

## Phase 2: Eating plan

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### Diabetes Prevention Program - Eating Plan 2

#### Phase 2 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 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.
- 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 2: Eating plan

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### Phase 2 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 sachet of KVLED in 250 mL water.
- 1 Cup of clear broth (soup).
- 1 - 2 Cups of mixed salad vegetables (e.g., mixed lettuce, carrot, onion, tomato and cucumber) + 1 - 2 Teaspoons balsamic vinegar.
- 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, or ½ Cup of cooked long-grain rice (e.g., Basmati).
- 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