

## More Ideas for Simple Keto Diet and a Few Recipes

**To achieve mild to moderate ketosis and/or reduce risk "keto flu" (see below) consider adding once or twice per day to One-Sheet Diet**

1. 1 cube bouillon or 1 teaspoon of Better-Than-Bouillon in hot water [Pruvit Keto Bone Broth](#) or Egg Drop Bone Broth Soup (see recipe below)

2. To maintain ketosis be sure to include at least 2 tablespoons of combination of cream, butter, oil or fat, [MCT//143](#), a whole large avocado (or 1 tablespoon cream, butter, oil or fat and one small avocado) with each meal to help maintain ketosis.

3. Add 1-2 **Carb Servings** per day to separate meals (up to 10 to 12 grams carbohydrate per serving - other foods in that range are possible but **avoid** sugary drinks, sweets, high-sugar fruits and starchy vegetables). Choose from [Special Carb List on Simple One Sheet Diet](#) or choose from the following foods:

4 tablespoons almond flour, or coconut flour (usually used in a recipe)

1 ounce (15 grams) pure pea protein powder

1 or 2 servings of bone broth with total of up to 15 grams protein

1/2 cup plain whole-fat yogurt or Greek yogurt

1 cup whole-fat (3.5%) milk, kefir, liquid yogurt, buttermilk

1 cup coconut milk using this

Up to 2 ounces per day **Coconut Oil Fudge**. Up to 2 ounces per day **Coconut Oil Fudge**. You may not need other fat or oil at a meal that includes 1 or 2 ounces of this treat for dessert.

**Coconut Milk Recipe:** 1 cup (8 ounces or 240 ml) provides about 15 grams fat, 2 grams carb (sugar) and 2 grams protein.

1 can undiluted coconut milk

2 cans water or coconut water

Optional: add 7 to 10 drops liquid stevia extract or other sweetener to taste).

### **Coconut Oil Fudge Recipe:**

Baker's unsweetened dark chocolate has just 4 grams carbs (3 grams as fiber) plus 7 grams fat and 2 grams protein per 2 squares!

Melt together at very low heat stirring constantly, or 15 seconds at a time in microwave with stirring in between:

8 ounces virgin organic coconut oil (or MCT//143 when available in bottle)

8 ounces unsweetened baker's dark chocolate or unsweetened chocolate chips.

Sweeten to taste with up to 2 tablespoons erythritol OR 1 tablespoon erythritol + 1 tablespoon honey or other preferred sweetener.

Pour mixture into wells of plastic or silicone ice cube tray or candy molds then harden and store in the refrigerator. Takes about 1 to 2 hours to harden. For variation add unsweetened grated coconut to mixture before pouring and/ one or more nuts per serving.

### **Quick Egg Drop Bone Broth Soup** - Filling low-cal meal or snack

15 grams fat, 14 grams protein, 1 carb, about 220 calories (may differ with brands and size of egg).

**RECIPE using [Pruvit](#) products:** Heat about 10 to 12 ounces water in a pan to just less than boiling. Add to water:

1 packet (15 ml) [MCT//143](#)

1 packet [Pruvit Bone Broth](#) and mix well.

Slowly pour one beaten egg while stirring into the mixture (over about 10 or 15 seconds). Remove from the stove, pour into a mug or bowl and enjoy!

**ALTERNATIVE RECIPE:** Heat about 10 to 12 ounces bone broth in a pan to just less than boiling. Add: 1 tablespoon coconut and/or MCT oil and mix well. Slowly pour one beaten egg while stirring into the mixture (over about 10 or 15 seconds). Remove from the stove, pour into a mug or bowl and enjoy!