

## [EXAMPLE OF A KETOGENIC DIET](#)



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Keeping your tastebuds entertained while following a keto diet does not have to be a struggle. Some low-carb, high-fat dieters find that they have the most

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### **The 7 Day Ketogenic Diet Meal Plan A Beginner's Guide**

7-Day Ketogenic Diet Meal Plan And Menu. This is a sample menu for one week on a ketogenic diet plan.

Monday Breakfast: 3 Egg Omelet with Spinach

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### **Ketogenic Diet Meal Plan 7 Day Menu My Dream Shape**

Ketogenic Diet 7-Day Meal Plan. A lot of people have been asking me what a good keto diet menu would look like. I'm happy to share this 7-Day Ketosis menu with you. If you'd like to find more Keto Recipes to custom your own, take a look at my Ketogenic Diet recipes database.

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### **Ketogenic Diet for Epilepsy and Sample Menu**

The ketogenic diet for epilepsy is a very high-fat diet, with just enough protein for body maintenance and growth, and very low amounts of carbohydrate. In the ketogenic state, the body generates molecules called ketones (also called ketone bodies) when fats are metabolized.

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A ketogenic diet is a type of very low carbohydrate diet designed to force your body to burn fat instead of glucose for energy. This process produces ketones, which gives these diets their "keto" name. Learn more about the advantages and disadvantages of these diets and how to start on one.

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### **The Ketogenic Diet Sample Meal Plan 3FatChicks**

The ketogenic diet can be used effectively to treat uncontrollable epilepsy in children. Rather than supplying the body with carbohydrates, which supply the body with energy, the body is forced to burn off fats instead. About the Ketogenic Diet. The ketogenic diet was founded in the 1920s by Lyle McDonald.

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### **Ketogenic Menus Meal Plans LIVESTRONG COM**

Ketogenic Diets. A ketogenic diet provides less than 50 g of carbohydrates a day. For example, the induction phase of the Atkins diet and the first steps of the South Beach diet are ketogenic. Ketogenic diets not only help

for weight loss, but they have also been used for the treatment of epilepsy for over 80 years, according to the Epilepsy Foundation.

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**Ketogenic Diet Menu Examples**

Here are a few examples of a ketogenic diet menu.

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