
Supplementary information

Effect of a plant-based, low-fat diet versus an animal-based, ketogenic diet on ad libitum energy intake

In the format provided by the
authors and unedited

Menu Photographs and Descriptions

Animal-based, Ketogenic, Low-Carbohydrate Diet Menu

Menu 1 – 3800 kcal

Breakfast

Veggie Scramble (Egg, shredded cheddar/Monterey jack cheese, heavy cream, butter, onions, broccoli, spinach, salt)



Lunch

Burrito bowl with beef roast (green leaf lettuce, tomatoes, shredded cheddar/Monterey jack cheese, flaxseeds, and salt) with guacamole, ranch dressing, and sour cream



Dinner

Zucchini pasta with meat sauce (zucchini spirals, crushed tomatoes, butter, salt and ground beef) with parmesan cheese and a side salad (green leaf lettuce, tomatoes and cucumber) and creamy Caesar dressing



Menu 2

Breakfast

Cheesy scrambled eggs (egg, heavy cream, butter, salt, American cheese) and pork sausage.



Lunch

Tuna salad (Solid white tuna, mayonnaise, celery, salt, onions) on a bed of lettuce 2% milk and macadamia nuts



Dinner

Cauliflower, chicken and cheese soup (cauliflower, heavy cream, butter, American cheese, chicken breast, salt and pepper)



Menu 3

Breakfast

Veggie and ham omelet (eggs, heavy cream, salt, green pepper, ham, butter, shredded cheddar/Monterey jack cheese) with sour cream, guacamole and salsa.



Lunch

Cobb salad (lettuce, shredded cheddar/Monterey jack cheese, tomatoes, bacon, chicken tenders, hard-boiled egg, ranch dressing and salt)



Dinner

Baked Dijon salmon (salmon, mayonnaise, Dijon mustard, parmesan cheese, salt) with green beans almandine (green beans, almonds, butter and salt)



Menu 4

Breakfast

Cauliflower scrambled eggs (eggs, butter, green peppers, cauliflower, butter, salt and shredded cheddar/Monterey jack cheese) and turkey sausage



Lunch

Cheeseburger (beef, butter, salt, pepper, American cheese) on a bed of lettuce with spicy sauce (mayonnaise, canola oil, hot sauce, sugar and soy sauce)



Dinner

Chicken and broccoli zucchini pasta alfredo (zucchini spirals, alfredo sauce, heavy cream, butter, salt, chicken breast and broccoli) and a side of sunflower seeds



Menu 5 (Chamber)

Breakfast

Spinach, tomato and cheese omelet (egg, heavy cream, salt, spinach, tomatoes, butter and American cheese) with whole milk



Lunch

Entrée chicken salad (lettuce, shredded cheddar/Monterey jack cheese and tomatoes; chicken breast, mayonnaise, celery, carrots and salt)



Dinner

Beef stir fry (beef roast, broccoli, green pepper, onion, soy sauce, canola oil, salt and peanuts) with cauliflower rice



Menu 6 (Saturday)

Breakfast

Scrambled eggs (egg, heavy cream, butter, salt) and pork bacon



Lunch

Broccoli and chicken gratin (broccoli, cream cheese, butter, heavy cream, garlic, salt, chicken breast and parmesan cheese) served over buttered cauliflower rice



Dinner

Entrée steak salad (lettuce, avocado, green pepper, carrots, tomatoes, sunflower seeds, grilled beef roast, ranch dressing and salt)



Menu 7 (Sunday)

Breakfast

Zucchini scramble (zucchini spirals, parmesan cheese, egg, onion powder, garlic, salt and butter)



Lunch

Stuffed pepper casserole (ground beef, onion, butter, green pepper, salt, crushed tomatoes and flaxseed) over cauliflower rice and topped with shredded cheddar/Monterey jack cheese



Dinner

Egg salad (hard-boiled eggs, mayonnaise, Dijon mustard, celery, paprika and salt) on a bed of lettuce



Snacks

Pecans; salted, dry roasted peanuts



Plant-based, Low-Fat Diet Menu

Menu 1

Breakfast

Cinnamon, brown sugar and blueberry quinoa (quinoa, ground cinnamon, brown sugar, salt, blueberries)



Lunch

Black bean stir fry (black beans, garlic, tomatoes, salt, onions and spinach) over basmati rice with apple slices (lemon juice to prevent browning)



Dinner

Spaghetti with vegan pasta sauce (marinara sauce, broccoli, green peppers, chickpeas and salt)



Menu 2

Breakfast

Hummus bagel sandwich (plain bagel, hummus, spinach, onions) with soy milk and raisins



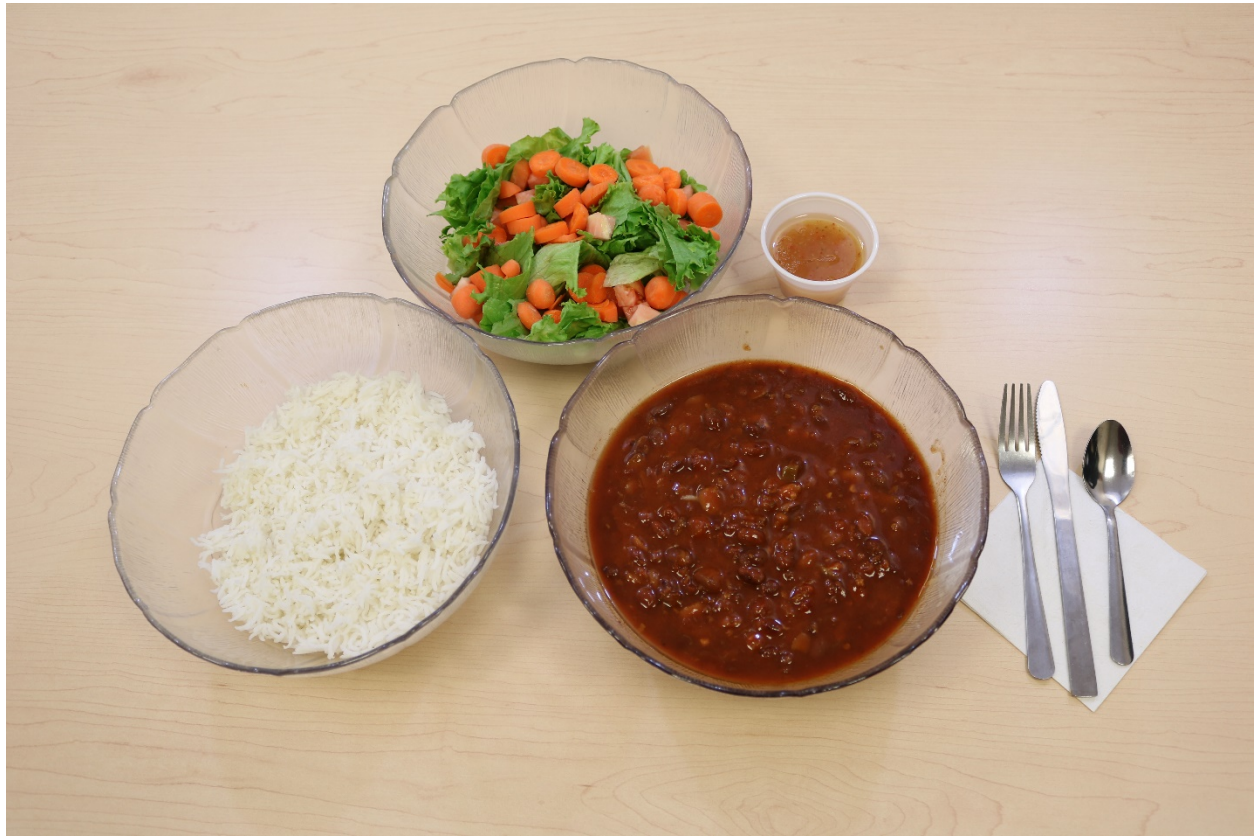
Lunch

Stuffed baked potatoes (Idaho potatoes, salt, black beans, broccoli and salsa) with a side of grapes



Dinner

Vegetarian chili with salted basmati rice and a side salad (lettuce, tomato, carrot) with fat-free Italian dressing



Menu 3

Breakfast

Cranberry vanilla quinoa (quinoa, salt, dried sweetened cranberries and vanilla soy milk)



Lunch

Chickpea scramble (chickpeas, spinach, green peppers, white mushrooms, garlic, soy sauce, chili powder, cumin and salt) with oranges



Dinner

Black bean and mango tacos (flour tortillas, black beans, corn, mango, lemon juice and green pepper) with salsa, lettuce, tomatoes and a side of salted basmati rice



Menu 4

Breakfast

Blueberry oatmeal (instant oatmeal, salt, vanilla soy milk and blueberries) with bananas



Lunch

lentil and basmati rice soup (canned lentil soup with onions, carrots, celery, spinach and tomatoes and basmati rice)



Dinner

Baked, stuffed sweet potatoes (sweet potato, chickpeas, chili powder, salt and salsa) with broccoli and oranges



Menu 5 (Chamber)

Breakfast

Tofu scramble (firm tofu, onions, cauliflower, green peppers, nutritional yeast, garlic, black pepper and salt) with salsa and multigrain bread with strawberry jelly



Lunch

Penne with vegan burger sauce (penne pasta, crushed tomatoes, green peppers, mushrooms, onions and vegan burger) with grapes



Dinner

Burrito bowl (basmati rice, black beans, salt, corn, green peppers, onions and lemon juice) with salsa and apple slices (lemon juice to prevent browning)



Menu 6 (Saturday)

Breakfast

Apple, raisin oatmeal (instant oatmeal, salt, applesauce and raisins) with Soy yogurt and canned peaches



Lunch

Tofu stir-fry (firm tofu, broccoli, sweet potato, nutritional yeast, green peppers and soy sauce) over basmati rice with a side of oranges



Dinner

Hummus sandwich (whole wheat bread, hummus, tomatoes, cucumber slices and spinach) with pretzel twists and apple slices (lemon juice to prevent browning)



Menu 7 (Sunday)

Breakfast

Peanut butter yogurt (vanilla soy yogurt with PB2 and Splenda), multigrain toast, grape jelly and bananas



Lunch

Lentil soup (canned lentil soup with rice, broccoli, sweet potato, spinach and garlic added) and grapes



Dinner

Pasta salad (penne pasta, fat-free Italian dressing, tomatoes, green peppers, black olives and onions)
with apple slices (lemon juice to prevent browning)



Snacks

Dried apricots, raisins and dried edamame

