chopped parsley (optional)

2 cups salad greens

1 lemon

Method

Preheat oven to 220°C. Grease a baking sheet. Melt olive oil and butter in a pan. Remove from heat and let cool. Mix the chopped nuts together with the seasoning and put on a plate. Dip the fish in oil/ butter mixture and then nut mixture, press firmly so the nuts hold. Place fish on the baking sheet and bake until cooked through. Garnish with fresh parsley. Serve with salad greens (dress with olive oil) and a wedge of lemon.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



SEARED STEAK WITH A SIDE OF GARLIC ZUCCHINI

Very quick and easy to prepare

Ingredients

1 medium size steak (or 135 g)
1 cup zucchini slices
4 tablespoons of water
1 small garlic, crushed
Fresh chopped parsley
Olive oil cooking spray
Sea salt
Cracked pepper

Method

Drizzle olive oil over steak. Sprinkle with sea salt and cracked pepper. Grill under preheated griller and cook as desired. Spray coat small saucepan with olive oil cooking spray. Sauté garlic and add water. Gently toss zucchini slices and cook until tender. Garnish with fresh parsley.

Protein content per serve: 30 g

Carbohydrate count: 0 cups

Suitable for Phase:1:2:3

Serves 1



VEAL ESCALOPES WITH A SIDE OF SALAD

A delicious way to serve tender veal

Ingredients

250 g veal mince

1 egg

1 cup spring salad mix

1 clove garlic, crushed

1 lemon - all juice and 1/2 grated rind

Sea salt

Cracked pepper

Italian herbs

1 sprig of fresh chopped rosemary

Tabasco sauce

1 tablespoon chopped shallots

2 tablespoons water

Olive oil

Method

Bind together veal, garlic, egg, lemon juice and lemon rind with a sprinkling of Italian herbs, sea salt and pepper. Form into small balls of equal size. Let stand in cool place for 1 hour. Roll out to a thickness of 1 cm (1/2 inch thick). Coat non-stick pan with olive oil. Heat pan, then cook each side of scallop until golden brown. When cooked remove from pan (keep hot). In same pan, add the chopped shallots, rosemary, Tabasco sauce and water. Stir for a few seconds then pour over shallots. Lightly coat salad mix with olive oil, add a squeeze of lemon juice and a sprinkling of Italian herbs and serve. Note: Veal mince can be replaced with chicken, turkey, beef or lamb mince.

Protein count per serve: 20 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase: 1:2:3

Serves 2



LAMB CUTLETS WITH VEGETABLES

The quintessential Australian dish when served with mock mash potatoes

Ingredients

180 g of lean lamb cutlets (or beef or veal cutlets)
1 cup cauliflower and broccoli florets
1 teaspoon Worcestershire sauce
½ teaspoon tarragon vinegar
¼ teaspoon onion powder
¼ teaspoon French mustard
2 tablespoons water
Sea salt and freshly ground pepper
Fresh chopped parsley and chives
1 teaspoon slivered almonds

Method

Steam cauliflower and broccoli florets on low heat, until tender. Mix Worcestershire sauce, vinegar, onion, mustard, sea salt and pepper with water. Baste each side of the cutlet with sauce mixture. Then coat each side lightly with olive oil. Place under preheated griller and grill each side until cooked. Serve with steamed vegetables and garnish of freshly chopped parsley, chives and slivered almonds.

Protein content per serve: 20 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase:1:2:3

Serves 2



MAMMA'S MEAT LOAF

Excellent sliced and used as a base for open sandwiches

Ingredients

260 g of minced lean beef (or 180 g of lamb or chicken)

2 eggs

1 cup mixture of tomato, onion, mushrooms, capsicum finely chopped

2 tablespoons Worcestershire sauce

Onion salt and cracked pepper to taste

1 tablespoon mixed herbs

1 tablespoon sweet paprika

Freshly chopped Italian parsley and chives

Olive oil

Method

Combine beef, egg, Worcestershire sauce, a sprinkling of onion salt, pepper, paprika and herbs in a large bowl. Mix well and then mould into loaf shape and place in baking tin or wrap in foil. Bake in moderate oven until cooked through. Coat frypan with olive oil. Sauté onion, mushrooms, tomato and capsicum. When cooked, sprinkle with freshly chopped Italian parsley and chives. Serve over loaf.

Protein content per serve: 25 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase: 1:2:3

Serves 2

HEARTY WINTER POT STEW



Ingredients

- 325 g lamb or meat of choice
- 1 tablespoon of butter
- Pinch salt
- 1 teaspoon parsley
- 1 teaspoon Worcestershire sauce
- 1 large onion chopped
- 1 teaspoon garlic
- ½ cup of broccoli broken into flowerets
- 1 cup turnips
- ½ cup cauliflower

Method

Brown meat in melted butter. Add seasonings and Worcestershire sauce. Place all ingredients into casserole dish and cook in moderate oven until meat and vegetables are tender.

Protein count per serve: 25 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2





THAI LIME AND SESAME STIR-FRY

A basic stir-fry recipe that can incorporate any meat, tofu or seafood

Ingredients

- 180 g chicken (or beef, seafood, tofu)
- 1 tablespoon sesame oil
- 1 cup bean sprouts
- 1 clove garlic
- 1 teaspoon minced ginger
- ½ cup snow peas
- ½ cup sliced red capsicum
- ¼ cup flaked almonds
- 1 tablespoon lemon/lime juice
- 1 tablespoon soy sauce

Method


Sauté chicken or alternative with ginger, garlic and soy sauce until brown. Add vegetables and cook for 2-3 minutes. Sprinkle almonds over meal just prior to serving. Dress with lime juice and sesame oil.

Protein count per serve: Subject to variation

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



GRILLED PEPPER STEAK WITH FRENCH BEANS AND LEMON BUTTER SAUCE

Ingredients

2 sirloin or fillet steaks (135 g ea)
2 tablespoons extra virgin olive oil
Freshly ground black pepper
2 cups French or green beans

Lemon butter sauce

60 grams unsalted butter
Juice of ½ a freshly squeezed lemon
Freshly ground black pepper

Method

Brush steaks with olive oil on both sides and season liberally with black pepper. Place under a hot grill, at least 8 cm from heat, and grill to taste. While steak is grilling, steam the beans until tender but still firm. Heat the butter in a small saucepan, stir in the lemon juice and freshly ground pepper to taste, and serve over beans.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



TRADITIONAL ITALIAN MEATBALLS

Ingredients

500 g lean beef mince

Pepper and salt to taste

4 cloves of garlic, finely copped or 2 tablespoons preminced.

1 egg

1 large onion, diced

4 tablespoons mixed herbs

1 dessertspoon extra virgin olive oil

Method

Heat oil in a frying pan. Mix remaining ingredients in a large mixing bowl. Shape into small evenly sized balls and fry in pan until cooked through. Place on kitchen paper towels to drain when done. Serve with sauce, salad, vegetables etc.

Protein count per serve: 30 g

Carbohydrate count: 0

Suitable for Phase:1:2:3

Serves 2



CHICKEN FAJITA CASSEROLE

Any choice of meats could replace the chicken

Ingredients

2 tablespoons of olive oil
500 g chicken breast cut in strips
2 tablespoons Paprika
1 tablespoon turmeric
Salt, pepper, garlic powder to taste
½ cup onions, thinly sliced
1 cup red & green capsicum strip
½ cup tomato salsa
135 g hard cheese, shredded

Method

Preheat fry pan. Brown chicken in oil, and stir in seasonings. When chicken is done, remove from pan. Add onions and peppers and cook for a few minutes until crisp-tender. Put chicken into casserole dish. Top with onions and peppers. Spread salsa on top and sprinkle with cheese. Put in oven for a few minutes until cheese is bubbly and melted.

Protein count per serve: 30 g

Carbohydrate count: ¾ cup vegetables

Suitable for Phase:1:2:3

Serves 3



MARSALA CHICKEN VEGETABLE CURRY

One for the Indian food lovers

Ingredients

180 g of skinless chicken or turkey breast (beef or lamb)
1 cup of mixed raw vegetables: cauliflower, zucchini and broccoli
2 tablespoons Garam Marsala
Sea salt and pepper to taste
1 teaspoon dried parsley
1 teaspoon dried nutmeg
Olive oil

Method

Coat chicken breast with olive oil. Sprinkle with traditional curry powder, sea salt and pepper. Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked. In a food processor, process all vegetables together until fluffy. Place vegetables in a bowl and spray coat with olive oil (until they bind together). Then place vegetable mixture onto a piece of foil. Sprinkle with dried basil, parsley and a pinch of nutmeg. Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside. Place vegetable packet in oven next to chicken parcel and cook (approximately 15 minutes). Grate or chop vegetables finely, if no food processor available.

Protein content per serve: 20 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase:1:2:3

Serves 2



SEASONED TURKEY WITH SHREDDED CABBAGE

An unusual but delicious Indian style dish

Ingredients

180 g of lean turkey (or chicken, lamb)
1 cup finely shredded cabbage (Savoy)
2 finely sliced shallots
1 clove garlic, crushed
¼ teaspoon minced ginger
¼ teaspoon ground cumin
¼ teaspoon Garam Marsala
¼ teaspoon fennel seeds
¼ chili, chopped very finely
Sea salt and pepper to taste
Olive oil

Method

Coat turkey cutlets with olive oil. Sprinkle with sea salt and pepper to taste. Place under pre-heated griller and cook both sides. Spray coat non-stick pan with olive oil cooking spray. Heat pan, add the spices and cook a few seconds before adding shallots. Sauté for a few minutes then add the shredded cabbage. Cook on high heat for a minute whilst stirring quickly, then reduce the heat to low.

Continue to cook until the cabbage has wilted and has been thoroughly coated with spice mixture (you may need to add a little water to moisten). Serve with turkey.

Protein content per serve: 20 g

Carbohydrate count: ½ cup vegetables

Suitable for Phase:1:2:3

Serves 2



SOUTH AMERICAN STYLE CHICKEN SALSA

Warm Mexican style dish

Ingredients

Skinless chicken breast (or 180 g), pounded into thin bite size pieces

45 g Mozzarella cheese, low fat, grated

1 cup mixture: broccoli florets and finely sliced green capsicum

1 cup mushrooms, finely sliced

1 clove garlic

2 teaspoon tomato paste

½ cup water

1 teaspoon dried onion flakes

Tabasco sauce to taste

Sea salt and cracked pepper to taste

Olive oil for cooking

Sprinkling of Italian seasoning

Garnishing of fresh chopped parsley

Method


Mix together and leave to stand, water, tomato paste, Tabasco sauce, sea salt, pepper and onion flakes. Coat fry pan with olive oil. Over moderate heat, add crushed garlic, chicken, mushrooms, broccoli and green capsicum. Keep mixing and tossing until chicken is browned then add tomato salsa mixture, stirring well until evenly mixed through. When ready to serve, sprinkle over with grated cheese and parsley. Optional (transfer pan under preheated griller and grill until cheese melted and golden brown - do not place handle under griller).

Protein count per serve: 25 g

Carbohydrate count per serve: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



THAI GREEN CHICKEN CURRY WITH STEAMED VEGETABLES

Ingredients

- 1 chicken breast (200g)
- 1 tablespoon extra virgin olive oil
- Green curry paste (no added sugar)
- 1 medium onion
- Finely chopped ginger to taste
- 165 ml can of coconut milk or cream
- 2 cups of lightly steamed broccoli, beans, and zucchini (cut length ways)

Method

Cut the chicken breast into strips, slice onion into rings and sauté together with ginger in olive oil until chicken is just cooked. Add coconut milk and green curry paste. Simmer for 5-10 minutes. Serve along side steamed vegetables.

Protein count per serve: 20 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



WOK FRIED GINGER CHICKEN & ALMONDS

Ingredients

- 1 whole chicken breast (200 g) cut into small cubes
- 1 onion, cut lengthwise
- 1 red capsicum, cut into strips
- 2 celery stalks, cut diagonally
- 2 teaspoons grated ginger
- 4 shallots, cut into 5cm lengths
- 60 g blanched almonds
- $\frac{1}{3}$ cup bamboo shoots (optional)
- 12 snow peas
- 2 tablespoons white wine or sherry
- Extra virgin olive oil for cooking

Method

Add extra virgin olive oil to a wok and cook almonds until golden. Remove and drain on absorbent paper. Add $\frac{1}{2}$ ginger, sauté for 1 minute then add vegetables. Cook for 1-2 minutes and remove to side. Place chicken and remaining ginger in pan, with a little more oil and cook until almost done. Add wine, then return vegetables and almonds to the pan and warm through.

Protein count per serve: 30 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase: 1:2:3

Serves 2



HOME STYLE CHICKEN SOUP

Ingredients

200 g chicken breast or thigh, cubed

3 cups chicken stock

2 stalks celery

1 onion

1 clove garlic

1 chilli (optional)

Chopped parsley to garnish

Extra virgin olive oil for cooking

Method

Lightly fry onion in a little extra virgin olive oil. Add chicken, celery, garlic and chilli sautéing for another minute. Add stock and simmer for 15 minutes.

Protein count per serve: 20 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



PORK TUSCANY TREAT

A great way to bring the flavour of Tuscany into the kitchen

Ingredients

325 g of lean pork pounded thin and cut into medallions.
 $\frac{3}{4}$ cup zucchini slices and broccoli florets
 $\frac{1}{4}$ cup thinly sliced mushrooms
1 clove garlic, crushed
2 tablespoons water
Olive oil
Tuscan herbs
Crushed almonds to garnish

Method

Sprinkle Tuscan herbs over pork medallions. Coat a non-stick frying pan with olive oil. Over high heat stir-fry garlic, mushrooms and pork medallions until golden brown. Add water, toss in the vegetables and continue tossing until pork is cooked and vegetables are tender. Garnish with crushed almonds.

Protein content per serve: 25 g

Carbohydrate count: 0 cups

Suitable for Phase: 1:2:3

Serves 2



PORK FILLET WITH SPICY CABBAGE

Ingredients

2 small pork fillets (325 g), baked or barbequed approximately 30 minutes

½ small red cabbage sliced finely

1 cup apple finely sliced

3 cloves

1 teaspoon cider vinegar

Olive oil for cooking

Stevia or Splenda sweetener to taste

Method

Sauté onion in a little olive oil, for 1 minute. Add cabbage and cook for another minute. Add apple slices and cloves. Seal tightly and reduce heat. Simmer for 20 minutes. 2 minutes before end of cooking add vinegar and sweetener.

Protein count per serve: 25 g

Carbohydrate count: ½ cup vegetables ½ cup fruit

Suitable for Phase:1:2:3

Serves 2

SAN CHOY BOW (PORK MINCE IN LETTUCE CUPS)

Ingredients

- 325 g pork fillet, minced
- 1 cup sliced water chestnuts, drained
- 1 tablespoon sliced ginger
- 1 tablespoon chilli sauce
- 2 tablespoons sherry
- 1 tablespoons tamari or soy sauce
- Iceberg lettuce leaves cut carefully into cups

Method

Sauté ginger lightly before browning pork mince. Add sherry and sauces with water chestnuts and simmer for five minutes. Thin with a little water. Spoon mix into lettuce cups for serving. Accompany with mixed steamed Chinese vegetables

Protein count per serve: 25 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



MOCK MASHED POTATOES

A versatile mash potato substitute

Ingredients

2 cups cauliflower, finely chopped
1 tablespoon sour cream, or more to taste
1 tablespoon butter
Salt and pepper to taste

Method

Steam or microwave cauliflower until very soft. Put cauliflower in blender or food processor with butter and sour cream, blend. Add salt and pepper to taste. Serve hot. Grated cheese, minced chives and/or parsley are nice variations to add. Hand mix these in after blending the cauliflower.

Protein count per serve: 0 g

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



CAULIFLOWER RICE SUBSTITUTE

This dish can be added to any recipe you would otherwise use rice

Ingredients

1 cup grated cauliflower

Method

Grate the cauliflower using the medium sized holes of a grater. Grate the core too. With your hands squeeze out as much water as you can. This may not be necessary for some cauliflower as they vary in degree of wetness. Add the grated cauliflower to a heated and oiled wok or pan and fry until its tender-crisp, about 5-8 minutes. The length of time will depend on the cauliflower. Suggestion: Use as you would rice. The variations are endless.

Protein count per serve: 0

Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 1-2



WALNUT FLAT BREAD

An easy to prepare hearty flat bread

Ingredients

1 cup walnuts

1 egg

Pinch of sea salt

Method

Chop up the walnuts as fine as possible in a food processor then add egg and salt. The dough will be a bit sticky. Lightly coat a small cast iron pan with olive oil or butter. Press $\frac{1}{2}$ the dough onto the pan into a flat round shape and cook it turning once. Can be used for open faced sandwiches.

Protein count per serve: 15 g

Carbohydrate count: 0 cups

Suitable for Phase:1:2:3

Makes two pieces of bread



BASIC 15 MINUTE STIR-FRY

Ingredients

Lean protein (fish, seafood, chicken, beef, lamb, tofu)
2 cups vegetables of your choice finely sliced
1 tablespoon fresh finely sliced ginger
1 tablespoon minced garlic
Chilli or chilli paste (optional)
1 teaspoon fish sauce
Tamari or soy sauce (no added sugar)
Squeeze of lime juice (optional)

Method

Heat oiled wok or fry pan. Sauté meat/tofu, onions, garlic, and ginger in a little olive oil, fish sauce, chilli (optional) and soy sauce until cooked. Set to one side. Add firm vegetables such as broccoli, cauliflower and cook for 2 minutes. Add more watery vegetables such as spinach, capsicum, snow peas, mushrooms, Chinese greens, etc. Return meat/tofu to stir-fry. Stir through tamari/ soy sauce to taste. Serve immediately. Garnish may include: coriander, bean sprouts, lime juice, sesame oil or chopped nuts.

Protein count per serve: Subject to variation

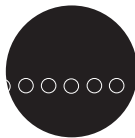
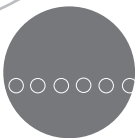
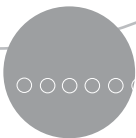
Carbohydrate count: 1 cup vegetables

Suitable for Phase:1:2:3

Serves 2



KETO DESSERT RECIPES





CHOCOLATE MUD CAKE



An incredibly delicious, guilt free chocolate cake

Ingredients

6 egg whites

2 egg yolks

2 1/2 teaspoons baking powder

4 packets Chocolate Ketoslim

100 g almond meal

1 tablespoon Splenda granules (sugar substitute - buy in supermarkets)

A pinch of sea salt

2 tablespoons of cocoa

A pinch of cinnamon

1/2 cup of boiling water

1/2 cup of olive oil

1 teaspoon of vanilla essence or 1 tablespoon of imitation vanilla

Method

Preheat oven to 180°C. Separate whites and beat until stiff. Combine baking powder, Ketoslim, almond meal, splenda, salt, cocoa & cinnamon in a large bowl. Make a well in the centre, add yolks, oil, vanilla and boiling water. Beat until smooth. Fold this mixture into the stiffly beaten whites. Pour into square 21 cm X 21 cm cake tin and bake at 180°C for 40 minutes. Let cool before serving.

Protein content per serve: 10 g

Carbohydrate count: 0 cups

Suitable for Phase:1:2:3

Makes 8 slices



LEMON AND ALMOND CAKE

Ingredients

1 $\frac{1}{3}$ cups almond meal
8 tablespoons Splenda
4 large eggs, separated
5 teaspoons packed grated lemon peel
 $\frac{1}{2}$ teaspoon ground cinnamon
Pinch of salt

Method

Preheat oven to 375°C. Butter and flour a 9-inch-diameter cake pan with 1 $\frac{1}{2}$ -inch-high sides. Line bottom of pan with waxed paper. Combine yolks, 2 tablespoons Splenda, lemon peel, cinnamon and salt in medium bowl. Using electric mixer, beat until thick and smooth, about two minutes. Stir in almond mixture and two tablespoons of Splenda. Using clean beaters, beat egg whites in large bowl until soft peaks form. Gradually add 4-tablespoons Splenda, beating until stiff but not dry. Fold large spoonful of whites into almond mixture. Gently fold in remaining whites. Transfer batter to pan. Bake until tester inserted into center comes out clean, about 35 minutes. Cool in pan on rack. Turn out onto platter. Remove waxed paper. Cut into 8 slices.

Protein per slice: 5 g

Suitable for Phase:1:2:3

Makes 8 slices



BLUEBERRY AND RICOTTA CREPES

Delicious served hot out of the pan

Ingredients

- 1 large egg
- 1 tablespoon cream
- 1 teaspoon oil
- 1/4 teaspoon Splenda sweetener
- 3 drops vanilla essence
- 95 g Ricotta
- 1/2 cup fresh blueberries

Method

Mix egg, cream, sweetener and vanilla well; put in a well buttered non-stick frying pan and swirl to coat pan. Cook at medium-heat until top looks dry; flip over and cook for a few more seconds. Place on a plate and fill with ricotta and blueberries. Ricotta can be sweetened with Splenda.

Protein count per serve: 20 g

Carbohydrate count: 1/2 cup fruit

Suitable for phase: 2:3 (Phase 1 if blueberries omitted)

Serves 1

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KETOSYSTEM FOOD LISTS

KETO SNACKS

1 Serving = Approximately 10 g of Protein

Suitable for Phase:1:2:3

Food	Serving size
Flavoured tuna	95 g can
Chicken drumstick*	1 medium drumstick
Hard Cheese	45 g
Cottage Cheese	40 g
Soy and Garlic Kebab*	1 kebab
Tuna-Cheese and Celery Sticks*	1 stick
Quiche delight*	1 Quiche
Boiled egg	2 eggs
Almonds	50 g
Walnuts	70 g
Brazil nuts	70 g
Chocolate mud cake*	1 slice
Keto Bar	½ a bar
Ketoslim	1 scoop or sachet
Ketoslim Soy	1 scoop

*For a comprehensive list of recipes visit:
www.ketosystem.com.au

LOW GLYCAEMIC LOAD VEGETABLES

Suitable for Phase:1:2:3

Herbs/spices	Avocado*
Alfalfa	Asian greens
Asparagus	Bean sprouts
Beans, green	Bok Choy
Broccoli	Brussels Sprouts
Cabbage	Capsicum
Carrots*	Cauliflower
Celery	Coleslaw, dry
Cucumber	Eggplant
Fennel	Garlic
Ginger	Lettuce
Leeks	Mushrooms
Onions	Parsley
Peas*	Pumpkin*
Radish	Rocket
Salad greens	Silver beet
Shallots	Snow peas
Spinach	Sprouts
Squash	Tomato*
Watercress	Zucchini

ADDITIONAL SALAD VEGETABLES

Asian greens	Cabbage
Celery	Cucumber
Fennel	Herbs, fresh
Lettuce	Mesclun mix
Mushrooms	Onion
Rocket	Spinach
Sprouts	Watercress

* Limit to one cup (raw) daily

RECOMMENDED NUTS AND SEEDS

Suitable for Phase:1:2:3

Almonds	Macadamia
Walnuts	Sesame seeds
Hazelnuts	Flax/ Linseed
Sunflower	Brazil nut
Coconut	Pepitas
Peanuts	Pine nuts

Unsweetened Nut Butters made from the above.

PROTEIN-RICH FOODS

Suitable for Phase:1:2:3

Fish: Salmon, tuna, trout, sardines

Seafood: Squid, prawns, oysters, mussels

Poultry: Chicken, turkey, duck

Meat: Beef, lamb, veal, pork

Eggs: Chicken, duck

Soy foods: Tofu, tempeh

Supplements: Keto Bars, Ketoslim

Tip: Remember; “fresh is best” and avoid processed meats (e.g. bacon, salami, and pepperoni) as these may have negative health effects. Organic, free-range (meats, poultry & eggs), lean cuts, grass fed (meats) and non-farmed (fish) choices are always best.

RECOMMENDED LOW CARBOHYDRATE FRUITS

Suitable for Phase:2:3

Apples	Blackberries
Blueberries	Cherries
Apricots	Grapefruit
Lemons	Melons & Mulberries
Peach	Strawberries
Limes	Raspberries
Passionfruit	

DAILY HIGH GLYCAEMIC LOAD FOOD SERVINGS

Suitable for Phase 3 only (1 serve per day)

Food	Serving Size
Wholegrain Bread	2 slices
Crisp breads	2 pieces
Beans or lentils, cooked	1/3 cup
Pasta, cooked	1/2 cup
Noodles, cooked	1/3 cup
White rice, cooked	1/3 cup
Brown rice, cooked	1/2 cup
Potato	1 medium
Potato, sweet	1/2 cup
High fibre breakfast cereal	1 cup

KETOSYSTEM SHOPPING LIST

Food groups	Enjoy foods	Avoid foods
Vegetables	Avocado, Alfalfa, Asian greens, Asparagus, Bean sprouts, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Coleslaw (dry), Cucumbers, Eggplant, Fennel, Garlic, Ginger, Green beans, Lettuce, Leeks, Mushrooms, Onions, Parsley, Peas, Pumpkin, Radishes, Rocket, Salad greens, Silver beets, Shallots, Snow peas, Spinach, Sprouts, Squash, String Beans, Tomatoes, Watercress, Zucchini.	Potatoes, Sweet potatoes.
Fruit * Not suitable for Phase 1	Apples, Apricots, Cherries, Grapefruit, Kiwi Fruit, Lemons, Limes, Oranges, Passion fruits, Peaches, Plums. All melons including Rockmelons, Watermelons, Papaya and Honey dew. All berries including Blackberries, Blueberries, Mulberries, Raspberries, Strawberries.	Bananas, Grapes. Canned sweetened fruits. Dried fruits.
Nuts and seeds	Nut meals and unsweetened butters. Almonds, Brazil nuts, Coconuts, Coconut Milk, Flax/ Linseed, Hazelnuts, Macadamias, Pepitas, Peanuts, Pine nuts, Sesame seeds, Sunflower, Walnuts.	Cashews, Salted nuts.

Food groups	Enjoy foods	Avoid foods
Meats	All meats including Beef, Kangaroo, Lamb, Veal and Pork.	Processed meats such as Salami, Spam and Sandwich meats.
Fish and Seafood	All fish including Barramundi, Dory, Perch, Sardines, Salmon, Snapper, Tuna, Trout and Whiting. All seafood including Squid, Prawns, Oysters and Mussels.	Processed or crumbed seafood such as Nuggets, Seafood extender and Fish fingers.
Eggs and Poultry	All poultry including Chicken, Quail, Turkey and Duck. Eggs including Chicken, Duck and Quail.	Processed or crumbed poultry such as Nuggets and Sandwich meats.
Vegetable oils	All cold-pressed vegetable oils including Olive, Coconut, Sesame, Walnut, Flax seed and Macadamia oils.	Any oil that is not cold-pressed. Sunflower, safflower and mixed vegetable oil.
Condiments and sauces	All herbs, seasonings and spices. Artichoke hearts, Curry paste, Coconut milk, Egg mayonnaise, Eggplant dip, Fish sauce, Herb infused oils, Horseradish, Hot pickles, Hot chilli sauce, Lemon juice, Lemon pepper, Lime juice, Mustard, Olives, Pesto, Salad dressing (no added sugar), Soy sauce, Tabasco, Tahini, Tamari, Vinegar, Wasabi, Worcestershire sauce.	Table salt, Hummus. Sauces and condiments with added sugars such as Sweet Chilli, Tomato and BBQ sauce.
Beverages	All teas including Black, Chai, Green, Peppermint, Rosehip and other herbal teas. Coffee. Soda water, Diet drinks sweetened with sucralose (use sparingly).	Drinking chocolate, Sweetened coffee blends. Soft drinks, Cordials, Fruit juices, Flavoured milk.

Food groups	Enjoy foods	Avoid foods
Dairy	Blue vein, Brie, Camembert, Cream, Cottage, Ricotta and Fetta cheese. All hard (yellow) cheese including Colby, Cheddar, Edam, Halloumi, Jarlsberg, Mozzarella, Parmesan, Pizza, Romano, Swiss. Butter and Cream.	Custard, Fruit cheese, Ice cream, Milk, Yoghurt.
Soy foods	Soy milk (no added sugar), Miso, Tofu and Tempeh.	Soy yoghurt, Sweetened soy milk.
Sweeteners	Sucralose AKA Splenda (955), Stevia (available at health food stores).	Sugar, Molasses, Honey, Fructose, Fruit concentrates, Xylitol. All artificial sweeteners except Sucralose e.g. Aspartame (951).



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Australia

A division of
Health World Limited
Cnr Nudgee & Toombul Rds,
Northgate,
Queensland, Australia 4013

PO Box 675
Virginia BC,
Queensland 4014

Telephone: (07) 3117 3300
Facsimile: (07) 3117 3399
Telephone Country and
Interstate: 1800 777 648

www.metagenics.com.au
hworld@healthworld.com.au
orders@healthworld.com.au

New Zealand

Metagenics New Zealand Limited
2/15 Parkway Drive,
Mairangi Bay,
Auckland, New Zealand

PO Box 35383,
Browns Bay,
Auckland

Telephone: (09) 478 2540
or 0508 227 744
Facsimile: (09) 478 2740
or 0508 227 733

www.metagenics.co.nz
info@metagenics.co.nz



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