

## Phase 1: Eating plan

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### Diabetes Prevention & Remission Program - Eating Plan

#### Phase 1 Eating Plan

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##### Breakfast:

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

##### Lunch:

1 sachet of KVLED formula in water.  
2 Cups of vegetables from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.  
½ - 1 teaspoon of Canola/linseed/flaxseed oil + allowed spices/condiments.  
1-2 Cups of drink from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.

##### Dinner:

1 sachet of KVLED formula in water.  
1 Cup of soup from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.  
2 Cups of vegetables from the “Foods and beverages while following the Ketogenic Very Low Energy Diet” fact sheet.  
½ - 1 teaspoon of Canola/linseed/flaxseed oil + allowed spices/condiments.  
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 1 Eating Plan Example

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### Breakfast:

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

### Lunch:

- 1 sachet of KVLED in 250 mL water.
- 1 - 2 Cups of mixed salad vegetables (e.g., mixed lettuce, carrot, onion, tomato and cucumber) + 1 - 2 Teaspoons balsamic vinegar + ½ teaspoon of flaxseed oil (whisk with a pinch of salt and pepper to make a vinaigrette).
- 1 Cup of black coffee.
- 1 Cup of water (with Diet/Sugar free cordial if desired).

### Dinner:

- 1 sachet of KVLED in 250 mL water.
- 1 Cup of vegetable broth (soup).
- 1 - 2 Cups of steamed vegetables (e.g., carrots, broccoli, cauliflower, snow peas, etc.) + mixed dried herbs.
- ½ teaspoon of flaxseed oil, plus a pinch of salt and pepper to dress the vegetables.
- 1 - 2 Cups of water (with Diet/Sugar free cordial if desired).