

An Easy Whole Food Low-Carb Keto Diet Plan

From <https://coconutketones.com/keto-diet>

Updated by Mary Newport, MD - December 5, 2025

Dr. Eric Westman and his associate Jacqueline Eberstein, RN of Duke University have helped more than 4,000 patients control their blood sugar, reduce or eliminate medications, and lose fat through a low-carbohydrate dietary approach. The following dietary suggestions are based on, and republished with permission from, Eric Westman, MD, with modifications, as noted, by Dr. Mary Newport.

Before you get started:

1. It is always advisable to talk with your physician before making a significant change in your diet, especially if you have a medical condition.
2. This is a very-low-sugar diet, and your blood sugar level could drop very quickly. To avoid low blood sugar, monitor your blood sugar frequently and work with your doctor to make any changes in your medications.
3. If a more moderate keto diet is desired, or to ease more gradually into the diet to avoid "keto flu", please look at the Special Carb List below.
4. For stricter diets, consider keeping a food journal for best success and to track your carbs. [*The Complete Book of Food Counts*](#) by Corinne Netzer is a great reference for tracking carbs, protein, fat, fiber and calories.

Eat as much as you wish of these foods:

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 sugar cured)

Eggs: Eat whole eggs, not just the whites.

Limit these foods until you reach your goals - But eat vegetables every day!

- 2 cups daily - leafy salad greens, spinach, kale, green onions, sprouts
- 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

Eat limited amounts of fats, oils, and dairy products:

- Cream cheese, butter, oils, heavy cream, mayonnaise -- limit to 4 to 6 tablespoons daily, if weight loss is a goal.
 - Ideally, use organic, expeller or cold-pressed whenever available
 - Including [coconut and/or MCT oil](#) could help sustain higher levels of ketones.
- Avocado, 1 small or 1/2 large, olives 5-10 daily.
- Limit hard cheese to 4 ounces per day, soft cheese (ricotta, cottage cheese) to 1 cup per day.

Maintenance:

Continue the diet until goals for weight loss and blood glucose control are achieved. After blood glucose is controlled **or** after 2 to 4 weeks if using the diet mainly for weight loss, add 1 daily carb serving from the list below each week for the next 2 to 3 weeks. Limit to 3 servings daily.

Special Carb List:

To ease into the diet, start with 2 or 3 servings of carbs daily and drop one serving per week. Try to eat these foods at meals where you have at least 2 tablespoons of oil/fat to stay in ketosis. If mild to moderate, rather than strict, ketogenic diet is desired, add one or two servings per day from the following list:

- 2 cups leafy green vegetables, or 1 cup of the **"other vegetables"** listed above
- ½ cup whole oats/porridge, whole grain rice or whole grain pasta
- 1 slice of whole grain bread, 1 cup whole fat milk
- ½ cup plain whole fat yogurt
- small handful (about 1 ounce) of nuts
- ½ cup strawberries or ¼ cup of other berries.

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.