

# Billy's Diet™

## Everyday Ketosis food guide

On our everyday ketosis plan additional food is normally needed to reach your minimum of 600 calories per day. It is very important to have 600 calories per day or you may go into starvation mode and stop losing weight. Most people should stay in ketosis provided they stay below 60g of carbs per day, but this can vary from person to person.

The lists below will give you an idea of the foods you can add that are low in carbs. All the information below came from internet searches, these really are the best way to get inspiration! We have tried to be as accurate as possible and have used 100g for each, although most will be eaten in portions far smaller than this. Also below is a list of things you should avoid as they are very high in carbs.

**Non-processed meat, fish, oils and fats** are not included on the lists below. Generally these are practically free of carbs. **Herbs and spices** are also used in such small quantities that they are of negligible impact. When shopping it is worth comparing the carb content of 'light' versions against the full-fat versions – often the 'light' ones have far more carbs.

### Vegetables

**Courgettes** (3.1g per 100g) , **Cauliflower** (5g per 100g), **Lettuce** (2.9g per 100g), **Cucumber** (3.6g per 100g), **Mushrooms** (3.3g per 100g), **Celery** (3g per 100g), **Tomatoes** (3.9g per 100g), **Cabbage** (6g per 100g), **Broccoli** (7g per 100g), **Kale** (9g per 100g), **Bean sprouts** (2.1g per 100g), **Green Beans** (7g per 100g), **Peppers** (9g per 100g), **Olives** (~6g per 100g), **Leek** (14g per 100g), **Pickled Beetroot** (5.1g per 100g), **Garlic** (33g per 100g), **Asparagus** (3.9g per 100g), **Aubergine** (6g per 100g).

### Fruit

In general fruit is too high in carbs and sugars and should be avoided on a ketosis plan.

**Apple** (14g per 100g), **Pear** (15g per 100g), **Orange** (12g per 100g), **Grapefruit** (11 per 100g)

### Eggs/ Cheese / Dairy

**Eggs** (1.1 per 100g), **Cheddar** (1.3g per 100g), **Edam** (1.4g per 100g), **Stilton** (0g per 100g), **'Branded' Cheese Triangles** (5.5g per 100g), **Milk** (5g per 100g), **Plain Yoghurt** (7.7 per 100g) **0% Greek yoghurt** (4g per 100g).

### Condiments

**Mayonnaise** (0.6g per 100g), **Ketchup** (26g per 100g), **Brown Sauce** (28.3g per 100g), **Salad Cream** (18.5g per 100g), **Vinegar** (0g per 100g), **Vinaigrette** (2.5g per 100g).

### Things to Avoid

**Sugar** (100g per 100g), **Wheat** (71g per 100g), **Corn** (74g per 100g), **Oats** (66g per 100g), **Bread** (49g per 100g), **Chickpeas** (61g per 100g), **Potatoes** (17g per 100g), **Banana** (23g per 100g), **Pasta** (25g per 100g), **Rice** (28g per 100g).