

Breakfast

Oats
Eggs, bacon & guacamole.

The avocado can be substituted for spinach or broccoli. You can fry it in the residual bacon fat after cooking the eggs / fry it in butter.

Bacon can be substituted with turkey bacon or chicken sausages.

As a vegetarian substitute, bacon and eggs can be replaced with paneer or halloumi.

Lunch

Ground beef with broccoli & zucchini.

The beef can be substituted with any ground meat of choice.

Zucchini can be substituted with brussels sprouts, asparagus, spinach, mushrooms etc. - any ketogenic vegetables will be fine.

As a vegetarian substitute, use cottage cheese/crumbled tofu instead of beef.

Dinner

Chicken salad - you can use beef steak as a substitute. Any seafood works too. If you can't get curry powder then any sugar-free seasoning will suffice(paprika, cayenne pepper, turmeric, cumin or dried herbs like oregano).

For vegetarians, paneer and halloumi are fantastic options or even fresh buffalo mozzarella. The salad consists of lettuce, baby spinach and cherry tomatoes with a bit of cabbage shredded in.

Feel free to make your own salad mix or buy one from the store. If you don't like salad, rather eat a piece of chicken accompanied by veggies.

Meat

In most cases, you can substitute one type of meat for another - any animal/bird meat is ketogenic.

All seafood works perfectly well: any kind of fish, squid, octopus, oysters, prawns etc.

Use the fatty cuts of meat and, where possible, keep the skin on - try to avoid 'lean meat' if possible.

Stay away from processed meats, cold cuts and tinned meats etc. - try and find products with the least number of ingredients: reading the ingredient and nutritional labels of food is imperative.

Vegetarian

Most green vegetables are fine to consume.

You can eat:

- Mushrooms
- Peppers
- Onions
- Tomatoes
- Eggplant

Try to avoid starchy vegetables (potatoes, yams, sweet potatoes), carrots, corn, peas, beets, lentils, legumes or soya products.

Beverages

NO ALCOHOL - alcohol is not your weight-loss friend.

DRINK:

- Water
- Black Coffee
- Black Tea

MILK use sugar-free almond, coconut or soy milk.

SWEETENER stick to stevia, erythritol or honey

Snacks

- Ham / Chicken salami /Turkey ham
- Cheese: always endeavor to get quality cheese with as few additional ingredients as possible.

Vegetarians can substitute meat with an omelette or boiled egg.

Additional Information

- Drink Water •Make sure you stay hydrated: drink at least 2 litres of water during the day
- Salt your food: given that your body isn't retaining water, you will also be short on your electrolytes(sodium). You can be generous with the salt on your food. Try to get some good quality salt(sea salt, pink salt, etc.) - these are low sodium salts which are a great source of potassium.
- Prepare for the "Kogita Flu": Don't panic - it's nothing serious. You might just feel 'bleh' for a couple of days as your body adapts to our capsules - this is normal. After all, this is new for your body; whenever you try to lose weight, it does often result in you not feeling optimal. After a day or two, you should be fine as your body slowly adapts to "The Kogita Way"
- Cooking fats - Use butter, ghee, olive oil, coconut oil, lard, chicken fat, duck fat, avocado oil and bacon fat for your cooking. Avoid all hydrogenated vegetable oils.