

**SAMPLE MENUS FOR
KETOGENIC
SPECIFIC CARBOHYDRATE
AND
LOW OXALATE
DIETS**

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Ketogenic Diet Plan

“The diet consists of three categories of food: unrestricted, fatty, and restricted.”

“Some examples of **unrestricted foods** include vegetables, such as broccoli, carrots, lettuce, and spinach, artificial sweeteners; and unsweetened fruit. The **fatty foods** include bacon, hot dogs, potato chips, nuts, cream, eggs, mayonnaise, and butter. **Restricted foods** include candy and items containing sugar. **A vitamin supplement is necessary** to ensure that adequate nutritional needs are met. Snacking between meals is not allowed.”

“In general, of every six calories consumed, four are from fats and the other two are from protein and carbohydrates.”

<http://www.uhnj.org/epilepsy/html/epilepsyandkids/pedsketogenicdiet.htm>

BEFORE STARTING DIET, PATIENT MUST NOT EAT FOR 24-48 HOURS. THIS IS GENERALLY SUPERVISED IN HOSPITAL SETTING

SAMPLE MENU FOR ONE DAY

Breakfast

Scrambled eggs w/cheese and spinach

Avocado

¼ cup strawberries

NO SNACKS ALLOWED

Lunch

Non-breaded chicken strips

[Shirataki Noodles](#)

Plain Potato chips

Dark Green Lettuce salad with broccoli, cheese and sunflower seeds (regular salad dressing without sugar)

¼ cup raspberries

NO SNACKS ALLOWED

Dinner

Pork chop w/mushroom sauce

Shirataki Noodles w/cheese

Mustard Greens w/bacon

Sugar Free Ice Cream

NO SNACKS ALLOWED

Specific Carbohydrate Diet (SCD) Plan

Avoid all canned vegetables, all grains, chickpeas, soy, all simple sugars except for honey, canola oil, starchy vegetables.

SAMPLE MENU FOR ONE DAY

Breakfast:

Omelet made with allowed vegetables

1 cup Mixed Berries

Nut milk (Cashew, Almond)

Snack

Peanut Butter on Celery

100% fruit juice

Lunch:

Pinto beans (soaked made at home) with natural cheddar—not processed

Fresh fruit

Fresh Vegetables with Olive Oil Dressing

Nut milk

Snack

String Cheese

Apple

Dinner:

4 oz. Grilled Salmon or other fish or chicken, beef

1 cup fresh, steamed Green Beans

[½ cup Cauliflower 'Rice'](#)

Snack

Homemade Yogurt with fresh fruit

<https://sibosurvivor.com/scd-diet/>

Low Oxalate Diet Example

This diet is also used to help prevent kidney stones in those persons susceptible to developing such.

On this diet:

Avoid or limit foods high in oxalate, including rhubarb, beets, okra, spinach, Swiss chard, sweet potatoes, nuts, tea, chocolate, black pepper and soy products.

For a nice long list of low to high oxalate foods, visit the following site:

<https://www.doctorshealthpress.com/digestion-articles/low-oxalate-diet-kidney-stones/>

SAMPLE MENU FOR ONE DAY

Breakfast

Eggs with Cheese

Banana

Apple Juice

Snack

String Cheese

Raisins

Lunch

Lean Meat Sandwich on White Bread
(Mayo okay, cheese okay)

Cucumber and cauliflower

Canned Pears

Milk

Snack

Cantaloupe or other melon

Cheese

Dinner

Brown Rice

Chicken or other lean meat

Green Peas

Milk (No Chocolate)

Snack

Grapes

Slice white bread and butter