

# Plan de alimentación



Semana 1 - keto



# FOOD LIST

## KEY

- <1g Net Carbs per serving (enjoy more)
- <5g Net Carbs per serving (enjoy moderately)
- <10g Net Carbs per serving (enjoy occasionally)
- Check for added sugar/additives Net carb
- counts vary by brand
- ⊖ Not allowed in Keto; allowed in low carb
- Not allowed!

## GREENS & VEGGIES

FOOD	SERVING SIZE	NET CARBS
<span style="color: green;">●</span> Broccoli rabe	1 cup (40 g)	0
<span style="color: green;">●</span> Endive	1 cup (50 g)	0.1
<span style="color: green;">●</span> Sprouts	1 cup (33 g)	0.1
<span style="color: green;">●</span> Watercress	1 cup (34 g)	0.2
<span style="color: green;">●</span> Beet greens	1 cup (38 g)	0.2
<span style="color: green;">●</span> Arugula	1 cup (20 g)	0.4
<span style="color: green;">●</span> Spinach	1 cup (30 g)	0.4
<span style="color: green;">●</span> Butter lettuce	1 cup (42 g)	0.5
<span style="color: green;">●</span> Jalapeño peppers	1 pepper (14 g)	0.5
<span style="color: green;">●</span> Bibb lettuce	1 cup (55 g)	0.6
<span style="color: green;">●</span> Romaine	1 cup (47 g)	0.6
<span style="color: green;">●</span> Mustard greens	1 cup (56 g)	0.8
<span style="color: green;">●</span> Bok choy	1 cup (70 g)	0.8
<span style="color: green;">●</span> Chard	1 cup (36 g)	0.8
<span style="color: green;">●</span> Garlic	1 clove (3 g)	0.9
<span style="color: green;">●</span> Chili peppers	1 pepper (1.4 g)	1
<span style="color: green;">●</span> Iceberg lettuce	1 cup (57 g)	1.2
<span style="color: yellow;">●</span> Celery	1 cup (101 g)	1.4
<span style="color: yellow;">●</span> Shallots	1 tbsp (10 g)	1.4
<span style="color: yellow;">●</span> Cucumbers	1/2 cup (52 g)	1.6
<span style="color: yellow;">●</span> Poblano peppers	1 pepper	1.9
<span style="color: yellow;">●</span> Pickles	1 large (135 g)	1.9
<span style="color: yellow;">●</span> Kelp noodles	4 oz (113 g)	2
<span style="color: yellow;">●</span> Radishes	1 cup (116 g)	2
<span style="color: yellow;">●</span> Mushrooms	1 cup (86 g)	2.2
<span style="color: yellow;">●</span> Eggplant	1 cup (82 g)	2.3
<span style="color: yellow;">●</span> Asparagus	1 cup (134 g)	2.4
<span style="color: yellow;">●</span> Zucchini	1 cup (113 g)	2.4
<span style="color: yellow;">●</span> Yellow squash	1 cup (113 g)	2.6
<span style="color: yellow;">●</span> Cabbage	1 cup (89 g)	3
<span style="color: yellow;">●</span> Cauliflower	1 cup (107 g)	3.2
<span style="color: yellow;">●</span> Rhubarb	1 cup (122 g)	3.3
<span style="color: yellow;">●</span> Kale	1 cup (67 g)	3.4
<span style="color: yellow;">●</span> Bell peppers	1 cup (92 g)	3.6
<span style="color: yellow;">●</span> Broccoli	1 cup (91 g)	3.6
<span style="color: yellow;">●</span> Fennel	1 cup (87 g)	3.7
<span style="color: yellow;">●</span> Collard greens	1 cup (256 g)	3.9
<span style="color: yellow;">●</span> Green beans	1 cup (100 g)	4.3
<span style="color: yellow;">●</span> Okra	1 cup (100 g)	4.3
<span style="color: yellow;">●</span> Onions	1/2 cup (58 g)	4.3
<span style="color: yellow;">●</span> Bamboo shoots	1 cup (151 g)	4.6
<span style="color: yellow;">●</span> Brussels sprouts	1 cup (88 g)	4.6
<span style="color: yellow;">●</span> Scallions (green onions)	1 cup (100 g)	4.7
<span style="color: blue;">●</span> Shirataki noodles	1 cup	4.7
<span style="color: green;">●</span> Snow peas	1 cup (98 g)	4.9
<span style="color: red;">●</span> Jicama	1 cup (130 g)	5.1
<span style="color: red;">●</span> Artichokes	1/2 cup (84 g)	5.2
<span style="color: red;">●</span> Leeks	1/2 cup (45 g)	5.5
<span style="color: red;">●</span> Spaghetti squash	1 cup (101 g)	5.5
<span style="color: red;">●</span> Celeriac	1/2 cup (78 g)	5.8
<span style="color: red;">●</span> Turnips	1 cup (130 g)	6.1
<span style="color: red;">●</span> Pumpkins	1 cup (116 g)	6.9
<span style="color: red;">●</span> Rutabagas	1 cup (140 g)	8.9

## FATS

FOOD	SERVING SIZE	NET CARBS
<span style="color: green;">●</span> Avocado oil	1 tbsp (14 g)	0
<span style="color: green;">●</span> Butter	1 tbsp (14 g)	0
<span style="color: green;">●</span> Cocoa butter	1 tbsp (14 g)	0
<span style="color: green;">●</span> Coconut oil	1 tbsp (14 g)	0
<span style="color: green;">●</span> Ghee	1 tbsp (14 g)	0
<span style="color: green;">●</span> Lard, other animal fats	1 tbsp (14 g)	0
<span style="color: green;">●</span> MCT oil	1 tbsp (14 g)	0
<span style="color: green;">●</span> Olive oil	1 tbsp (14 g)	0
<span style="color: green;">●</span> Other nut & seed oils	1 tbsp (14 g)	0

## MEAT, POULTRY, & SEAFOOD

FOOD	SERVING SIZE	NET CARBS
<span style="color: green;">●</span> Beef – ground, steak, roast, veal	4 oz (113 g)	0
<span style="color: green;">●</span> Lamb – ground, chops, etc.	4 oz (113 g)	0
<span style="color: blue;">●</span> Bacon & sausage	4 oz (113 g)	0
<span style="color: green;">●</span> Pork – ground, chops, loin, ham, etc.	4 oz (113 g)	0
<span style="color: green;">●</span> Poultry – chicken, turkey, duck, quail, etc.	4 oz (113 g)	0
<span style="color: green;">●</span> Game meats – bison, venison, etc.	4 oz (113 g)	0
<span style="color: green;">●</span> Fish – cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, tuna, trout, etc.	4 oz (113 g)	0
<span style="color: green;">●</span> Liver, other organ meats	4 oz (113 g)	0 – 0.5
<span style="color: blue;">●</span> Deli meats	4 oz (113 g)	0 – 1
<span style="color: green;">●</span> Shellfish – clams, crab, lobster, mussels, oysters, scallops, shrimp, squid, etc.	4 oz (113 g)	0 – 2

## DAIRY & EGGS

FOOD	SERVING SIZE	NET CARBS
<span style="color: green;">●</span> Eggs	1 egg (56 g)	0
<span style="color: green;">●</span> Cheeses, all kinds (soft & hard)	1 oz (28 g)	0 – 1.5
<span style="color: green;">●</span> Heavy cream	1 tbsp (15 g)	0.4
<span style="color: green;">●</span> Mascarpone cheese	1/2 tbsp (28 g)	0.6
<span style="color: green;">●</span> Sour cream	1 tbsp (12 g)	0.6
<span style="color: blue;">●</span> Half & half	1 tbsp (15 g)	0.7
<span style="color: green;">●</span> Cream cheese	1 tbsp (14.5 g)	0.8
<span style="color: blue;">●</span> Coconut cream	1 tbsp (15 g)	1.7
<span style="color: blue;">●</span> Whole milk ricotta cheese	1/2 cup (62 g)	3.7
<span style="color: blue;">●</span> Whole milk Greek yogurt	1 cup (100 g)	4
<span style="color: blue;">●</span> Whole milk cottage cheese	1/2 cup (105 g)	7.1

## FLOURS & BAKING

FOOD	SERVING SIZE	NET CARBS
<span style="color: green;">●</span> Flax seed meal (plain or golden)	2 tbsp (11 g)	0
<span style="color: green;">●</span> Gelatin	1 tbsp (7 g)	0
<span style="color: green;">●</span> Glucomannan	1/2 tsp (2 g)	0
<span style="color: blue;">●</span> Protein powder (whey, collagen, etc.), unsweetened	1 scoop (~30 g)	0
<span style="color: green;">●</span> Pork rinds	1/2 oz (14 g)	0
<span style="color: blue;">●</span> Psyllium husk powder	1 tsp (4 g)	0

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## FOOD

## SERVING SIZE NET CARBS

FOOD	SERVING SIZE	NET CARBS
(Flours & Baking, cont'd)		
Xanthan gum	1/2 tsp (0.7 g)	0
Pure extracts—vanilla, fruit	1 tsp (4.2 g)	0.1
Cocoa/cacao powder	1 tbsp (5.4 g)	1.1
Hazelnut flour	1/4 cup (28 g)	2
Peanut flour	1/4 cup (15 g)	2.8
Macadamia nut flour	1/4 cup (28 g)	2.9
Chocolate, unsweetened baker's or w/ sweeteners listed	1 oz (29 g)	2.9 – 3.4
Almond flour	1/4 cup (28 g)	3
Coconut flour	2 tbsp (14 g)	4
Sunflower seed meal	1/4 cup (28 g)	4

## HERBS & SPICES

### FOOD

### SERVING SIZE NET CARBS

Basil	2 tbsp (5.3 g)	0
Cumin, ground	1 tsp (2.8 g)	0
Curry powder	1 tsp (2 g)	0
Red pepper, crushed	1 tsp (2 g)	0
Salt (sea salt, Himalayan, etc.)	1 tsp (6 g)	0
Chives	1 tbsp (3 g)	0.1
Cilantro	1 tbsp (1 g)	0.1
Dill	1 tbsp (0.6 g)	0.1
Mint	1 tbsp (1.6 g)	0.1
Parsley	1 tbsp (3.8 g)	0.1
Sage	1 tbsp (0.7 g)	0.1
Marjoram	1 tbsp (0.6 g)	0.2
Rosemary	1 tbsp (1.7 g)	0.2
Cayenne pepper	1/4 tsp (0.5 g)	0.2
Tarragon	1 tbsp (0.6 g)	0.3
Thyme	1 tbsp (2.4 g)	0.3
Bay leaves	1 tbsp (0.6 g)	0.3
Oregano	1 tbsp (3 g)	0.3
Mustard, ground	1 tsp (2 g)	0.4
Savory	1 tbsp (1.4 g)	0.4
Paprika (regular or smoked)	1 tsp (2.3 g)	0.4
Celery seed	1 tsp (2 g)	0.6
Nutmeg, ground	1 tsp (2.2 g)	0.6
Cinnamon, ground	1 tsp (2.6 g)	0.7
Cloves, ground	1 tsp (2.1 g)	0.7
Fennel seed	1 tbsp (5.8 g)	0.7
Cardamom	1 tsp (2 g)	0.8
Black pepper	1 tsp (2.3 g)	0.9
Allspice, ground	1 tsp (1.9 g)	1
Ginger, ground	1 tsp (1.8 g)	1
Chili powder	1 tbsp (8 g)	1.2
Turmeric	1 tsp (3 g)	1.3
Onion powder	1 tsp (2.4 g)	1.5
Cream of tartar	1 tsp (3 g)	1.8
Garlic powder	1 tsp (3.1 g)	2

## CONDIMENTS

### FOOD

### SERVING SIZE NET CARBS

Vinegar – white, apple cider	1 tbsp (15 ml)	0
Mayonnaise	1 tbsp (13.8 g)	0.1
Mustard	1 tsp (5 g)	0.1
Horseradish	1 tsp (5.6 g)	0.5
Chimichurri sauce	1 tbsp	1
Hot sauce	1 tsp (6.5 g)	1.2
Salsa	2 tbsp (36 g)	1.7
Dressings, creamy	2 tbsp (~30 g)	0 – 2
Lemon juice, lime juice	2 tbsp (31 g)	2, 2.5
Vinegar – balsamic	1 tbsp (16 g)	2.7
Pesto sauce	1/4 cup (61 g)	2.8
Dressings, oil or vinaigrette	2 tbsp (~30 g)	2 – 3
Coconut aminos	1 tbsp (15 ml)	6
Marinara sauce	1/2 cup (132 g)	7.4

## SWEETENERS

### FOOD

### SERVING SIZE NET CARBS

Allulose	1 tsp (4 g)	0
Chicory root	1/2 cup (45 g)	0
Erythritol	1 tsp (4 g)	0
Monk fruit	1 tsp (2.3 g)	0
Stevia	1 tsp (4 g)	0
Xylitol	1 tsp (4 g)	0

## BEVERAGES

### FOOD

### SERVING SIZE NET CARBS

Broth – chicken, beef, bone	1 cup (241 g)	0
Hard liquor	1 fl. oz (27.8 g)	0
Tea	1 cup (237 g)	0
Water	1 cup (235 ml)	0
Coffee	1 cup (248 g)	0.5
Coconut milk, carton, unsweetened	1 cup (240 ml)	1
Almond milk, unsweetened	1 cup (240 ml)	1.5
Broth – vegetable	1 cup (211 g)	2
Coconut milk, can, unsweetened	1/2 cup (113 g)	3.2
Wine, red or white, dry	5 fl. oz (147 g)	3.1 – 3.7

## NUTS & SEEDS

### FOOD

### SERVING SIZE NET CARBS

Flax seeds	2 tbsp (20.6 g)	0.4
Poppy seeds	1 tbsp (8.8 g)	0.8
Pecans	1/4 cup (25 g)	1
Sesame seeds	1 tbsp (9 g)	1
Sunflower seeds	1/4 cup (11.5 g)	1.3
Brazil nuts	1/4 cup (33 g)	1.4
Hemp seeds	3 tbsp (30 g)	1.4
Pumpkin seeds	1/4 cup (32 g)	1.6
Macadamia nuts	1/4 cup (33 g)	1.7
Walnuts	1/4 cup (30 g)	2
Chia seeds	1 oz (28.35 g)	2.1
Hazelnuts	1/4 cup (34 g)	2.3
Almond butter	2 tbsp (32 g)	2.7
Peanuts	1/4 cup (36 g)	2.8
Almonds	1/4 cup (28 g)	3
Coconut flakes	3 tbsp (22.5 g)	3
Other nut butters – hazelnut, macadamia, pecan, walnut, etc.	2 tbsp (~32 g)	0.5 – 3
Pine nuts	1/4 cup (34 g)	3.2
Peanut butter	2 tbsp (32 g)	4
Pistachios	1/4 cup (31 g)	5
Sunflower seed butter	2 tbsp (32 g)	5.7

## FRUITS

### FOOD

### SERVING SIZE NET CARBS

Avocados	1/2 fruit (100 g)	1.8
Olives	1/2 cup (67 g)	2.2
Coconuts, fresh	1/2 cup (40 g)	2.5
Blackberries	1/2 cup (72 g)	3.1
Raspberries	1/2 cup (61.5 g)	3.3
Strawberries	1/2 cup (76 g)	4.3
Cranberries	1/2 cup (55 g)	4.6
Tomatoes	1 cup (180 g)	4.8
Limes	1 lime (67 g)	5.2
Currants	1/2 cup (56 g)	5.3
Lemons	1 lemon (58 g)	5.4
Watermelon	1/2 cup (76 g)	5.5
Blueberries	1/2 cup (74 g)	8.9



Tera SEMANA	DESAYUNO 15-30 min. luego de despertarte		ALMUERZO 6 horas después de la última comida		CENA 6 horas después de la última comida	
Día 1	<ul style="list-style-type: none"> <li>- Nutribreakfat:</li> <li>- 2 huevos</li> <li>- 2 tiras de bacon</li> <li>- 1/2 aguacate</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Salmón wild (5 oz) a la plancha</li> <li>- Espárragos salteados con ghee</li> </ul>		<ul style="list-style-type: none"> <li>- Pollo desmechado</li> <li>- 1/2 aguacate</li> </ul>	
Día 2	<ul style="list-style-type: none"> <li>- Omelette (2 huevos) con queso feta</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Pollo (5 oz) al grill</li> <li>- Green beans/vainitas salteadas con mantequilla</li> <li>- Guacamole</li> </ul>		<ul style="list-style-type: none"> <li>- Crema de zucchini con bacon y queso de cabra</li> </ul>	
Día 3	<ul style="list-style-type: none"> <li>- 1 huevo frito</li> <li>- Carne grass fed (4oz) al grill</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Pollo (5 oz) a la plancha</li> <li>- Espinacas salteadas + parmesano</li> </ul>		<ul style="list-style-type: none"> <li>- Ensalada de arugula, pepino, bacon, aguacate</li> </ul>	
Día 4	<ul style="list-style-type: none"> <li>- 2 huevos con perejil</li> <li>- 1/2 aguacate</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Lasaña de zucchini con pollo y parmesano</li> </ul>		<ul style="list-style-type: none"> <li>- 1/2 aguacate</li> <li>- 2 trozos de atún (en aceite de oliva y frasco de cristal)</li> </ul>	
Día 5	<ul style="list-style-type: none"> <li>- Nutribreakfat:</li> <li>- 2 huevos</li> <li>- 2 tiras de bacon</li> <li>- 1/2 aguacate</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Costillitas de cordero</li> </ul>		<ul style="list-style-type: none"> <li>- Crema de brócoli</li> </ul>	
Día 6	<ul style="list-style-type: none"> <li>- 2 huevos cocidos con aceite de oliva</li> <li>- 1/2 aguacate</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Pollo (5 oz) a la plancha</li> <li>- Green beans salteados aceite de oliva</li> <li>- Puré de coliflor</li> </ul>		<ul style="list-style-type: none"> <li>- 3 lettuce wraps con pollo, celery y limón</li> </ul>	
Día 7	<ul style="list-style-type: none"> <li>- Nutribreakfat:</li> <li>- 2 huevos</li> <li>- 2 tiras de bacon</li> <li>- 1/2 aguacate</li> <li>- Té de manzanilla</li> </ul>		<ul style="list-style-type: none"> <li>- Albondigas de carne grass fed</li> <li>- 1/2 aguacate</li> </ul>		<ul style="list-style-type: none"> <li>- Zucchini pasta con salteada con ghee</li> </ul>	

**¡Si quieres sáltate la cena cuando puedas!**

Bebe suficiente agua

| Exponte al sol a diario | Haz ejercicio!!! | Ve a dormir 2-3 horas después de la cena |