Ketogenic Diet 4:1

Recipe book includes skill rating!

Making it even easier to make your favourite meals but with our easy step by step guide you won’t need to be a chef to master all the stars!

Always consult with a specialist dietitian before commencing a ketogenic diet. KetoCal is a Food for Special Medical Purposes for use under medical supervision.
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Useful Tools

This recipe book has been carefully created with special thanks to ketogenic chef Neil Palliser-Bosomworth, and input from specialist ketogenic dietitians Helen Grossi and Mary-Anne Leung. The recipes are based on everyday meals that we hope you will love.

The tools listed on this page will come in handy when making these delicious meals. Have fun making them!
Hints and Tips

- Weigh all ingredients before preparing your chosen recipe.
- After weighing a dry ingredient, you may “zero” the scales to carefully add another dry ingredient to the same container. Weigh the higher volume ingredients last.
- Recipes with KetoCal may cook or bake faster than regular recipes. You may need to adjust the baking time to prevent overcooking.
- Use silicone muffin trays. This will keep the fat from seeping away from the product. Do not use paper liners as they will absorb the fat.
- Why not bulk cook these recipes by multiplying up the quantities or halving them if required. Just ensure you alter all ingredients in the recipe!
- Use a rubber spatula to fully clean each container.
- Do not microwave KetoCal as this form of heating can denature some of the vitamins and minerals in the product. Likewise do not boil recipes with KetoCal in them. Always add KetoCal at the end of cooking unless otherwise instructed in the recipe.
- KetoCal can be flavoured with sugar free Da Vinci syrups. Speak to your dietitian for more information.

Ketocal is a Food for Special Medical Purposes for use under medical supervision.
Hints and Tips

East End coconut flour is used in some KetoCal recipes, however, it is possible to use desiccated coconut as a substitute providing the nutritional content is suitable with each recipe.

When using desiccated coconut:
A little preparation is required first. Start by drying the coconut by placing the desired amount of desiccated coconut into the oven at 80°C to warm through. Be careful not to brown the coconut. Once dried, the coconut can then be ground. The most effective way to do this is to put it through a coffee grinder, which should give a fine smooth coconut flour, perfect for using in KetoCal recipes.

Desiccated coconut can be purchased from:
Crazy Jack desiccated coconut from www.organicdelivery.co.uk or www.sainsburys.com. This brand has the same fat, carbohydrate and protein content as the coconut flour used in the recipes.

Please note: Other desiccated coconut brands may have a slightly different nutritional content.

Ketocal is a Food for Special Medical Purposes for use under medical supervision
Smoothies

A delicious collection of smoothie recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Blueberry Smoothie

Skill Rating

Novice Expert

Recipe serves: 1
preparation time: 10 mins
Blueberry Smoothie

**Ingredients:**
- 200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
- 30g blueberries
- Hermesetas liquid sweetener
- 9g sunflower oil
- 4x ice cubes

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**Method:**
1. Place KetoCal LQ, blueberries, a big squirt of sweetener, sunflower oil and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

Please refer to your dietitian before making any adaptations to the recipes
Raspberry Smoothie

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Raspberry Smoothie

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<thead>
<tr>
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<tr>
<td>200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)</td>
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<td>30g raspberries</td>
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<td>7g olive oil</td>
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<td>4x ice cubes</td>
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Chef’s tip:  
Sieve blended smoothie to remove any seeds

Method:
1. Place KetoCal LQ, raspberries, olive oil, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

Please refer to your dietitian before making any adaptations to the recipes.
Strawberry Smoothie

Skill Rating
★ ★ ★ ★ ★
Novice Expert

Recipe serves: 1
Preparation time: 10 mins
Strawberry Smoothie

Ingredients:
- 200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
- 30g strawberries
- 8g olive oil
- Hermesetas liquid sweetener
- 4x ice cubes

Method:
1. Place KetoCal LQ, strawberries, olive oil, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

Approx per serving

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Chef’s tip: Sieve blended smoothie to remove any seeds

Please refer to your dietitian before making any adaptations to the recipes
Recipe serves: 1
Preparation time: 10 mins
**Chocolate Smoothie**

**Method:**
1. Place KetoCal LQ, cocoa powder, olive oil, big squirt sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

**Ingredients:**
- 200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
- 3g Bournville cocoa powder
- 4g olive oil
- Hermesetas liquid sweetener
- 4x ice cubes

**Chef’s tip:**
Please take care not to use drinking chocolate

**Approx per serving**

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Milkshake

Skill Rating

Recipe serves: 1
preparation time: 2 mins
Ingredients:

200ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
5g Da Vinci Syrup*

Chef’s tip:

Use a KetoCal Shaker to measure and mix your milkshake quickly

Method:

1. Mix a carton of KetoCal LQ with Da Vinci flavoured syrup* to taste

*Da Vinci syrups can be ordered online or through Matthew’s Friends. They come in a range of flavours including caramel, cookie dough, hazelnut, chocolate, strawberry and many more

Please refer to your dietitian before making any adaptations to the recipes
Snacks

A delicious collection of snacks for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Blueberry Muffins

Skill Rating

Novice

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 35 mins
Blueberry Muffins

Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix all the ingredients together, except the blueberries
3. Spoon into muffin tray and then add the blueberries to the top of the mixture
4. Cook for 30-35 mins
5. Remove from oven and allow to cool (if muffin is bubbling around sides, this is fine, it will be absorbed into muffin once cooled)

Ingredients:
10g KetoCal 4:1 Powder (Vanilla)
1g carb free Barkat baking powder
23g butter
19g beaten egg
10g ground almonds
11g Original Alpro soya milk
16g TRS or East End coconut flour
10g blueberries

Chef’s tip:
Use silicone muffin tray to make it easier to remove muffins
To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture into equal amounts in muffin tray

Muffins can be frozen

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Bacon Muffins

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 35 mins
Cheese and Bacon Muffins

Approx per serving

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Method:
1. Preheat oven to 170°C/gas mark 3
2. Fry bacon until crispy
3. Mix all ingredients together
4. Spoon into muffin tray
5. Cook for 30-35 mins
6. Remove from oven and allow to cool (if muffin is bubbling around sides, this is fine, it will be absorbed into muffin once cooled)

Chef’s tip:
Use silicone muffin tray to make it easier to remove the muffins
To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray
Muffins can be frozen

Ingredients:
10g KetoCal 4:1 Powder (Unflavoured)
5g chopped bacon rashers
10g ground almonds
5g Alpro soya milk
1g carb free Barkat baking powder
23g butter
2g grated cheddar cheese
13g TRS or East End coconut flour
8g beaten egg
2g chopped spring onions

Please refer to your dietitian before making any adaptations to the recipes
Chocolate Muffins

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 35 mins
Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix all the ingredients together
3. Spoon into muffin tray
4. Cook for 30-35 mins
5. Remove from oven and allow to cool

Chef’s tip:
- Please take care not to use drinking chocolate
- Use a silicone muffin tray to make it easier to remove the muffins
- Muffins can be frozen
- To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture into equal amounts in muffin tray

Ingredients:
- 10g KetoCal 4:1 Powder (Vanilla)
- 10g ground almonds
- 11g Alpro soya milk
- 1g carb free Barkat baking powder
- 17g TRS or East End coconut flour
- 2g Bournville cocoa powder
- 22g butter
- 20g beaten egg

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes
Cinnamon and Blueberry Toast

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
Cinnamon and Blueberry Toast

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Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix KetoCal with cream, baking powder, egg, liquid sweetener and water in a bowl
3. Melt butter and add to mixture
4. Chop blueberries into small pieces, add to mixture with a pinch of cinnamon
5. Place mixture on sheet of baking paper
6. Spread out thinly in 6” square
7. Cook 10 mins or until golden brown

Ingredients:
30g KetoCal 4:1 Powder (Unflavoured)
9g double cream
2g carb free Barkat baking powder
15g beaten egg
Hermesetas liquid sweetener
6g water
10g butter
20g blueberries
Cinnamon

Please refer to your dietitian before making any adaptations to the recipes.
Cheese Wrap

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
Cheese Wrap

Ingredients:
20g KetoCal 4:1 Powder (Unflavoured)
9g double cream
1g Gia sundried tomato puree
1g Gia garlic puree
14g beaten egg
3g fresh parmesan
6g butter
4g water

Chef’s tip:
Alternatively instead of cooking wraps in oven why not dry fry in small frying pan

Method:
1. Preheat oven to 190°C/gas mark 5
2. Mix KetoCal with cream, tomato and garlic puree, egg and cheese in a bowl
3. Melt butter and add to mixture
4. Add water and mix to a smooth paste
5. Spread mixture on baking tray and cook for 10 mins or until golden brown
6. Allow to cool on a wire tray before eating

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes
Savoury Muffins

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 35 mins
Savoury Muffins

**Method:**

1. Preheat oven to 170°C/gas mark 3
2. Place KetoCal powder, coconut flour, ground almonds and baking powder in a bowl and mix together
3. Melt butter and add with egg and soya milk to dry ingredients, mix together
4. Combine grated cheese, spring onions and bacon, mix thoroughly
5. Spoon mixture into muffin tray
6. Cook for 30-35 mins
7. Remove from oven and allow to cool

**Approx per serving**

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**Ingredients:**

- 15g KetoCal 4:1 Powder (Unflavoured)
- 10g East End coconut flour
- 4g ground almonds
- 1g carb free Barkat baking powder
- 15g butter
- 5g beaten egg
- 4g Original Alpro soya milk
- 4g grated cheddar cheese
- 3g finely chopped spring onion
- 4g back bacon rashers (dry fried)

**Chef’s tip:**

- Use silicone muffin tray to make the muffins easier to remove
- To bulk cook, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray
- Muffins can be frozen

Please refer to your dietitian before making any adaptations to the recipes
Savoury Crackers

Skill Rating
Novice ★★★★★
Expert ★★★★★

Recipe serves: 4
Preparation time: 10 mins
Cooking time: 15 mins
**Savoury Crackers**

**Method:**

1. Preheat oven to 190°C/gas mark 5
2. Mix KetoCal with water and oil to form a batter
3. Whisk egg whites into batter mix
4. Divide into 4 and place on baking parchment
5. Use spatula to shape each into a 2” circle and sprinkle cheese on top
6. Cook on one side for 10 mins or until golden brown, turn over and cook for a further 5 mins until crisp
7. Once cooked, remove and place on a wire tray before eating

**Ingredients:**

- 14g KetoCal 4:1 powder (Unflavoured)
- 5g water
- 6g olive oil
- 10g beaten egg white
- 3g grated cheddar cheese

**Approx per serving**

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**Chef’s tip:**

Why not add dried herbs to mixture to alter flavour

Please refer to your dietitian before making any adaptations to the recipes
Cinnamon and Blueberry Breakfast Cereal

Skill Rating

Recipe serves: 5
preparation time: 25 mins
Cinnamon and Blueberry Breakfast Cereal

Method:
1. Preheat oven to 160°C/gas mark 3
2. In a bowl, mix all ingredients (except water) together until a crumbly texture is formed
3. Add water and mix into a ball
4. Gently roll small amounts of mixture with fingers into balls
5. Place on oven tray and bake for 8-10 mins
6. Divide baked balls into 5 separate portions

Ingredients:
50g KetoCal 4:1 powder (Vanilla or Unflavoured)
22g butter
20g ground almonds
12g blueberries
2g ground cinnamon
10g water

Please refer to your dietitian before making any adaptations to the recipes
Main Meals

A delicious collection of main meals for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Cheese and Tomato Pizza

Skill Rating

Recipe serves: 1
preparation time: 15 mins
Cooking time: 15 mins
**Cheese and Tomato pizza**

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**Ingredients:**
- 20g KetoCal 4:1 Powder (Unflavoured)
- 11g olive oil
- 13g beaten egg
- 5g water
- 5g grated cheddar cheese
- 2g Gia garlic puree
- 2g Gia sundried tomato puree
- 20g canned chopped tomatoes
- Dried Italian herbs

**Method:**
1. Preheat oven to 165°C/gas mark 3
2. Mix KetoCal with olive oil, egg and water in a bowl
3. Spread mixture onto a lightly greased baking sheet in 6” circle
4. Mix remaining ingredients in a bowl to make pizza topping
5. Spread mixture on top of base evenly, leaving 1cm around edge with no topping
6. Sprinkle with dried herbs
7. Cook for 10-20 mins or until golden

Please refer to your dietitian before making any adaptations to the recipes.
Skill Rating

[☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆] Novice  Expert

Recipe serves: 1
preparation time: 10 mins
cooking time: 5 mins

Cauliflower Cheese
Cauliflower Cheese

Method:
1. Preheat oven to 160°C/gas mark 2-3
2. Boil cauliflower for 5 mins, strain and place in an ovenproof dish
3. Place oil, cream, KetoCal, 4.5g cheese and water in small pan
4. Stir on a low heat until cheese has melted (do not boil)
5. Cover cauliflower with cheese sauce and sprinkle remaining cheese on top
6. Cook in the oven for 6 mins

Ingredients:
16g KetoCal 4:1 Powder (Unflavoured)
70g cauliflower
12g olive oil
24g double cream
11g grated cheddar cheese
15g water

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes.
Mushroom and Spinach Curry

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 5 mins
Mushroom and Spinach Curry

**Method:**

1. Heat oil in pan
2. Add mushrooms, pepper, spring onion, tomato puree and garlic puree to pan and cook on a medium heat for 5 mins
3. Add tomatoes, curry powder and spinach, cook for 5 mins on a low heat
4. Mix the KetoCal with water to form a paste, then add to the curry sauce and serve

**Ingredients:**

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<td>12g chopped mushrooms</td>
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**Chef’s tip:**

To batch cook, multiply ingredients by how many servings you wish to make and divide mixture into equal amounts. This can then be frozen and reheated.

Please refer to your dietitian before making any adaptations to the recipes.
Cheese and Onion Tomato Tart

Skill Rating

Recipe serves: 1
preparation time: 10 mins
Cooking time: 12 mins
**Cheese and Onion Tomato Tart**

**Ingredients:**
- 15g KetoCal 4:1 Powder (Unflavoured)
- 16g TRS or East End coconut flour
- 7g butter
- 5g water
- 6g chopped tomato
- 5g chopped spring onion
- 5g full fat cream cheese
- 5g olive oil
- 25g beaten egg
- 4g grated cheddar cheese

**Approx per serving**

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**Method:**

1. Preheat oven to 160°C/gas mark 2-3
2. Place coconut flour, KetoCal and butter in bowl, rub in butter with fingertips
3. Sprinkle water over top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix tomato, onion, cream cheese, oil, egg and 2g cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook 10-12 minutes or until golden brown

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Ham Tart

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 12 mins
Cheese and Ham Tart

Method:
1. Preheat oven to 160°C/gas mark 3
2. Place coconut flour, KetoCal and butter in bowl, rub in butter with fingertips
3. Sprinkle water over top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix egg, ham, mushroom, cream cheese, oil and 1g cheddar cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook 10-12 mins or until golden

Ingredients:
15g KetoCal 4:1 Powder (Unflavoured)
13g TRS or East End coconut flour
6g butter
5g water
20g beaten egg
2g chopped ham
3g chopped mushroom
4g full fat cream cheese
3g olive oil
2g grated cheddar cheese

Approx per serving
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Fat 31.9g
Protein 6.6g
Carbohydrate 1.4g
kcal value 319
Ketogenic ratio 4:1

Please refer to your dietitian before making any adaptations to the recipes
Cod in Tomato Sauce

Skill Rating

Novice Expert

Recipe serves: 1
preparation time: 20 mins
Cod in Tomato Sauce

Ingredients:
10g KetoCal 4:1 powder (Unflavoured)
18g olive oil
4g Gia garlic puree
7g chopped spring onion
3g Gia tomato puree
30g tinned chopped tomatoes
21g cod
Pinch of oregano

Method:
1. Place 16g olive oil, garlic puree, spring onion and tomato puree in a pan and cook for 5 mins
2. Add chopped tomatoes and cook for further 3 mins, add a pinch of oregano
3. Cover cod with remaining 2g olive oil and grill for 10-15 mins until cooked
4. Stir KetoCal into tomato sauce until dissolved (do not boil) and pour over cooked cod, serve immediately

Please refer to your dietitian before making any adaptations to the recipes

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Cheese Omelette

Skill Rating

Novice Expert

Recipe serves: 1
preparation time: 15 mins
Cheese Omelette

Ingredients:

10g KetoCal 4:1 powder (Unflavoured)
23g egg white
9g egg yolk
15g olive oil
2g grated Parmesan cheese
9g finely chopped tomato

Method:

1. Beat together egg white, egg yolk, KetoCal and 7g olive oil
2. Heat remaining 8g olive oil in small frying pan until hot and pour in the mixture, use spatula to ensure all ingredients are cooked
3. After about 5 secs, move edges of setting omelette to centre of pan with a fork, at same time tilt pan quickly in all directions so that uncooked egg flows around edges. Continue until mixture is lightly set and top moist
4. Add cheese and chopped tomato and place under grill to cook top
5. Fold omelette in half and serve

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Mushroom Scrambled Eggs

Skill Rating

★ ★ ★ ★ ★

Novice Expert

Recipe serves: 1
preparation time: 10 mins
Cheese and Mushroom Scrambled Eggs

**Ingredients:**

- 10g KetoCal 4:1 powder (Unflavoured)
- 23g egg white
- 9g egg yolk
- 14g olive oil
- 10g water
- 2g grated Parmesan cheese
- 4g finely chopped mushroom

**Method:**

1. Add olive oil to a frying pan and heat gently
2. Beat the remaining ingredients together
3. Add the mixture to the pan and whisk gently until the mixture is cooked through and a scrambled consistency is achieved

**Approx per serving**

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Please refer to your dietitian before making any adaptations to the recipes.
Minced Beef in Tomato Sauce

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
# Minced Beef in Tomato Sauce

**Ingredients:**
- 10g KetoCal 4:1 powder (Unflavoured)
- 21g olive oil
- 25g minced beef
- 4g Gia garlic puree
- 7g chopped spring onion
- 3g Gia tomato puree
- 30g tinned chopped tomatoes
- Pinch of oregano

**Method:**
1. Place olive oil, minced beef, garlic puree, spring onion and tomato puree in a pan and cook for 10 mins
2. Add chopped tomatoes and cook for further 5 mins, add pinch of oregano
3. Stir Ketocal into sauce (do not boil) and serve immediately

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Please refer to your dietitian before making any adaptations to the recipes.
Chicken Curry

Skill Rating

Recipe serves: 1
preparation time: 35 mins
Chick
en Curry

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 21g olive oil
- 14g diced raw chicken
- 14g chopped mushroom
- 10g chopped green pepper
- 3g Gia tomato puree

- 8g chopped spring onion
- 3g Gia garlic puree
- 15g tinned chopped tomatoes
- 2g curry powder
- 10g water

Method:

1. Place oil in saucepan and heat, add chicken, mushroom, pepper, tomato puree, spring onion and garlic puree and cook on medium heat for 10 mins

2. Add chopped tomatoes, curry powder and water, cook for further 10 mins on low heat

3. Mix KetoCal into curry (do not boil) and serve immediately

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes.
Lentil Curry

Skill Rating

Recipe serves: 1
preparation time: 35 mins
**Lentil Curry**

**Ingredients:**

- 10g KetoCal 4:1 powder (Unflavoured)
- 20g olive oil
- 14g chopped mushroom
- 10g chopped green pepper
- 7g chopped spring onion
- 3g Gia tomato puree
- 2g curry powder
- 3g Gia garlic puree
- 20g canned chopped tomatoes
- 12g boiled red lentils
- 10g water

**Method:**

1. Place oil in saucepan and heat, add mushroom, pepper, spring onion, tomato puree, curry powder and garlic puree and cook on medium heat for 10 mins.

2. Add chopped tomatoes, boiled lentils and water, cook for further 10 mins on low heat.

3. Mix Ketocal into curry (do not boil) and serve immediately.

Please refer to your dietitian before making any adaptations to the recipes.

**Approx per serving**

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Turkey and Sage Tart

Skill Rating

Novice Expert

Recipe serves: 1
Preparation time: 30 mins
Ingredients:

17g KetoCal 4:1 powder (Unflavoured)  
8g butter  
3g grated cheddar cheese  
14g East End coconut flour  
11g cream cheese

16g beaten egg  
8g olive oil  
2g sage and onion stuffing  
5g roasted turkey light meat  
5g water

Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour and KetoCal into bowl and rub in butter with fingertips
3. Sprinkle water over top and mix until becomes stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. In a bowl, mix together cream cheese, egg, olive oil, turkey, cheese and stuffing, spoon into pastry case
6. Place on oven tray and cook for 10-15 mins

Please refer to your dietitian before making any adaptations to the recipes
A delicious collection of sauce and soup recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Green Pepper and Tomato Soup

Skill Rating
Novice Expert

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 15 mins
Green pepper and Tomato Soup

Approx per serving

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**Ingredients:**
- 60ml KetoCal 4:1 LQ (Unflavoured)
- 29g green pepper
- 2g Gia garlic puree
- 2g Gia tomato puree
- 10g olive oil
- 2g chicken stock cube
- 100g water
- 49g canned tomatoes
- 10g double cream

**Chef’s tip:**
To make multiple servings, multiply ingredients by how many servings you wish to make and divide mixture evenly once prepared.

**Method:**
1. Place pepper, garlic puree, tomato puree and oil into a pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock and canned tomatoes to vegetables and simmer for 10 mins
4. Add KetoCal LQ to the soup and heat for a further min
5. Blend until smooth
6. Add cream to top of soup and serve

Please refer to your dietitian before making any adaptations to the recipes
Mushroom Soup

Skill Rating
Novice Expert

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 15 mins
Mushroom Soup

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**Method:**

1. Place spring onions, mushrooms, oil and garlic puree in a pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock to vegetables, simmer for 10 mins
4. Add KetoCal to the soup and heat for a further min
5. Blend until smooth
6. Add cream to top of soup and serve

**Chef’s tip:**
To make multiple servings, multiply ingredients by how many servings you wish to make and divide mixture evenly once prepared.

**Ingredients:**
- 60ml KetoCal 4:1 LQ (Unflavoured)
- 20g spring onions
- 79g mushrooms
- 9g olive oil
- 2g Gia garlic puree
- 3g chicken stock cube
- 70g water
- 10g double cream

Please refer to your dietitian before making any adaptations to the recipes
Tomato Sauce

Skill Rating

Novice  ★★★★★  Expert

Recipe serves: 1
Preparation time: 5 mins
Cooking time: 5 mins
Tomato Sauce

Method:
1. Place olive oil, garlic puree, spring onion, mushroom and tomato puree in a pan and cook for 5 mins
2. Add tomatoes and cook for a further 2-3 mins, add a pinch of oregano, if required
3. Stir in KetoCal until dissolved

Ingredients:
- 10g KetoCal 4:1 Powder (Unflavoured)
- 9g olive oil
- 1g Gia garlic puree
- 10g chopped spring onion
- 10g chopped mushroom
- 2g Gia tomato puree
- 28g canned chopped tomatoes
- Oregano (optional)

Chef's tip:
To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes
Cheese Sauce

Skill Rating

Novice ★★★★★ Expert

Recipe serves: 1
Preparation time: 5 mins
Cooking time: 5 mins
Cheese Sauce

Method:
1. Place oil, KetoCal and cheese in a pan
2. Heat and stir until cheese has melted

Ingredients:
- 50ml KetoCal 4:1 LQ (Unflavoured)
- 4g olive oil
- 6g grated cheddar cheese

Chef's tip:
To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes.
Desserts

A delicious collection of dessert recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Blackberry Crumble

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 10 mins
1. Preheat oven to 150°C/gas mark 2

2. Place KetoCal, butter, coconut flour and a big squirt of sweetener into a bowl

3. Rub in butter with fingertips to make fine crumbs

4. Place blackberries in small ovenproof dish and cover with crumble topping

5. Bake in the oven for 10 mins or until golden brown

**Method:**

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**Chef’s tip:** To batch make crumble multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Please refer to your dietitian before making any adaptations to the recipes
Raspberry Crumble

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
Raspberry Crumble

Ingredients:
18g KetoCal 4:1 Powder (Vanilla or Unflavoured)
8g butter
15g TRS or East End coconut flour
Hermesetas liquid sweetener
35g raspberries

Chef's tip:
To batch make crumble multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Method:
1. Preheat oven to 150°C/gas mark 2
2. Place KetoCal, butter, coconut flour and a big squirt of sweetener into a bowl
3. Rub in butter with fingertips to make fine crumbs
4. Place raspberries in small ovenproof dish and cover with crumble topping
5. Bake in the oven for 10 mins or until golden brown

Approx per serving

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Please refer to your dietitian before making any adaptations to the recipes
Pancakes

Recipe makes 3 pancakes
Preparation time: 10 mins
Cooking time: 10 mins

Skill Rating

Novice  Expert

★ ★ ★ ★ ★
Pancakes

Method:
1. Melt butter, stir in egg, cream and oil and mix well
2. Mix KetoCal and water, then add to mixture
3. Spray a small frying pan with oil and warm to medium heat. Spoon in a third of the pancake mixture and cook until golden brown. Repeat this a further two times

Ingredients:
26g KetoCal powder (Unflavoured)
6g butter
28g beaten egg
7g fresh double cream
4g olive oil
4g water

Approx per serving
Fat 34.4g
Protein 7.6g
Carbohydrate 1g
kcal value 344
Ketogenic ratio 4:1

Please refer to your dietitian before making any adaptations to the recipes
Chocolate Ice Cream

Recipe serves: 10
Preparation time: 10 mins
Chilling time: 2–3 hours
Chocolate Ice Cream

Ingredients:
60g KetoCal 4:1 Powder (Vanilla or Unflavoured)
20g olive oil
120g water
14g Bournville cocoa powder
209g fresh single cream
Hermesetas liquid sweetener

Chef’s tip:
Please take care not to use drinking chocolate

Method:
1. Mix together KetoCal, cocoa powder, water, olive oil, cream and a squirt of liquid sweetener in a freezer proof bowl
2. Place in freezer for 20 mins
3. Remove, then stir mixture until smooth
4. Repeat process twice more, then leave until frozen
5. Divide into 10 equal servings

Please refer to your dietitian before making any adaptations to the recipes

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Vanilla Ice Cream

Skill Rating

Recipe serves: 6
Preparation time: 10 mins
Chilling time: 2–3 hours
Vanilla Ice Cream

Method:

1. Mix KetoCal, oil, cream, water, vanilla extract and a big squirt of liquid sweetener in a freezer proof bowl.
2. Place in freezer for 20 mins.
3. Remove, then stir mixture until smooth.
4. Repeat process twice more, then leave until frozen.
5. Divide recipe into 6 servings.

Ingredients:

- 60g KetoCal 4:1 Powder (Vanilla)
- 3g olive oil
- 100g fresh single cream
- 240g water
- 4 drops carb free vanilla extract
- Hermesetas liquid sweetener

Approx per serving:

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Please refer to your dietitian before making any adaptations to the recipes.
Creamy Jelly

Skill Rating

Recipe serves: 4
Preparation time: 10 mins
Chilling time: 10 mins
Creamy Jelly

Method:
1. Sprinkle jelly in hot water, stir until dissolved
2. Add cream and KetoCal LQ into jelly and stir
3. Divide the mixture into 4 and pour into 4 individual moulds, refrigerate until set

Ingredients:
200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
5g Hartley sugar free jelly crystals
25g water
22g double cream

Please refer to your dietitian before making any adaptations to the recipes
Egg Custard Tart

Skill Rating

Novice ★★★★★
Expert ★

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 12 mins
Egg Custard Tart

Method:

1. Preheat oven to 160°C/gas mark 2-3
2. Place KetoCal, coconut flour and butter in a bowl, rub in butter with fingertips
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix oil, cream, pinch of nutmeg and a squirt of sweetener with egg and fill tartlet tin
6. Cook for 10-12 mins or until golden brown

Ingredients:

<table>
<thead>
<tr>
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<th>Approx per serving</th>
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<tbody>
<tr>
<td>Fat</td>
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<td>Protein</td>
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<td>Ketogenic ratio</td>
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15g KetoCal 4:1 Powder (Vanilla or Unflavoured)
16g TRS or East End coconut flour
5g butter
5g water
6g olive oil
5g fresh double cream
Nutmeg
Hermesetas liquid sweetener
35g beaten egg

Please refer to your dietitian before making any adaptations to the recipes
Custard

Skill Rating

Recipe serves: 1
preparation time: 5 mins
cooking time: 5 mins
**Custard**

**Ingredients:**
- 200ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
- 7g sunflower oil
- 9g double cream
- 3g custard powder
- 30g water
- Hermesetas liquid sweetener

**Approx per serving**

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<tbody>
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**Method:**
1. Place KetoCal, oil and cream in a pan, heat but do not boil
2. Mix custard powder with hot water
3. Add custard to mixture and stir until it starts to thicken
4. Add a big squirt of sweetener

Please refer to your dietitian before making any adaptations to the recipes.
Crème Brûlée

Skill Rating

Novice  Expert

Recipe serves: 1
preparation time: 20 mins
Cooking time: 10 mins
Chill time: 2 hours
Crème Brûlée

Method:

1. Beat egg yolks thoroughly
2. Heat double cream, KetoCal, squirter of sweetener and vanilla extract until hot in a double saucepan or basin standing in a pan over hot water
3. Pour mixture over egg yolk, beating all the time
4. Return mixture to saucepan or basin
5. Heat without boiling, stirring all the time until mixture starts to thicken and coats the back of a spoon
6. Remove from heat
7. Add the mixture to a flame proof dish and chill for 2 hrs
8. Sprinkle Truvia over top
9. Place dish under hot grill until Truvia turns golden brown

Ingredients:

60ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
39g fresh double cream
Hermesetas liquid sweetener
2 drops carb free vanilla extract
35g beaten egg yolk
1.5g Truvia

Please refer to your dietitian before making any adaptations to the recipes
Strawberry Panna Cotta

Skill Rating

Novice

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 5 mins
Chill time: 2 hours
Strawberry Panna Cotta

Method:

1. Heat double cream, KetoCal and crème fraîche until hot using a double saucepan or a basin standing in hot water

2. Place jelly in a bowl and add mixture, beat until smooth, add strawberries

3. Pour into a dish or mould and chill in fridge

Ingredients:

60ml KetoCal 4:1 LQ (Vanilla or Unflavoured)
30g double cream
20g Yeo Valley crème fraîche
4g Hartley sugar free jelly crystals
21g chopped strawberries

Please refer to your dietitian before making any adaptations to the recipes