

*The following is an example of vegetarian food choices –  
based on lowering and balancing blood glucose.*



A vegetarian keto-like diet is a low-carb, high-fat, moderate-protein eating plan that eliminates meat and fish but may include animal byproducts such as eggs and dairy, depending on individual dietary preferences. The objective of this diet is to induce ketosis, a metabolic state in which the body burns fat for energy instead of carbohydrates. I have based the choices off experts in this space.

Some vegetarian keto-style choices:

### **1. Fats and Oils**

- Avocados and avocado oil
- Coconut oil, MCT oil
- Olive oil
- Ghee (if lacto-vegetarian)
- Nuts and seeds (almonds, macadamias, chia, flax)
- Nut butters (watch for added sugar)

### **2. Low-Carb Vegetables (non-starchy)**

- Spinach, kale, arugula, lettuce
- Zucchini, broccoli, cauliflower
- Mushrooms, peppers
- Asparagus, Brussels sprouts

### **3. Protein Sources**

- **Eggs** (if ovo-vegetarian)
- **Cheese, Greek yogurt, and cottage cheese** (if lacto-vegetarian)
- Tofu, tempeh
- Seitan (watch carbs and gluten)
- Plant-based protein powders (pea, rice, hemp – check carb content)

### **4. Other Keto Staples**

- Coconut milk, almond milk (unsweetened)
- Shirataki noodles (konjac noodles)

- Low-carb sweeteners (stevia, erythritol, monk fruit)
- Herbs and spices
- Seaweed snacks

## **Foods to Avoid:**

- Grains (rice, bread, oats, quinoa, pasta)
- Legumes (beans, lentils, chickpeas)
- Most fruits (except small amounts of berries)
- Starchy vegetables (potatoes, corn, carrots)
- Sugar, honey, maple syrup
- Sweetened beverages

Here are some ideas for your veggie-based week.

## **Day 1**

### **Breakfast:**

- Chia seed pudding with unsweetened almond milk, stevia, and raspberries

#### **Lunch:**

- Zucchini noodles with avocado pesto and grilled halloumi

#### **Snack:**

- Celery sticks with cream cheese

#### **Dinner:**

- Cauliflower rice stir-fry with tofu, mushrooms, broccoli, and coconut aminos

## **Day 2**

### **Breakfast:**

- Full-fat Greek yogurt with flaxseeds, walnuts, and a few blueberries

#### **Lunch:**

- Spinach salad with grilled tempeh, feta, olives, cucumber, and olive oil dressing

#### **Snack:**

- Cucumber slices with guacamole

#### **Dinner:**

- Keto eggplant lasagna (with ricotta, mozzarella, marinara sauce, no noodles)

## **Day 3**

### **Breakfast:**

- Bulletproof-style coffee (coffee + MCT oil + coconut cream)
- Almond flour “muffins” (baked with cheese, herbs)

#### **Lunch:**

- Stuffed bell peppers with cauliflower rice, cheese, and tofu

#### **Snack:**

- Cheese crisps or a handful of macadamia nuts

#### **Dinner:**

- Creamy zucchini soup with parmesan crisps

## Day 4

### Breakfast:

- Coconut yogurt with hemp seeds and shredded coconut

### Lunch:

- Keto cauliflower crust “pizza” topped with mushrooms, mozzarella, and rocket

### Snack:

- Seaweed snacks and a few olives (Olives are King)

### Dinner:

- Thai coconut curry with tofu, spinach, and broccoli over konjac noodles

## Day 5

### Breakfast:

- Ricotta mixed with cinnamon, vanilla extract, and stevia (if you like a sweeter hit)

### Lunch:

- Grilled vegetable skewers with halloumi and tahini dressing

### Snack:

- Handful of almonds and a square of 90% dark chocolate

### Dinner:

- Spaghetti squash Alfredo with sautéed mushrooms and spinach