

Practical Keto Meal Plans for Cancer

Ketogenic Diet: Basic Information, Practical Tips, Meal Plans and lots of Dairy free and Gluten free Recipes for Cancer Patients



Patricia Daly

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This eBook contains 14 days of carefully calculated meal plans including:

- 14 breakfasts
- 14 simple lunches based on leftovers
- 14 dinners
- 15 different snack options

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INTRODUCTION

About the Author

Hello, my name is Patricia Daly and I'm a qualified nutrition professional based in Dublin, Ireland. I'm delighted that you are interested in a topic that I'm very passionate about- the ketogenic diet for cancer.

The main goal of my eBook is to help people who want to go on a ketogenic diet. It is mainly aimed at cancer patients but can be very beneficial for any individual suffering from an inflammatory condition, autoimmune disease, excess weight or anybody who wants to clean up their diet and detox! A ketogenic diet needs close monitoring by a health professional and proper guidance, at least in the initial stages. Many people are put off trying it because it involves a radical change in eating habits and it can be daunting initially. I've met cancer patients who were very willing to embark on the ketogenic journey but so confused as to what to eat that they ended up eating almost nothing for too long, which obviously can't be the solution. I want to put the theory of a ketogenic diet outlined by some brilliant minds into practice and prove that it can be a healthy, nutritious, anti-inflammatory, alkalizing and, most importantly, enjoyable lifestyle. Most importantly, I'd like to make the information available and affordable for anybody who wants to embark on this journey.



As everybody who reads a bit about nutrition knows, biochemical individuality is paramount, which means that we all respond differently to various foods depending on our genetic predisposition, our environment, stress levels, health history, food preferences and more. While I do my best in this book to give advice on how to tailor meal plans and recipes to your needs, it is still very important that you don't just follow it blindly and ignore the signals your body gives you. You are the expert of your own body and you know what suits you best. What I write in this book are guidelines and ideas rather than instructions and it remains up to you to modify them according to your needs, social situation (how much support from family/friends), potential side effects from treatments, possible food sensitivities, food preferences etc.

For those of you who are interested, I'd like to give you some background information about myself- it might actually really motivate you to try the diet!

I was diagnosed with a malignant melanoma in my eye in 2008 at the young age of 28 and was then treated with plaque radiotherapy (a radioactive disc stitched to the back of my eye) and surgery. After an initial strong regression of the tumour mass, the cancer came back with a vengeance after my little girl was born. In 2010, I had more surgery and radiotherapy and the side effects of this were pretty harsh. I was told that my vision would be gone within 12 to 18 months. In April 2012, this was pretty much what was happening and because some other issues (cataracts, retinopathy) had arisen, my consultant suggested Avastin injections (a drug that inhibits blood vessel growth) into my eye on a 6-

weekly basis. I had had a second child in the meantime and the prospect of having this treatment on a regular basis frightened me. After discussion with my consultant, I was given three months of very regular monitoring and free reign to try “whatever I liked” to get a handle on these issues in my own way. Fortunately, I had started studying nutritional therapy shortly after my initial diagnosis but had been very much discouraged to do any “dietary experiments” and just follow a “healthy, balanced diet”. This clearly wasn’t what my tumour needed and I then started researching more frantically than ever. I started taking supplements that I was initially told not to take as it could interfere with orthodox treatments. This is also when I came across some German research on the ketogenic diet and I started to cut back on carbs, specifically grains, and increase my fats. Although I certainly wasn’t in ketosis at the time, the vision in my right eye came back within a few weeks and all the other issues disappeared but the tumour was still not shrinking properly. Something that my consultant wasn’t concerned about at all, but it bothered me.

In September 2012, Prof Thomas Seyfried’s book “Cancer as a Metabolic Disease” was published and I started to implement the diet more seriously. I tried to find a doctor who would guide and monitor me but with no success. Most healthcare professionals here in Europe were scared to take on a cancer patient or only had experience with ketogenic diets for epilepsy. However, having qualified as a Nutritional Therapist in late 2011, I decided I was competent enough to be my own coach and started the process. It was a “trial and error” approach initially because through a lot of surgery with general anaesthetic, radiotherapy and undoubtedly also stress I had developed a number of food intolerances. I was still basing a lot of my research on German books and meal ideas, which all included a great deal of those ingredients, for instance dairy. I had to learn to improvise and create new recipes.

It so happened that I created my own ketogenic diet based on the research of Prof Seyfried, Dr D’Agostino, Prof Kaemmerer and Dr Coy for specific guidelines but I was also very keen to integrate all the other elements that are key for cancer patients: The diet had to be anti-inflammatory, alkalising, cleansing and very nutrient-dense. This meant that I had to be careful when choosing foods that have a potential anti-nutrient effect like soy, nuts, seeds and others.

But, and maybe most importantly, this diet had to be very practical and doable because I couldn’t afford to spend hours in the kitchen every day due to family and work commitments. I have been following this diet for over a year now with great results not only for my eye and tumour (which is finally shrinking at a slow but steady rate) but also for my general health and wellbeing. My energy is great, my digestion has improved, my skin looks fabulous and I feel I have my ideal weight.

What I learned through my studies and from experience is that cancer patients are a lot more susceptible to food intolerances, especially during/after chemotherapy, but radiotherapy can also affect our ability to digest foods. This is something that needs to be addressed, otherwise it can cause an inflammatory state and compromise our immune system. The other “danger” with using a lot of fat without paying attention to the quality of fat is that we can easily overdo it on Omega 6 (e.g. in nuts, seeds, meat) at the expense of anti-inflammatory Omega 3 fatty acids.

Although I’m a qualified nutritional therapist, I was very confused initially as to where to start, what to eat and what supplements to take; I was on a steep learning curve for the first few months (and made many mistakes!). As a former semi-professional triathlete, I had always included a massive amount of carbohydrates in my diet and I had, like most people I know, always tried to avoid fats as

much as possible. I was always convinced that I had a very healthy lifestyle and my cancer diagnosis was a huge wake up call. To me it was clear that I couldn't "go back to my old life" after treatment like my oncologist had suggested but that I needed to make a few pretty radical changes to my life. The notion of eating about 80% of my calorie intake as fat required a huge change in mindset and crossing many psychological barriers!

There is an increasing amount of information on the ketogenic diet available online but none of the meal plans really suited me- usually too much dairy that I knew I couldn't tolerate, too much processed meat, too high in protein, not enough nutritionally balanced or just too bland! In my experience, my clients do not have a lot of time for research and trying to figure out grams carb amounts. They end up visiting several websites looking for specific amounts, get very confused and give up before even trying. I kept persisting and after a while I had fine tuned my nutrition plan. Having a software to hand that not only gave me an overview of macronutrients (carbohydrates, proteins, fats) but also micronutrients (e.g. vitamins and minerals) was hugely helpful. I was- and still am- so fascinated by what I am learning every day that I am now dedicating my career to sharing my knowledge with people who are affected by cancer- or indeed other health issues that might benefit from following a ketogenic diet- and who need professional guidance.



INTRODUCTION TO THE KETOGENIC DIET

As mentioned earlier, this eBook is based on the guidelines outlined in the book “Fight Cancer with a Ketogenic Diet” by **Ellen Davis**. She has spent a huge amount of time researching the topic and has the support of a number of experts in the field, like for instance Professor **Thomas Seyfried**, Dr **Dominic D’Agostino** or Dr **Colin Champ**. I strongly recommend organising her eBook for more background information on the ketogenic diet. Information is empowerment! In the meantime, I give you a brief overview of what the ketogenic diet is and what the potential mechanisms are.

Ketogenic diets have been effective for **seizure control in epileptic children** for almost a century and from the 1960s onwards they have been widely recognized as one of the most common methods for **treatment of obesity-related disorders**. Researchers are investigating the ketogenic diet as a **cancer therapy** mainly due to the fact that cancer cells rely primarily on glucose to fuel their metabolism. This characteristic is the basis for tumour imaging (**PET/CT scans**): Before a scan, the patient receives an intravenous injection of radioactive glucose. Because of the fact that most cancer cells are highly metabolic and rapidly synthesise the glucose, oncologists can effectively pinpoint the source of cancer and detect whether the tumour cells are isolated to one specific area or have spread to other organs.

The cornerstone of a ketogenic diet for cancer patients involves **severe restriction of carbohydrates** (2-4% of total calorie intake) to minimise the effect on blood glucose. Carbohydrates are replaced with **high amounts of fats** (75-85% of total calorie intake) in the form of coconut oils, avocados and oily fish for example and **adequate intake of vegetable and animal protein** (12-20% of total calorie intake). Excessive protein consumption can also result in elevated blood glucose levels through a process called gluconeogenesis. A ketogenic diet causes the body to enter a state called **ketosis**, where **ketone bodies** are produced by the liver as a by-product of fat breakdown when blood glucose is low.

It has been theorized that because tumour cells do not seem to have the metabolic flexibility to use ketones for energy, the result of a ketogenic diet would be **destabilisation of tumour tissue DNA**, **reduction of tumour size** over time and therefore **enhanced survival rates** for cancer patients.

THE MEAL PLANS

Meal Plan

Day 2

The daily overview is designed for one individual following the meal plan for a ketogenic diet.

FOOD NAME	QUANTITY	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Breakfast						
Flax and Coconut Bread	160	2 slices	561	4.7g	17.8g	52g
Goat Butter	14.8	1 tbsp	110	0.1g	0.1g	12.2g
Alfalfa sprouts, raw	5	1 handful	1.2	0g	0.2g	0g
Meal Total:			673	4.8g	18.1g	64g
Snack						
Macadamia nuts	20	12 nuts		1g	1.6g	15.5g
Meal Total:				1g	1.6g	15.5g
Lunch						
Leftover Veg and Tempeh Frittata	340	1 portion		8.9g	22g	23g
Mixed Leafy Salad	203	1 portion		4.3g	2.9g	25g
Meal Total:			590	13.3g	25g	48g
Snack						
Black Olives		1 handful	31	0g	0.3g	3.3g
Meal Total:			31	0g	0.3g	3.3g
Dinner						
Spiced Butternut Squash		1 medium	135	16.1g	2.7g	7.3g
Mackerel, grilled		1 medium	191	0g	16.6g	13.8g
Coconut oil	45	2 solid tbsp	405	0g	0g	45g
Meal Total:			731	16.1g	19.3g	66g
Plan Total:			2174	35g	64g	197g

Quantity in grams

"Rough" quantity

"1 portion" always refers to a portion specified in the recipe.

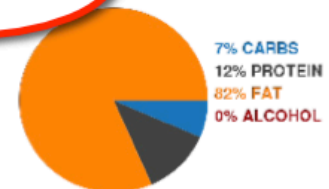
Breakdown of calories and macronutrients for each meal make future planning and fine tuning to your individual needs easier.

Breakdown of total calories and macronutrients for the entire day.

Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
Intake	35.1g	64.4g	197.2g	0g
g/kg body-weight	0.6	1	3.1	0
Kilocal	142	258	1775	0
Kilocal %	7%	12%		

Analysis and pie chart of the full day



Instructions for bulk cooking when a meal/food is needed for future meals/snacks. Please always read carefully when you do your shopping list.

Notes & Instructions:

Dinner: Add mackerel to the oven with coconut oil on top for the last 20 minutes, then serve with butternut squash. Make enough butternut squash for lunch on Day 2.

Chia Pudding Recipe

These are the ingredients you need for the entire recipe and not for an individual portion.

Ingredients	In grams
6 tbsp Chia seeds	60
1/2 cup Coconut milk canned	125
1/2 tsp Cinnamon ground	1.15
1/2 tsp Vanilla essence	2.5

Check out here how many people the entire recipe is for and adjust quantities to your needs.

Cooking Instructions

Serves 4

Place all ingredients in a container, mix well and put in the fridge overnight to set.

Food Labelling data in this section always applies to one portion as used in the daily overview of the meal plan, not for the entire recipe.

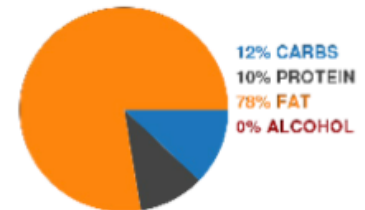
Pie chart provides macronutrient overview at a glance.

Food Labelling

Label values per 47g:

Energy	126	kcal
Protein	3.1	g
Carbohydrate	1.7	g
of which sugars	0.5	g
Fat	10.3	g
of which saturates	5.4	g
Fibre	5.9	g
Sodium		g
or equivalent as salt		g

120 CALORIES PER 47G



12% Carbs 2.3g
10% Protein 3.1g
78% Fat 10.3g

Quantities in grams allow for more precision for those who need to keep a very close eye on carbohydrates.