

## Phase 3: Eating plan

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### Diabetes Prevention Program - Eating Plan 3

#### Phase 3 Eating Plan

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##### Breakfast:

- 1 sachet of the Ketogenic Very Low Energy Diet (KVLED) formula in water (as directed).
- 1 serve of fruit from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.
- 1-2 Cups of drink from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.

##### Lunch:

- 1 small can (~100 g) of seafood (e.g., tuna or salmon in water or brine), or 1 egg, or 1 slice of reduced fat (at least 25% less fat) cheese.
- 1-2 Cups of salad vegetables from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.
- 2 slices of bread (multi-grain, dense wholegrain or authentic sourdough).
- 1-2 Cups of drink from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.

##### Dinner:

- 90g (raw weight) of lean meat, poultry, or seafood.
- 2/3 Cup of cooked pasta or noodles, or ½ Cup of cooked long-grain rice (e.g., Basmati).
- 1½ Cups of cooked vegetables, or 3 Cups of salad vegetables, from the “Food and beverages while following the KnowDiabetes Type 2 Diabetes Prevention Plan” fact sheet.
- 1 teaspoon of oil, margarine, or vinaigrette
- 1 Cup Diet/Lite/Sugar free jelly + 1 serve of fruit from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.
- 1-2 Cups of drink from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.

##### Snacks:

- If required, foods and drinks other than Fresh fruit from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.

## Phase 3: Eating plan

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### Phase 3 Eating Plan Example

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#### Breakfast:

- 1 sachet of the KVLED in 250 mL water.
- ¼ Cup of mixed berries (fresh or frozen).
- 1 Cup of black coffee.
- 1 Cup of water (with Diet/Sugar free cordial if desired).

#### Lunch:

- 1 small can (~100 g) of seafood (e.g., tuna or salmon in water or brine).
- 1 - 2 Cups of mixed salad vegetables (e.g., mixed lettuce, carrot, onion, tomato and cucumber).
- 2 slices of multi-grain bread.
- 1 Cup of black coffee.
- 1 Cup of water (with Diet/Sugar free cordial if desired).

#### Dinner:

- 90g (raw weight) of lean meat, poultry, or seafood.
- 2/3 Cup of cooked pasta or noodles.
- 1 - 2 Cups of steamed vegetables (e.g., carrots, broccoli, cauliflower, snow peas, etc.) + vegetable seasoning.
- 1 teaspoon of oil, margarine, or vinaigrette
- 1 Cup Diet/Lite/Sugar free jelly + 2 fresh passion fruits.
- 1 - 2 Cups of water (with Diet/Sugar free cordial if desired).

#### Snacks:

If required, foods and drinks other than Fresh fruit from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.