

# HOW TO BALANCE YOUR KETO PLATE

Although measuring and tracking your meals in an app gets you the best results when you're doing the ketogenic diet, you can still get away with "eyeballing" it. If you model each of your plates after the picture below, you will likely stay in ketosis. CARBS are what you can't eat in excess without knocking yourself out of ketosis so do research before attempting to "wing it"! Daily total carb goal of 20-40 g is ideal.

Be aware that many foods have a combination of fat, carbs and protein despite this chart

[www.nutritionuprising.com](http://www.nutritionuprising.com)

## SNACKS:

Stay fuller longer by combining fat + protein!

## NON-STARCHY VEGGIES

**Have a large pile for at least 2 meals daily**

Leafy greens, broccoli, brussel's sprouts, carrots, cabbage, cauliflower, leeks, tomatoes, peppers, onions, green beans, asparagus, onions, zucchini, mushrooms, etc.

## FAT

**Should be present in all meals and snacks**

Avocado, butter, coconut oil & shreds, dairy, mayo, olives, oils, MCT oil, dressing

## PROTEIN

**Have 3-5 servings daily**

All animal meat, fish, seafood, hard & soft cheese, eggs, protein powder, collagen

## CARBS

**Very limited amounts, must be sure < 45 g total**

Nuts, seeds, berries, keto breads, keto treats, yogurt, fresh cheese varieties, dark chocolate, keto snacks

Sample Meal Based on ↑

### This plate is a perfect example

- Note that the meal to the right contains a few items from each category in the plate above
- Note the colors presents which provides healthy phytonutrients
- **Carbs** from veggies (6 g) and cheese (2 g) and olives (1 g)
- **Protein** from chicken (25 g) and cheese (10 g)
- **Fat** from cheese (10 g), olives (3 g), dressing (27 g)

