

Keto 2.0: A Healthier Way to Keto?

Discover a plant-based keto diet

This diet is a plant-based version of the popular ketogenic diet.

The conventional ketogenic diet is meat and dairy heavy, both of which can be inflammatory. Since it is low-carb, moderate protein, and high fat, you're able to transition your body from being a sugar burner to becoming a fat burner and put your body into a state of ketosis—just like a conventional ketogenic diet but with a plant-based twist. Intermittent fasting can help get into ketosis faster.

Macro breakdown: Fat 70-80%, Protein 10-20%,

Carbohydrate 5-10% (no more than 60 net grams of carbs).

- + What to Eat:** This diet leverages the best of a plant-heavy vegetarian diet, getting its fats from coconut, avocado, olive oil, nuts (esp. macadamia nuts), and seeds, protein from nuts, seeds, occasional wild-caught (omega-3 fat-rich) fish, pasture-raised eggs, carbohydrates from non-starchy veggies and some low-sugar fruit, like berries.
- What to Avoid:** Grains, meat, poultry, dairy, sugar, beans, and soy.
- ✓ Pros:** This diet contains lots of antiinflammatory, fiber-rich vegetables. Switching from being a sugar-burner to a fat-burner will promote the loss of excess body fat, which can lead to weight loss. Consuming fewer carbohydrates helps with blood sugar control and insulin production, reducing insulin resistance. Higher fat and fiber diets can keep you fuller for longer, which will lead to overall reduced calorie intake, resulting in weight loss.
- ✗ Cons:** The “Keto flu” can happen in the first week of transitioning to a low-carb, high-fat diet, as the body is excreting excess water and along with that, electrolytes. During this time, it's very important to stay hydrated and add additional salt to the diet as well as supplement with magnesium or take Epsom salt baths.

SUPPLEMENTS: Selenium and Buffered C-1000. Ketotarian diets rely on nuts and seeds for protein and fat, many of which are high in vitamin E. Vitamin E needs vitamin C for its antioxidant properties to prevent excess vitamin E from oxidizing and becoming pro-inflammatory.* Selenium is a powerful antioxidant that fights oxidative stress. It is also an essential mineral that is important for thyroid health.*



SELENIUM



BUFFERED
C-1000



Go Ketotarian for 7 Days

Get the benefits of going keto without all the meat in a typical plan. This new and improved version of the keto diet focuses on nutrient-dense vegetables, nuts and seeds and includes seafood, eggs and tempeh for protein.

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FOOD STYLING BY NANCY MIDWICK, PROP STYLING BY THE PROPS, LEAD PHOTO DARREN KEMPER



Coconut
Shrimp
with Sriracha
Mayo

Buttery Sole
with Spring
Vegetables



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: <i>Spinach, Mushroom & Onion Frittata:</i> In an ovenproof skillet, sauté ½ cup onion, chopped, 1 cup mushrooms, chopped, and 2 cups baby spinach in 1 tbsp avocado oil. Whisk 6 eggs; add to skillet. Season with pinch each salt and pepper. Cook until set on bottom then transfer to 350°F oven for 10 minutes (divide into 4 servings; eat 1 serving; save leftovers). Top serving with ¼ cup microgreens and ½ avocado, sliced.</p> <p>LUNCH: <i>Warm Brussels Sprouts Salad:</i> Sauté 3 cups Brussels sprouts, sliced, 1 shallot, chopped, and 1 zucchini, chopped, in 1 tbsp avocado oil until lightly golden. Season with pinch each salt and pepper. In a small bowl, whisk together juice and zest of 1 lemon, 2 tbsp EVOO, 1 tsp chopped thyme and pinch each salt and pepper. Pour over salad with ¼ cup chopped pecans and 8 oz salmon, sautéed in ½ tbsp avocado oil with pinch each salt and pepper (eat ½; save leftovers).</p> <p>SNACK: <i>Banana Chia Pudding:</i> Combine 1 cup almond milk, ¼ cup chia seeds and 1 tsp cinnamon. Stir and refrigerate overnight (divide into 4 servings; eat 1; save leftovers). Top serving with ¼ banana, chopped and 1 tbsp almond butter.</p> <p>DINNER: <i>Pesto Zoodles:</i> Spiralize 2 zucchini and sauté in 1 tbsp avocado oil; transfer to a plate. Add 1 tbsp avocado oil to pan and sauté 1 cup sliced shiitake mushrooms until soft. In a food processor, process 2 cups fresh basil, juice of 1 lemon, 2 tbsp pine nuts, 2 tbsp EVOO, 1 tbsp nutritional yeast, 1 tsp red wine vinegar and 1 clove garlic until smooth. Toss ½ zucchini noodles in ½ pesto and top with ½ mushrooms (save leftovers separately; heat and assemble when called for).</p>	<p>BREAKFAST: <i>Berry Green Smoothie:</i> Blend together 1 cup coconut milk, 1 cup baby spinach, 1 cup avocado, ¼ cup frozen berries, 1 tbsp chia seeds and ice, as desired</p> <p>LUNCH: Pesto Zoodles (leftovers)</p> <p>SNACK: 1 serving Spinach, Mushroom & Onion Frittata (leftovers), topped with ¼ cup microgreens and ½ avocado, sliced</p> <p>DINNER: Warm Brussels Sprouts Salad (leftovers)</p>	<p>BREAKFAST: 1 serving Spinach, Mushroom & Onion Frittata (leftovers), topped with ¼ cup microgreens and ½ avocado, sliced</p> <p>LUNCH: <i>Tempeh Fajita Bowl:</i> Chop 1 package organic tempeh; cover with 2 cups salsa overnight. Sauté tempeh in ½ tbsp avocado oil (discarding excess salsa) for 5 minutes. In 1 tbsp avocado oil, sauté 1 red bell pepper, sliced, ½ yellow onion, sliced, and ½ tsp each cumin and chile powder until soft. Place ½ of vegetables into bowl; top with ½ tempeh (save leftovers). Top with 1 tbsp each chopped cilantro and 1 tbsp pepitas.</p> <p>SNACK: 1 serving Banana Chia Pudding (leftovers), topped with ¼ banana, chopped, and 1 tbsp almond butter</p> <p>DINNER: 1 serving Buttery Sole with Spring Vegetables (p. 39; save leftovers)</p>	<p>BREAKFAST: <i>Bullet Coffee:</i> Blend 1 cup brewed hot coffee, 1 tbsp MCT oil, 2 scoops collagen peptides, ½ tsp ghee, ¼ tsp cinnamon and ¼ tsp vanilla extract</p> <p>LUNCH: 1 Serving Buttery Sole with Spring Vegetables (leftovers, p. 39)</p> <p>SNACK: 1 serving Spinach, Mushroom & Onion Frittata (leftovers), topped with ¼ cup microgreens and ½ avocado, sliced</p> <p>DINNER: 1 serving Tempeh Fajita Bowl (leftovers), topped with 1 tbsp each chopped cilantro and 1 tbsp pepitas</p>
<p>TOTAL NUTRIENTS: Calories: 1,396, Fat: 109 g, Sat. Fat: 16 g, Carbs: 74 g, Fiber: 29 g, Sugars: 25 g, Protein: 6 g, Sodium: 611 mg, Cholesterol 375 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,785, Fat: 144 g, Sat. Fat: 47 g, Carbs: 81.5 g, Fiber: 33 g, Sugars: 29 g, Protein: 58 g, Sodium: 682 mg, Cholesterol: 375 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,258, Fat: 80 g, Sat. Fat: 17 g, Carbs: 71 g, Fiber: 31 g, Sugars: 24 g, Protein: 67 g, Sodium: 1,865 mg, Cholesterol: 421 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,286, Fat: 89 g, Sat. Fat: 34 g, Carbs: 57 g, Fiber: 24 g, Sugars: 20 g, Protein: 72 g, Sodium: 1862 mg, Cholesterol: 436 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: 1 serving Banana Chia Pudding (leftovers), topped with ¼ banana, chopped, and 1 tbsp almond butter</p> <p>LUNCH: <i>Portobello with Pesto & Cashew Ricotta:</i> Soak ½ cup cashews in hot water for 10 minutes. Drain and place in blender with 2 tbsp fresh water, 1 clove garlic and pinch each salt and pepper; blend until smooth and thick. Wipe out blender; blend 2 cups fresh basil, juice of 1 lemon, 1 tbsp pine nuts, 1 tbsp EVOO, 1 tbsp nutritional yeast, 1 tsp red wine vinegar and 1 clove garlic. Scrape gills from underside of 4 portobello mushrooms and place mushrooms on baking sheet. Fill with cashew mixture and place in a 350°F oven for 10 minutes. Remove and top with pesto (eat ½, save leftovers).</p> <p>SNACK: 2 tbsp macadamia nuts and 2 tbsp raw pecans</p> <p>DINNER: 1 serving Coconut Shrimp with Sriracha Mayo (p. 40; save leftovers) with Coconut Curry Broccoli Rice (p. 39; save leftovers)</p>	<p>BREAKFAST: <i>Berry Green Smoothie:</i> Blend together 1 cup coconut milk, 1 cup baby spinach, ½ avocado, ¼ cup frozen berries, 1 tbsp chia seeds and ice, as desired</p> <p>LUNCH: <i>Ghee Sautéed Scallops:</i> Cook 4 oz large scallops in ½ tbsp ghee; season with pinch each salt and pepper. Cook 2 minutes, flip and cook an additional 2 minutes. Remove scallops from pan and add ½ tbsp ghee. Add 1 cup shredded Brussels sprouts and pinch each salt and pepper; sauté until golden.</p> <p>SNACK: 1 serving Banana Chia Pudding (leftovers), topped with ¼ banana, chopped and 1 tbsp almond butter.</p> <p>DINNER: 1 serving Coconut Shrimp with Sriracha Mayo (leftovers, p. 40) with Coconut Curry Broccoli Rice (leftovers, p. 39)</p>	<p>BREAKFAST: <i>Bullet Coffee:</i> Blend together 1 cup brewed hot coffee, 1 tbsp MCT oil, 2 scoops collagen peptides, ½ tsp ghee, ¼ tsp cinnamon and ¼ tsp vanilla extract</p> <p>LUNCH: 1 serving Coconut Shrimp with Sriracha Mayo (leftovers, p. 40) with Coconut Curry Broccoli Rice (leftovers, p. 39)</p> <p>SNACK: 2 tbsp macadamia nuts and 2 tbsp raw pecans</p> <p>DINNER: Portobello with Pesto & Cashew Ricotta (leftovers)</p>	
<p>TOTAL NUTRIENTS: Calories: 1,219, Fat: 94 g, Sat. Fat: 22 g, Carbs: 59 g, Fiber: 24 g, Sugars: 15 g, Protein: 51 g, Sodium: 969 mg, Cholesterol: 235 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,531, Fat: 111 g, Sat. Fat: 56 g, Carbs: 64 g, Fiber: 26 g, Sugars: 22 g, Protein: 68 g, Sodium: 1436 mg, Cholesterol: 300 mg</p>	<p>TOTAL NUTRIENTS: Calories: 1,247, Fat: 102 g, Sat. Fat: 40 g, Trans Fat: 0 g, Carbs: 44 g, Fiber: 16 g, Sugars: 11 g, Protein: 56 g, Sodium: 966 mg, Cholesterol: 250 mg</p>	

Buttery Sole with Spring Vegetables

SERVES 2. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

- 2 tbsp** organic unsalted butter, divided
- 1½ tbsp** extra-virgin olive oil, divided
- 12 oz** wild sole, cut into 2 pieces and patted dry
- ¼ tsp** sea salt + additional to taste
- ⅛ tsp** ground black pepper + additional to taste
- ½** sweet onion, chopped
- 4 oz** carrots, cut into ½-inch pieces on a diagonal (1¾ cups)
- 1½ oz** snap peas, trimmed, halved on a diagonal (1 cup)
- ½** red bell pepper, cut into 1-inch cubes
- 1 clove** garlic, minced
- 1 tbsp** fresh lemon juice
- ½ tbsp** chopped fresh flat-leaf parsley + additional for garnish

melt 1 tbsp butter with 1 tbsp oil. Season fish with pinch each salt and pepper. Add to skillet and cook, basting occasionally with butter mixture, until golden, 2 to 3 minutes per side. Transfer to baking sheet; cover and keep warm in oven.

2. To skillet, melt ½ tbsp butter with remaining ½ tbsp oil. Add onion, season with pinch salt and cook, stirring occasionally, until just tender, about 3 minutes. Add carrots; sauté 1 minute. Add peas, bell pepper and garlic; season with ⅛ tsp salt and pepper and continue to sauté until vegetables are crisp-tender, about 5 minutes more. Stir in lemon juice and parsley; sauté 1 minute. Stir in remaining ½ tbsp butter and cook, stirring, until butter melts and sauce thickens slightly. Season with additional salt and pepper. Sprinkle with additional parsley before serving.

PER SERVING (1 fish fillet and 1 cup vegetables): Calories: 386, Total Fat: 26 g, Sat. Fat: 9 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 16 g, Fiber: 4 g, Sugars: 9 g, Protein: 23 g, Sodium: 426 mg, Cholesterol: 107 mg

1. Preheat oven to 200°F; line a large baking sheet with parchment paper. In a large skillet on medium-high,



Coconut Curry Broccoli Rice

SERVES 3.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 25 MINUTES.

You can pick up pre-chopped broccoli rice to save time, or pulse broccoli florets and stems in the food processor to make your own.

- ½ tbsp** coconut oil
- 1 tbsp** peeled and minced fresh ginger
- 1 clove** garlic, minced
- 1 tsp** curry powder
- ⅛ tsp** ground black pepper
- 2 cups** broccoli rice
- ¼ tsp** sea salt + additional to taste
- ½ cup** BPA-free canned full-fat coconut milk

1. In a large skillet on medium, heat oil. Add ginger and garlic; sauté 1 minute. Add curry and black pepper; sauté 30 seconds. Add broccoli rice and salt; sauté 2 minutes, until bright green.

2. Stir in coconut milk and cover, reduce heat to low and cook, stirring once or twice, until tender and well combined, 8 to 10 minutes. Increase heat to medium and cook, stirring, until most of liquid has cooked off and rice is very tender, about 2 minutes longer. Season with additional salt.

PER SERVING (⅓ of recipe): Calories: 128, Total Fat: 11 g, Sat. Fat: 9 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 8 g, Fiber: 3 g, Sugars: 2 g, Protein: 3 g, Sodium: 193 mg, Cholesterol: 0 mg



Shown with
Coconut Curry
Broccoli Rice

Coconut Shrimp with Sriracha Mayo

SERVES 3. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

We've remade classic coconut shrimp without the traditional white flour and bread crumbs.

SAUCE

- 2 tbsp** avocado-oil mayonnaise
- 1 tsp** sriracha
- 1 tsp** coconut aminos
- ½ tsp** fresh lemon juice

SHRIMP

- ⅓ cup** unsweetened finely shredded coconut
(TIP: If using a brand that is not finely shredded, pulse in a food processor to chop.)
- 3 tbsp** almond flour
- ¾ tsp** sea salt, divided
- ¼ tsp** garlic powder
- ⅓ tsp** ground black pepper
- 1 large** egg

- 12 oz** large shrimp, peeled and deveined
- avocado oil, for frying

1. Make sauce: In a small bowl, combine all ingredients. Cover and refrigerate. **(MAKE AHEAD:** You can make sauce up to 2 days ahead. Keep covered and refrigerated.)

2. Make shrimp: Preheat oven to 200°F; line a large baking sheet with a metal rack. In a shallow bowl, combine coconut, almond flour, ½ tsp salt, garlic powder and black pepper; whisk to mix well. In a separate bowl, whisk eggs until well blended. Pat shrimp dry thoroughly and season with remaining ¼ tsp salt. Dip shrimp in egg mixture then dredge in coconut mixture.

3. Heat ⅛ inch avocado oil in a medium skillet on medium. Working in batches, add shrimp to skillet and cook until golden on underside, 2 to 3 minutes. Carefully turn with tongs and cook on other side until cooked through and golden, about 2 minutes longer. Place shrimp on lined baking sheet and keep warm in oven while you cook remaining shrimp. Use a slotted spoon to remove coconut from skillet between batches as needed to prevent burning, and add more oil if needed. Serve shrimp with sauce on the side.

PER SERVING (⅓ of recipe): Calories: 334, Total Fat: 26 g, Sat. Fat: 8 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 5 g, Fiber: 3 g, Sugars: 2 g, Protein: 22 g, Sodium: 627 mg, Cholesterol: 207 mg

SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 8 oz wild salmon
- 1 cup unsweetened vanilla almond milk
- 2 13.5-oz cans BPA-free canned full-fat coconut milk
- 1 7.5-oz pkg organic tempeh
- 1 container marine collagen peptides (look for hydrolyzed collagen, wild-caught, non-GMO)
- 4 oz large scallops
- 12 oz peeled, deveined large shrimp
- 1 stick organic unsalted butter
- 12 oz wild sole

VEGGIES & FRUITS

- 2 yellow onions
- 2 cups shiitake mushrooms
- 4 cups baby spinach
- 3 avocados
- 1 cup microgreens
- 4 cups Brussels sprouts
- 1 shallot
- 3 medium zucchini
- 5 lemons
- 1 banana

- 1 head garlic
- 2 red bell peppers
- 4 portobello mushrooms
- 4 carrots
- 1½ oz snap peas
- 1 3-inch piece fresh ginger
- 1 head broccoli
- 1 cup frozen mixed berries
- 1 bunch fresh thyme
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh flat-leaf parsley

NUTS, SEEDS & OILS

- avocado oil
- extra-virgin olive oil
- coconut oil
- MCT oil
- 2 oz raw unsalted pecans
- chia seeds
- raw almond butter
- 1 ½ oz raw unsalted pine nuts
- ¼ oz raw unsalted pepitas
- 1 oz raw unsalted cashews
- 1 oz raw unsalted macadamia nuts
- ghee

PANTRY STAPLES

- almond flour
- sea salt
- black pepper
- cinnamon
- cumin
- chile powder
- garlic powder
- curry powder
- red wine vinegar
- nutritional yeast
- 1 16-oz jar red or green salsa
- organic coffee beans
- vanilla extract
- avocado-oil mayonnaise
- sriracha
- coconut aminos
- unsweetened finely shredded coconut