



CareSyncTM
Psych

Sample Ketogenic Meal Guide

This sample meal guide provides examples of ketogenic-style meals focused on low carbohydrate intake, healthy fats, moderate protein, hydration, and whole foods. These meals are intended as educational examples and may require modification based on individual medical needs, allergies, activity level, or personal preferences.

Meal	Sample Foods
Breakfast Option 1	Scrambled eggs cooked in butter, avocado slices, and unsweetened coffee or tea
Breakfast Option 2	Greek yogurt (unsweetened, full-fat) with chia seeds, walnuts, and cinnamon
Breakfast Option 3	Omelet with spinach, mushrooms, cheese, and olive oil
Lunch Option 1	Grilled chicken salad with olive oil dressing, avocado, cucumbers, and leafy greens
Lunch Option 2	Turkey lettuce wraps with cheese, pickles, mustard, and side of nuts
Lunch Option 3	Tuna salad with mayonnaise, celery, cucumber slices, and olives
Dinner Option 1	Salmon with roasted broccoli and butter or olive oil
Dinner Option 2	Ground beef bowl with cauliflower rice, cheese, avocado, and sour cream
Dinner Option 3	Chicken thighs with asparagus sautéed in olive oil
Snack Option 1	Cheese cubes and almonds
Snack Option 2	Celery with cream cheese or peanut butter
Snack Option 3	Hard-boiled eggs or olives

Basic Ketogenic Shopping List

- Eggs
- Avocados
- Olive oil and butter
- Chicken, beef, turkey, salmon, tuna
- Leafy greens and low-carbohydrate vegetables
- Cheese and full-fat dairy if tolerated
- Nuts and seeds
- Unsweetened beverages
- Cauliflower rice and zucchini noodles

Helpful Meal Planning Tips

- Meal prep ahead of time to reduce stress and impulsive eating.
- Keep easy ketogenic snacks available.
- Drink water regularly throughout the day.
- Focus on whole foods rather than heavily processed “keto” products.
- Read nutrition labels carefully for hidden sugars and carbohydrates.

Important Notes

This guide is educational and not a substitute for individualized medical or nutritional advice. Patients with diabetes, kidney disease, liver disease, eating disorders, pregnancy, or other medical conditions should discuss ketogenic nutrition with their healthcare provider before beginning.

CareSync Psych

Supporting mind-body wellness through compassionate, evidence-informed psychiatric care.

In-Person: Lakeland, Florida

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Website: www.caresyncpsych.com