

DR. ERIC WESTMAN'S SIMPLE ONE-SHEET KETO DIET

Republished with permission from Eric Westman, MD. Phenomenal help available from Dr. Eric Westman and his associate Jacqueline Eberstein, RN, who together have helped more than 64,000 patients with diabetes, obesity while eliminating insulin and other medications using a low-carbohydrate dietary approach with medical support. Please see their website at www.healclinics.com for more information.

NOTE WELL FROM DR. MARY NEWPORT BEFORE STARTING: For diabetics and others with medical conditions, this is a very low sugar diet and your blood sugar and insulin levels could drop very quickly. Monitor your blood sugar frequently and work with your doctor to reduce your insulin or other oral diabetes medications. Some diabetics are off insulin within days and medications within 2 to 3 weeks.

Dr. Westman's One-Sheet Keto Diet:

EAT AS MUCH AS YOU WISH OF THESE:

Meat: veal, beef, lamb, pork, ham bacon, any game meat

Poultry: chicken, turkey, duck or any game bird

Seafood: any fish or shellfish, or plain canned fish or seafood in oil or water (not cured with sugar)

Eggs: Eat whole eggs, not just the whites.

LIMIT THESE UNTIL DIABETES IS IMPROVED OR ELIMINATED:

2 cups per day leafy salad greens, spinach, kale, green onions, sprouts (if it has a leaf you can eat it!)

1 cup of other vegetables that grow above the ground: asparagus, beet greens, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chard, Chinese cabbage, cucumber, eggplant, green beans, kale, leeks, mushrooms, peppers, spinach, string beans, squash, tomatoes, turnips, wax beans and zucchini.

YOU MUST EAT VEGETABLES EVERY DAY!

LIMITED AMOUNTS OF: Butter, oils, cheese, heavy cream, mayonnaise, avocado.

Dr. Newport suggests limiting oils, butter and cream to about 4 to 6 tablespoons per day (more for larger people). This category could also include salad dressings (low or no carbs/sugars), and oils could include coconut oil, MCT oil, MCT//143 from Pruvit, liquid coconut cooking oil, olive oil, canola, safflower, etc. (preferably organic, expeller or cold-pressed whenever available). For avocado she suggests one small or one-half large per day—you could add another avocado serving in place of one tablespoon of oil.

EVERYTHING BELOW ADDED BY DR. MARY NEWPORT:

AFTER DIABETES IS CONTROLLED OR AFTER 2 TO 4 WEEKS IF USING DIET FOR WEIGHT LOSS:

Each week for the next 3 to 5 weeks: Add per day one more cup of the listed vegetables or ½ cup whole grain rice or whole grain pasta, 1 slice of whole grain bread, 1 cup whole fat milk or ½ cup plain whole fat yogurt, small handful (about 1 ounce) of nuts or ¼ cup of berries. I suggest you eat it at meals where you have at least 2 tablespoons of oil/fat to stay in ketosis. If your blood sugar begins to increase or you stop losing weight or gain weight, go back to amounts for the previous week and stay at that level. If blood sugar and weight are stable, you could consider this your maintenance lifestyle diet.

KETONE SUPPLEMENTS:

Ketone salts and ketone esters, can help boost ketosis, suppress appetite, reduce inflammation, and encourage fat loss. For more information, look at <http://coconutketones.com>.