



WEANING ON THE KETOGENIC DIET

Recipe Book Includes Skill Rating!

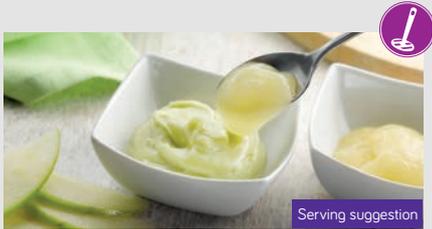


Making it even easier to make your favourite meals but with our easy step by step guide you won't need to be a chef to master all the stars!

This recipe book is intended for parents/carers of patients who have been prescribed KetoCal by a healthcare professional. Always consult a specialist dietician before commencing a ketogenic diet.

KetoCal is a Food for Special Medical Purposes for the dietary management of intractable or drug resistant epilepsy or other conditions where the ketogenic diet is indicated, and must be used under medical supervision.

Introduction



Serving suggestion

Avocado and apple puree



Serving suggestion

Celeriac and bacon bake



Serving suggestion

Mackerel fingers and mayo



First Stage (Soft Puree)

- Avocado and apple puree
- Greek yogurt breakfast
- Mascarpone and peach
- Fruit yogurt
- Chocolate custard
- Celeriac and carrot puree
- Celeriac and butternut squash
- Cauliflower mash
- Creamy porridge
- Courgette puree



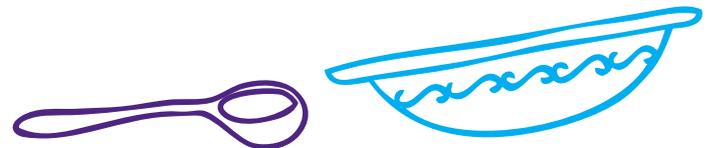
Second Stage (Soft Minced)

- Lentils with vegetables
- Grated courgette with rice
- Cauliflower cheese
- Celeriac and bacon bake
- Cauliflower and roast chicken dinner
- Celeriac and pilchard mash
- Bolognese sauce
- Lamb casserole



First Finger Foods

- Chicken and avocado
- Cheese cubes
- Savoury crackers
- Pancakes
- Mackerel fingers and mayo
- Bread sticks
- Cheese muffin
- Creamy jelly



Hints and Tips



Solid food should be introduced when your baby is around 6 months old, and never before 4 months



Look out for the signs of them showing an interest in food



Only give solid food when they are awake, alert and calm



Always ensure your baby is well supported, ideally in a good seat, before you start feeding solid food



Why not bulk cook the recipes in this book by multiplying up the quantities or halve them if required. Just ensure you alter all ingredients in the recipe!



Give yourself plenty of time, initially they may feed slowly



Watch for cues to stop when they have had enough: pooling food in the mouth, spitting food out, turning their head away from the spoon



Always stop feeding if your baby starts to cough persistently



Feeding food should be fun, very messy fun!



Serving suggestion



Serving suggestion

Useful Tools

This recipe book has been carefully created with special thanks to specialist dietitians Helena Champion, Georgiana Fitzsimmons and Marian Sewell, and input from specialist ketogenic chef Neil Palliser-Bosomworth. The recipes are based on everyday meals that we hope you will love.

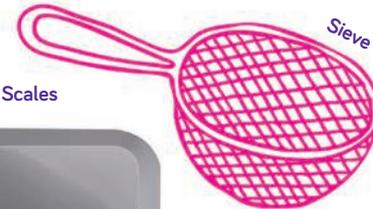
The tools listed on this page will come in handy when making these delicious meals. Have fun making them!

Chopping Board

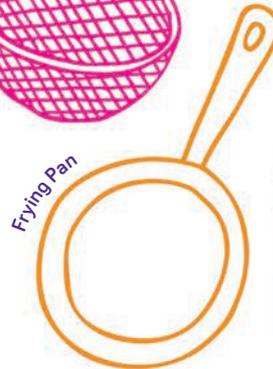


Knife

Weighing Scales



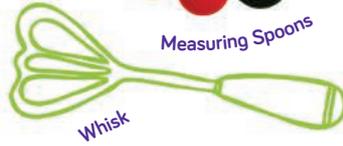
Sieve



Frying Pan



Spatula

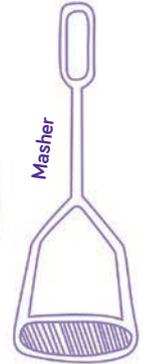


Whisk



Measuring Spoons

Mixing Bowl and Spoon



Masher

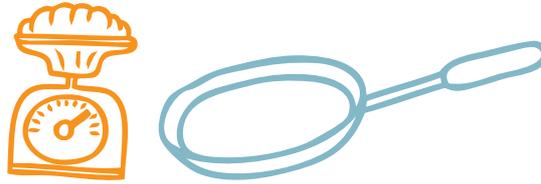
Silicone Baking Tray



Shaker and Plastic Tubs



Notes



- Meals calculated using EKM
- All meals provide instructions for making ketogenic meals in either 3:1 or 2:1 ratios. However, meals can be adapted, but always consult with your dietitian first
- In the lists of ingredients we have included specific brands of products such as double cream and coconut flour, but alternatives with the same composition can be used. Always check the label first or speak to your dietitian before making any changes to the recipe
- The recipes are divided into 3 different stages, giving different textures. The dietitian, in discussion with the family, will give guidance as to which stage is appropriate, as they are not necessarily age-specific
- Stage 1 is designed to introduce new flavours and textures only. The nutritional requirements should still be met by the formula (KetoCal 3:1/4:1) at this stage
- Nutritional requirements vary from child to child and it is therefore important that you discuss the suitability of the recipes in this booklet with your dietitian. Recipes should be adapted by the dietitian if required
- Wheat, egg and nuts should not be included in the diet under 6 months of age

Protifar is a Food for Special Medical Purposes for the dietary management of hypoproteinaemia and must be used under medical supervision.



First Stage

(Soft Puree)



A delicious collection of lump free pureed meals ideal for introducing different tastes and flavours to your baby.

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.

Wheat, eggs and nuts are not suitable for <6 months of age.



Skill Rating



Novice

Expert

Preparation time: 15 mins



Avocado and Apple Puree



Serving suggestion

Avocado and Apple Puree



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|------|
| Fat | 10.8g | 9.9g |
| Protein | 1.9g | 2g |
| Carbohydrate | 1.8g | 2.9g |
| kcal values | 111 | 108 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------------|-----|-----|
| Apple | 10g | 15g |
| Avocado | 50g | 40g |
| Protifar | 1g | n/a |
| Olive oil | 1g | n/a |
| Plain greek style yogurt | n/a | 20g |

Serves **1**

Serves **1**

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Method:

1. For 3:1 - Mash ripe avocado and mix with Protifar, olive oil and stewed apple
1. For 2:1 - Mash ripe avocado and mix with yogurt and stewed apple





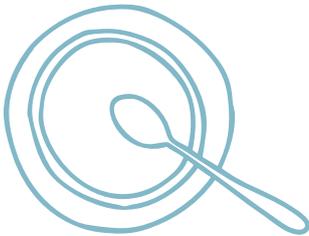
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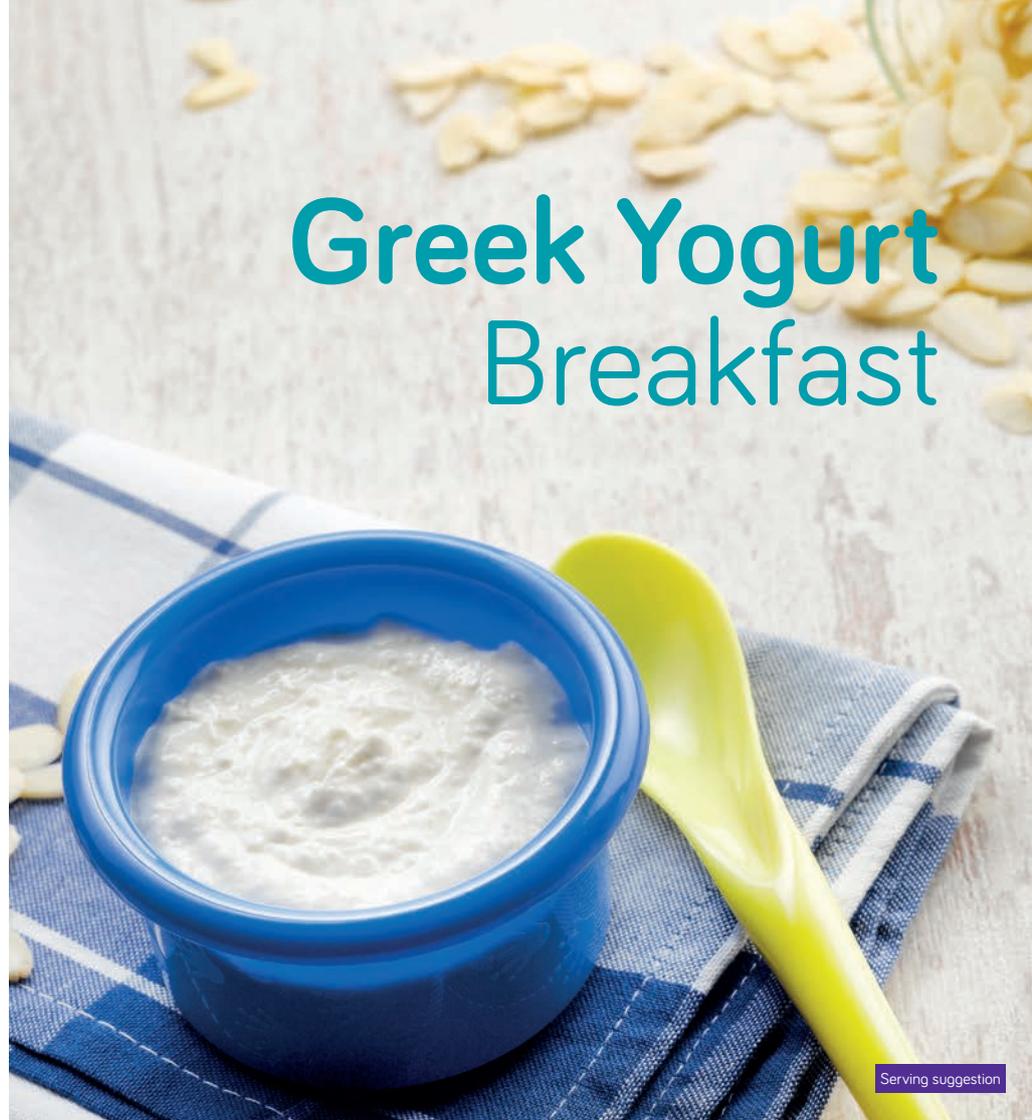
Novice

Expert

Preparation time: 10 mins



Greek Yogurt Breakfast



Serving suggestion

Greek Yogurt breakfast



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 9.8g | 9.4g |
| Protein | 2.7g | 3.5g |
| Carbohydrate | 0.8g | 1.3g |
| kcal values | 102 | 103 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------------|-----|-----|
| Olive oil | 4g | 2g |
| Ground almonds | 10g | 11g |
| Plain greek style yogurt | 2g | 12g |
| Water | 10g | n/a |

Serves **1**

Serves **1**

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Method:

1. Mix the oil with the ground almonds and fold into the yogurt
2. For 3:1 - Add hot water as required to make puree the correct consistency





Skill Rating



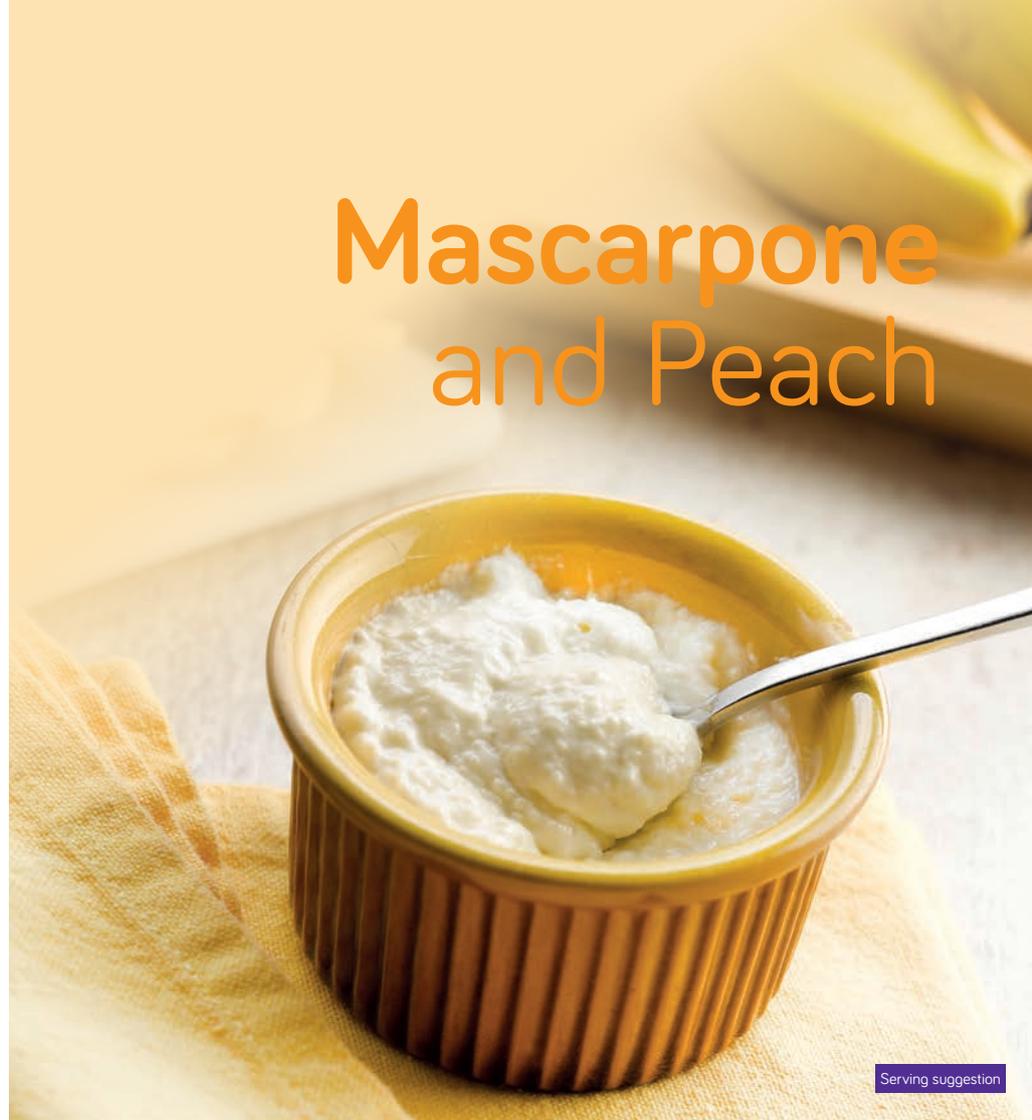
Novice

Expert

Preparation time: 5 mins



Mascarpone and Peach



Serving suggestion

Mascarpone and Peach



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 9.5g | 8.8g |
| Protein | 2.7g | 3g |
| Carbohydrate | 0.3g | 1.2g |
| kcal values | 97 | 96 |

Ingredients

| Ratio | 3:1 | 2:1 |
|------------|-----|-----|
| Peach | 4g | 16g |
| Protifar | 2g | 2g |
| Mascarpone | 17g | 20g |
| Olive oil | 2g | n/a |

Serves 1

Serves 1

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Method:

1. Mash the peach and mix in the Protifar
2. Add mascarpone (and oil if appropriate) and a little water to make a soft puree consistency





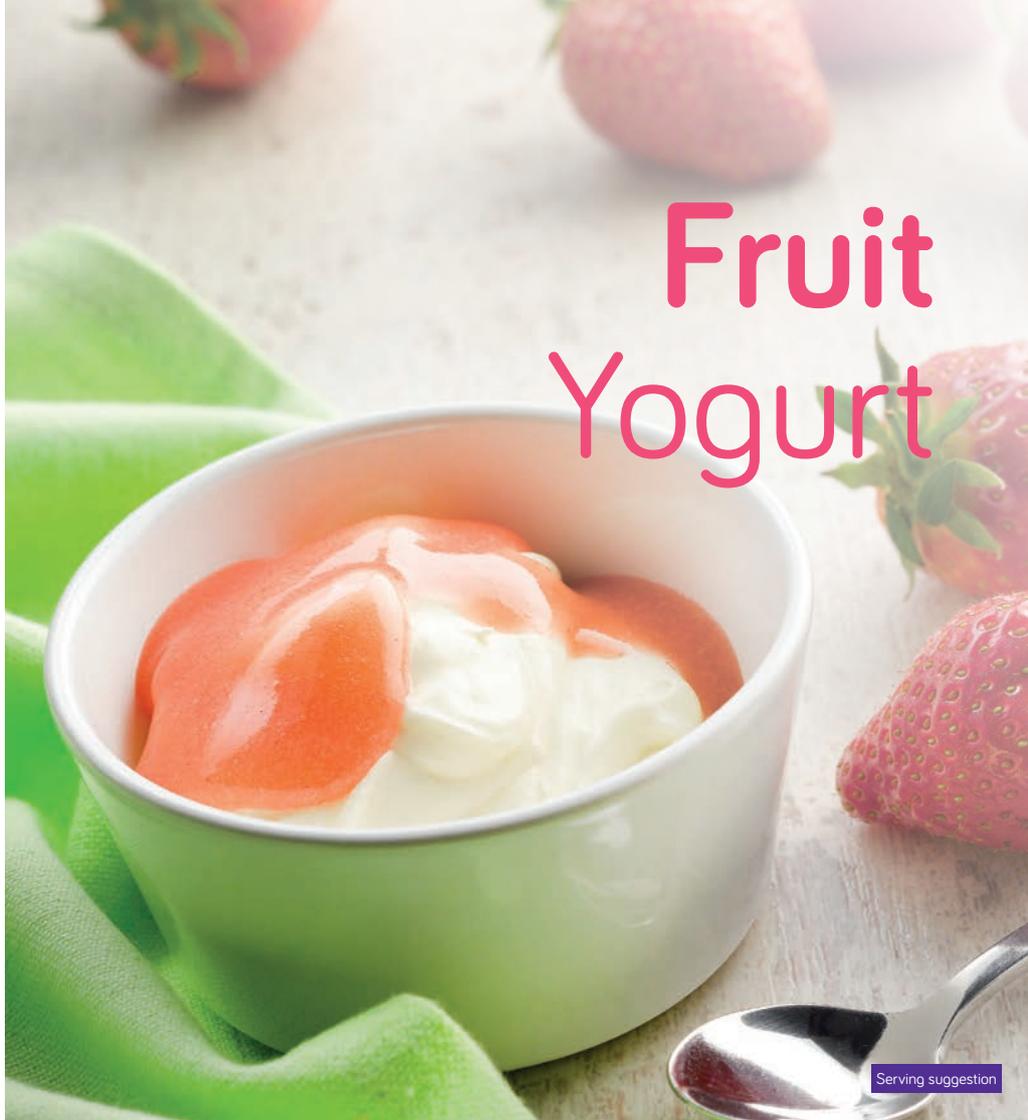
Skill Rating



Novice

Expert

Preparation time: 5 mins



Fruit Yogurt

Serving suggestion

Fruit Yogurt



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|------|
| Fat | 10.5g | 9.4g |
| Protein | 1.7g | 2g |
| Carbohydrate | 1.7g | 2.6g |
| kcal values | 108 | 103 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------------|-----|-----|
| Strawberries | 10g | 15g |
| Olive oil | 2g | 1g |
| Plain greek style yogurt | 5g | 30g |
| Mascarpone | 16g | n/a |
| Protifar | 1g | n/a |
| Fresh double cream | n/a | 11g |

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Serves **1**

Serves **1**



Serving suggestion

Method:

1. Puree strawberries to a pulp
2. Mix with other ingredients

Chef's tip:

Adapt recipe by using other berry fruits such as blueberries, raspberries or blackberries



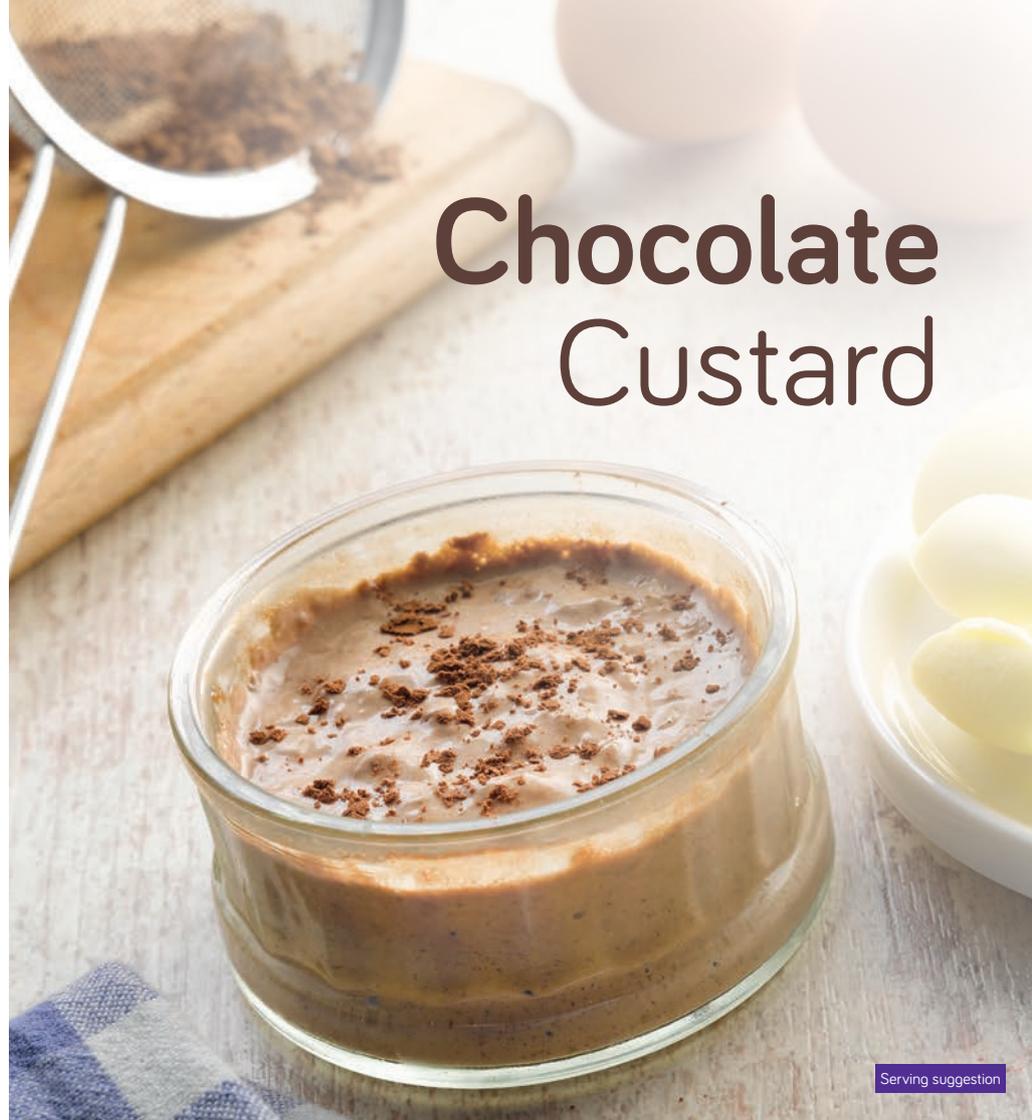
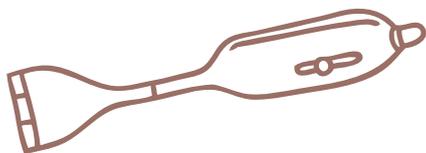
Skill Rating



Novice

Expert

Preparation time: 25 mins



Chocolate Custard

Serving suggestion

Chocolate Custard



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 9.6g | 9.3g |
| Protein | 2.8g | 4.3g |
| Carbohydrate | 0.4g | 0.5g |
| kcal values | 99 | 102 |



Serving suggestion

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------|-----|-----|
| Butter | 4g | 2g |
| Cocoa powder | 1g | 2g |
| Fresh double cream | 8g | 8g |
| Beaten egg | 20g | 30g |
| Water | 15g | 15g |

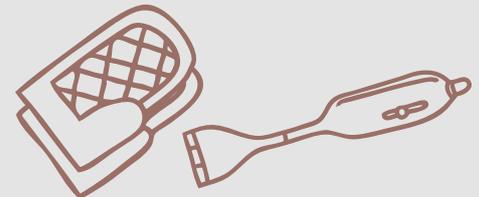
Serves **1**

Serves **1**

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Method:

1. Preheat oven to 160°C/gas mark 3
2. Combine all ingredients
3. Pour mixture into a greased dish, place dish in a shallow tray of water and bake for 15 mins





Skill Rating



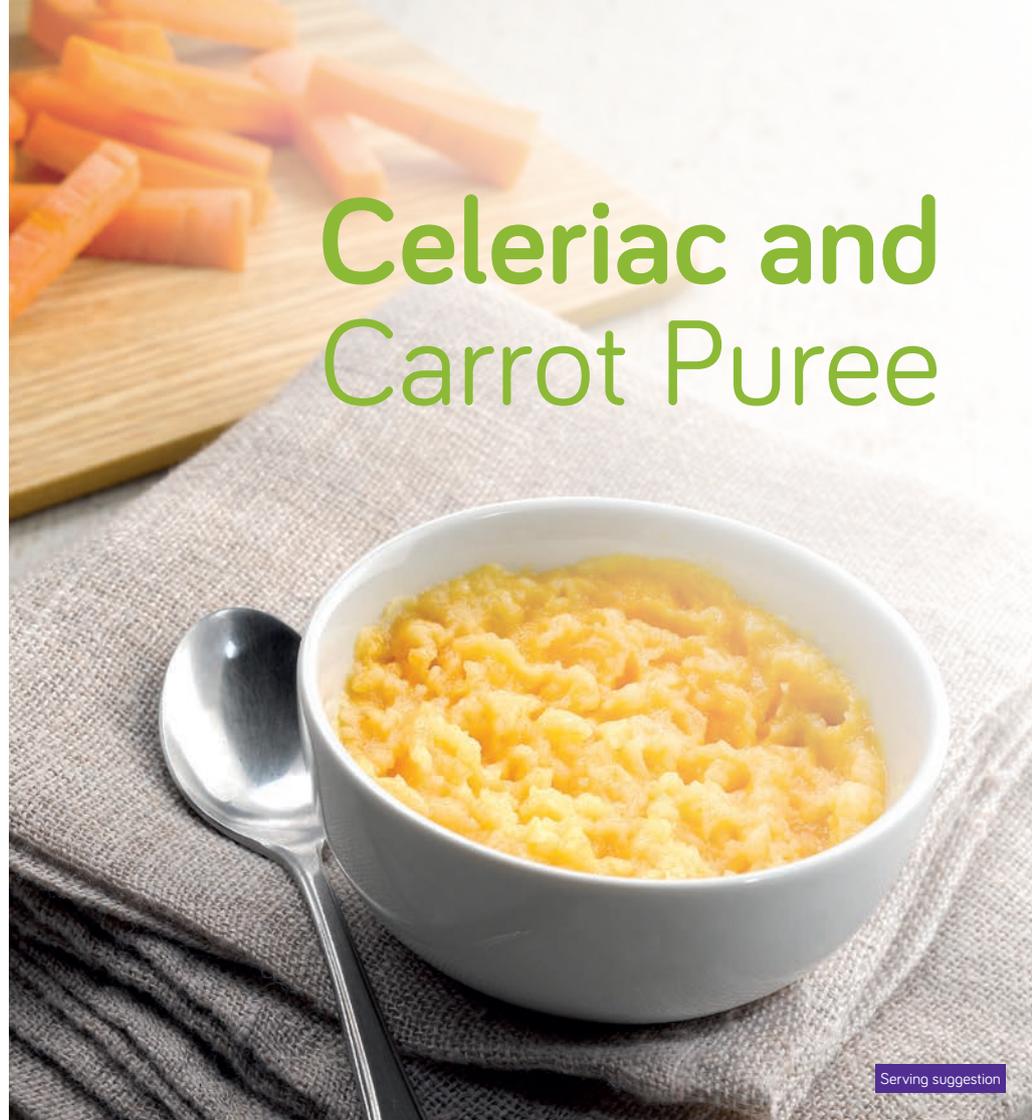
Novice

Expert

Preparation time: 10 mins



Celeriac and Carrot Puree



Serving suggestion

Celeriac and Carrot Puree



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 10.7 | 9.9g |
| Protein | 2.5g | 1.8g |
| Carbohydrate | 1.1g | 2g |
| kcal values | 111 | 104 |



Ingredients

| Ratio | 3:1 | 2:1 |
|--|-----|-----|
| Cooked carrots (boiled in unsalted water) | 5g | 20g |
| Cooked celeriac (boiled in unsalted water) | 40g | 50g |
| Butter | 10g | 10g |
| Fresh double cream | 4g | 2g |
| Protifar | 2g | 1g |

Serves **1**

Serves **1**

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Method:

1. Puree vegetables with a hand blender
2. Mash with remaining ingredients





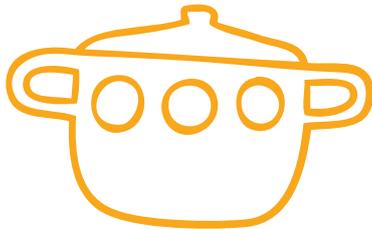
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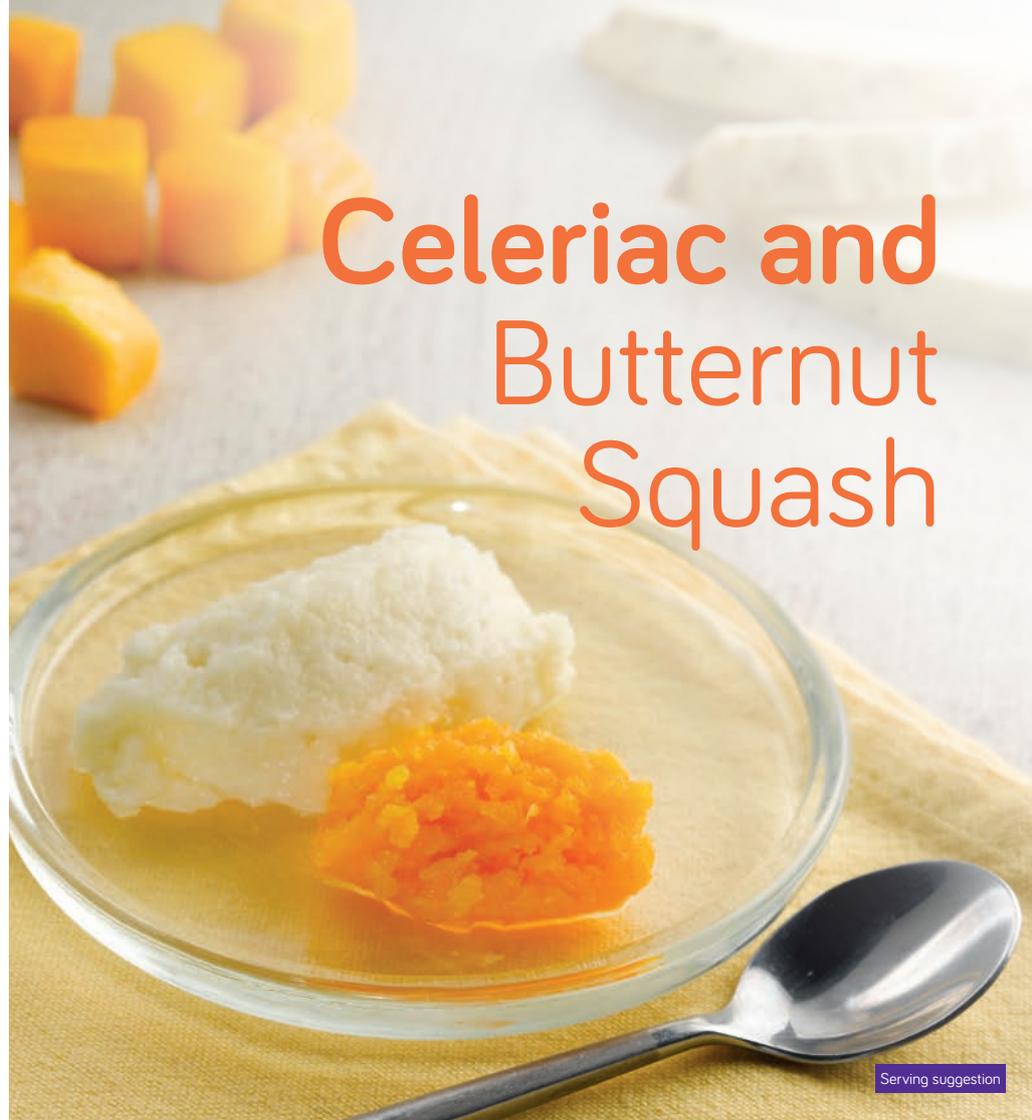
Novice

Expert

Preparation time: 10 mins



Celeriac and Butternut Squash



Serving suggestion

Celeriac and Butternut Squash



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|------|
| Fat | 10.1g | 9.9g |
| Protein | 2.4g | 2.1g |
| Carbohydrate | 1.1g | 2.7g |
| kcal values | 105 | 108 |



Ingredients

| Ratio | 3:1 | 2:1 |
|--|-----|-----|
| Butternut squash | 5g | 23g |
| Cooked celeriac (boiled in unsalted water) | 35g | 55g |
| Butter | 10g | 10g |
| Fresh double cream | 3g | 2g |
| Protifar | 2g | 1g |

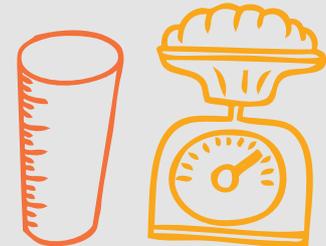
Serves **1**

Serves **1**

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Method:

1. Cook butternut squash and weigh out required amount
2. Puree with celeriac with a hand blender
3. Mash with remaining ingredients





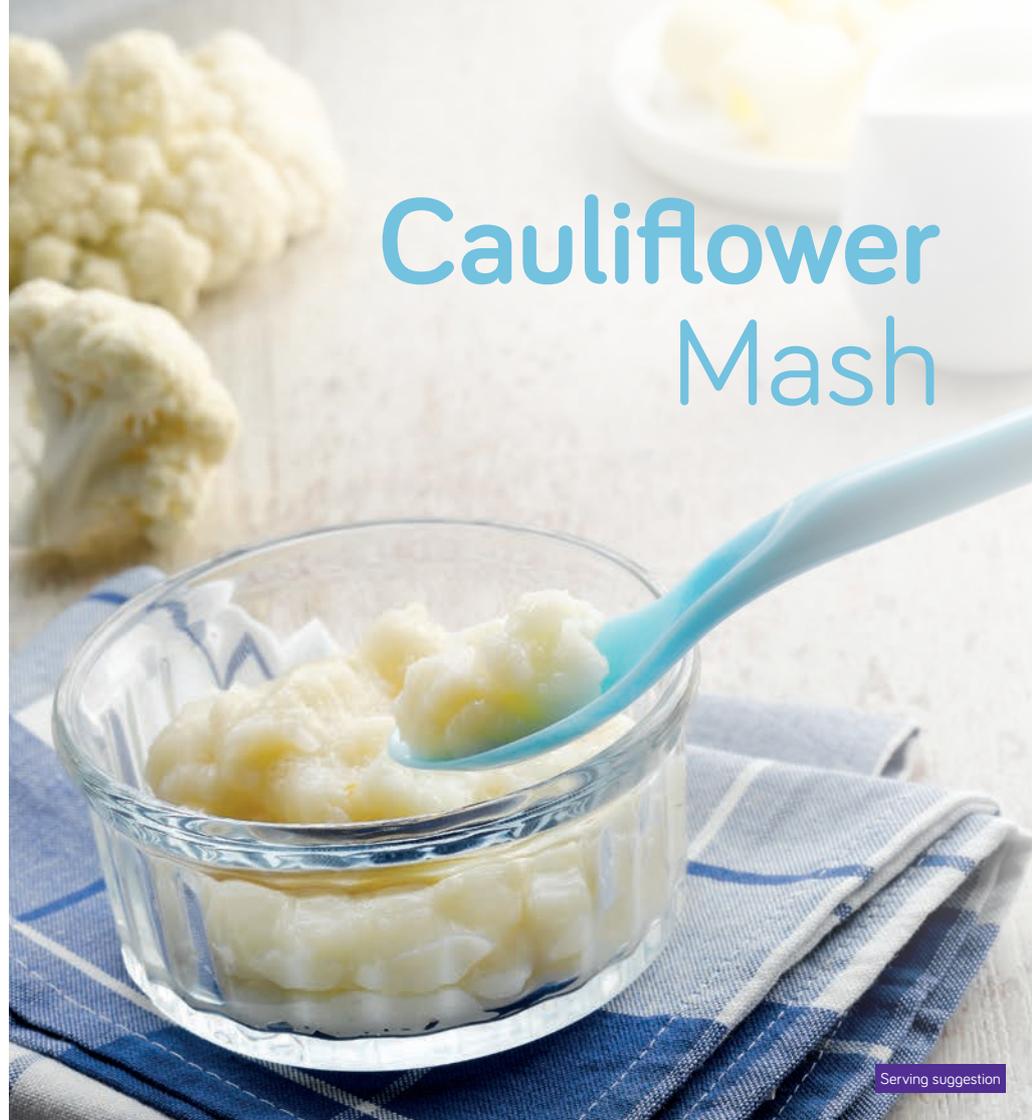
Skill Rating



Novice

Expert

Preparation time: 10 mins



Cauliflower Mash

Serving suggestion

Cauliflower Mash



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 9.9g | 9.5g |
| Protein | 2.4g | 1.9g |
| Carbohydrate | 1g | 2.8g |
| kcal values | 102 | 104 |



Ingredients

| Ratio | 3:1 | 2:1 |
|---|-----|-----|
| Butter | 3g | 3g |
| Cooked cauliflower (cooked in unsalted water) | 6g | 10g |
| Cooked celeriac (boiled in unsalted water) | 20g | 32g |
| Fresh double cream | 15g | 14g |
| Dried skimmed milk powder | n/a | 3g |
| Protifar | 2g | n/a |

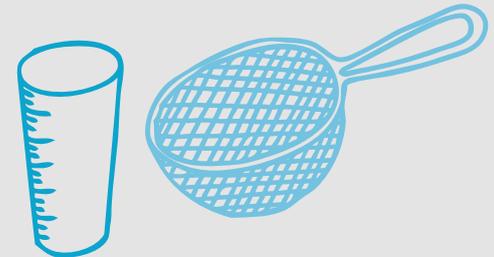
Serves 1

Serves 1

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Method:

1. Puree vegetables with a hand blender
2. Mash together with remaining ingredients





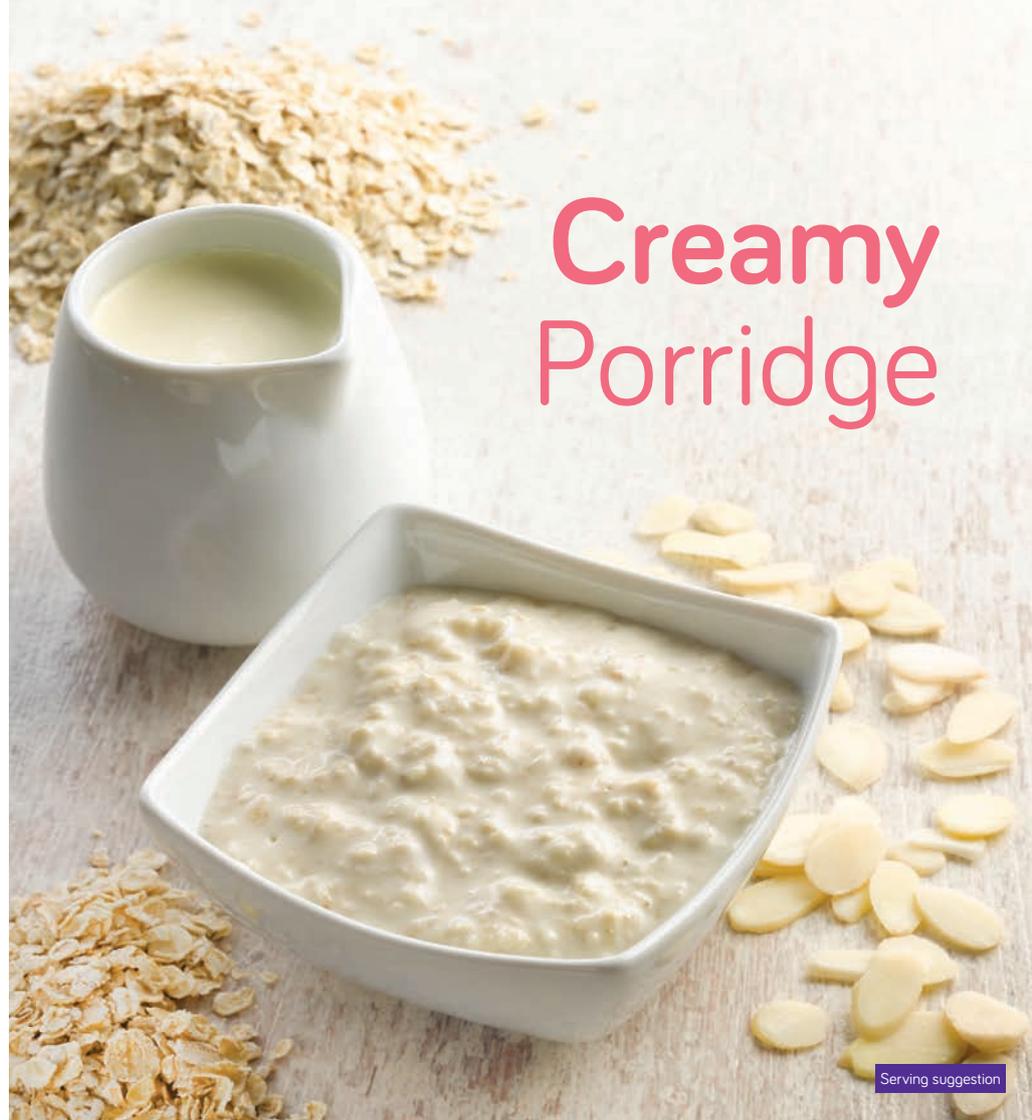
Skill Rating



Novice

Expert

Preparation time: 8 mins



Creamy Porridge

Serving suggestion

Creamy Porridge



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 10g | 9.9g |
| Protein | 1.8g | 1.8g |
| Carbohydrate | 1.6g | 3.2g |
| kcal values | 103 | 109 |



Serving suggestion

Ingredients

| Ratio | 3:1 | 2:1 |
|------------------------|-----------|-----------|
| Porridge oats | 1g | 4g |
| Ground almonds | 5g | n/a |
| Whole pasteurised milk | 8g | 8g |
| Fresh double cream | 10g | 15g |
| Protifar | n/a | 1g |
| Water | as needed | as needed |
| Olive oil | 2g | 2g |

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Serves **1**

Serves **1**

Method:

1. Mix porridge oats and ground almonds (if appropriate) with milk, cream and a little water, bring to boil by cooking in the microwave
2. Mix Protifar with warm water (if appropriate), stir in olive oil and add to the porridge mixture



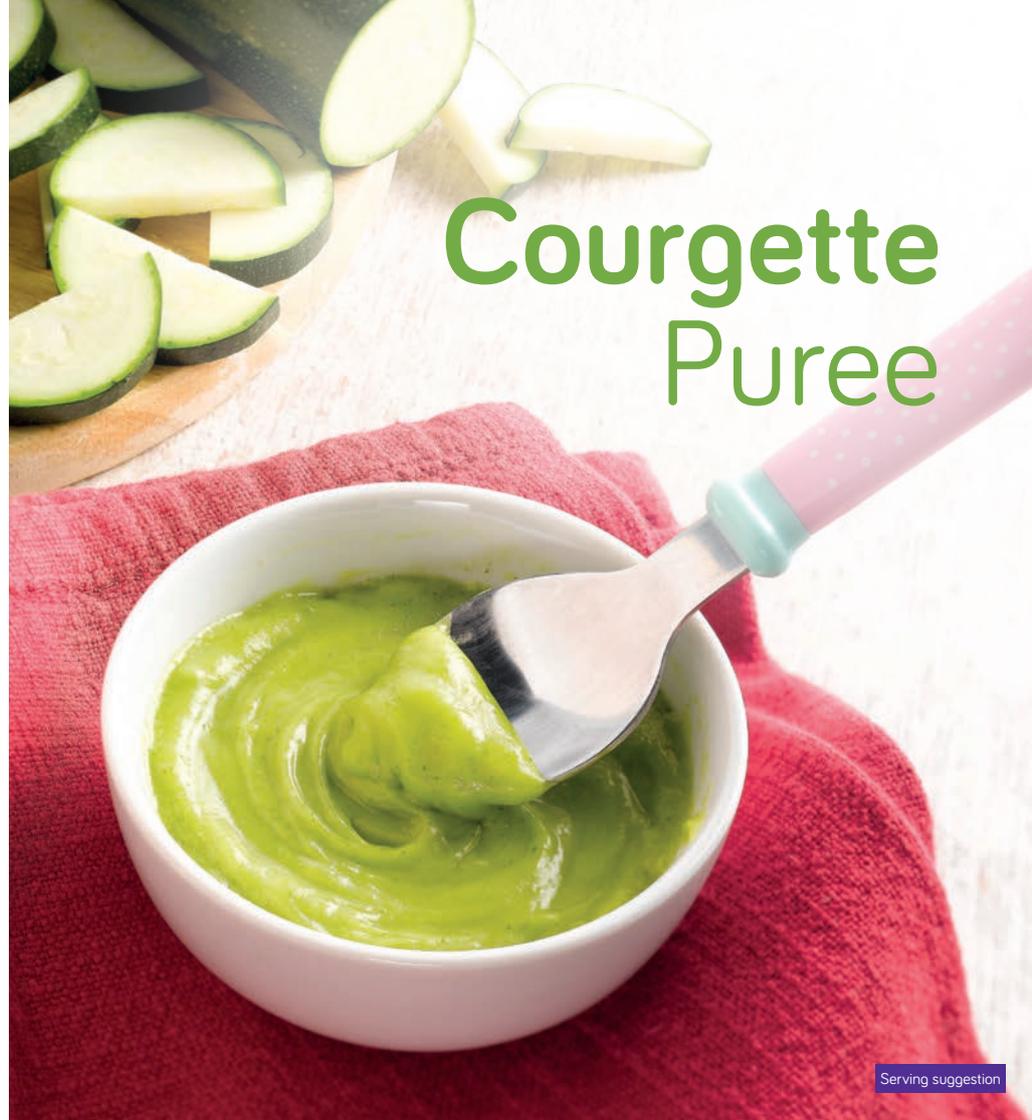
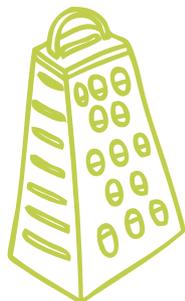
Skill Rating



Novice

Expert

Preparation time: 15 mins



Courgette Puree

Serving suggestion

Courgette Puree



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 9.9g | 9.5g |
| Protein | 1.9g | 2.6g |
| Carbohydrate | 1.4g | 1.8g |
| kcal values | 102 | 103 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------|-----|-----|
| KetoCal 3:1 Powder | 7g | 10g |
| Raw courgette | 45g | 60g |
| Butter | 6g | 3g |

Serves **1**

Serves **1**

Method:

1. Finely grate courgette, then fry in butter in a frying pan
2. Mix KetoCal 3:1 with small amount of water, add to courgette mixture
3. Blend mixture to a puree consistency, adding water as desired to achieve a smooth consistency

Chef's tip:

Multiply recipe x4 (or more) to make it easier to puree the mixture and once pureed divide by weight into equal portions

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.



Second Stage

(Soft Minced)



A delicious collection of meals with soft textures for when your baby is getting more confidence with eating.

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.



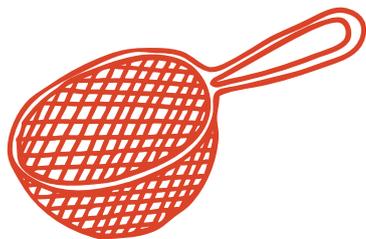
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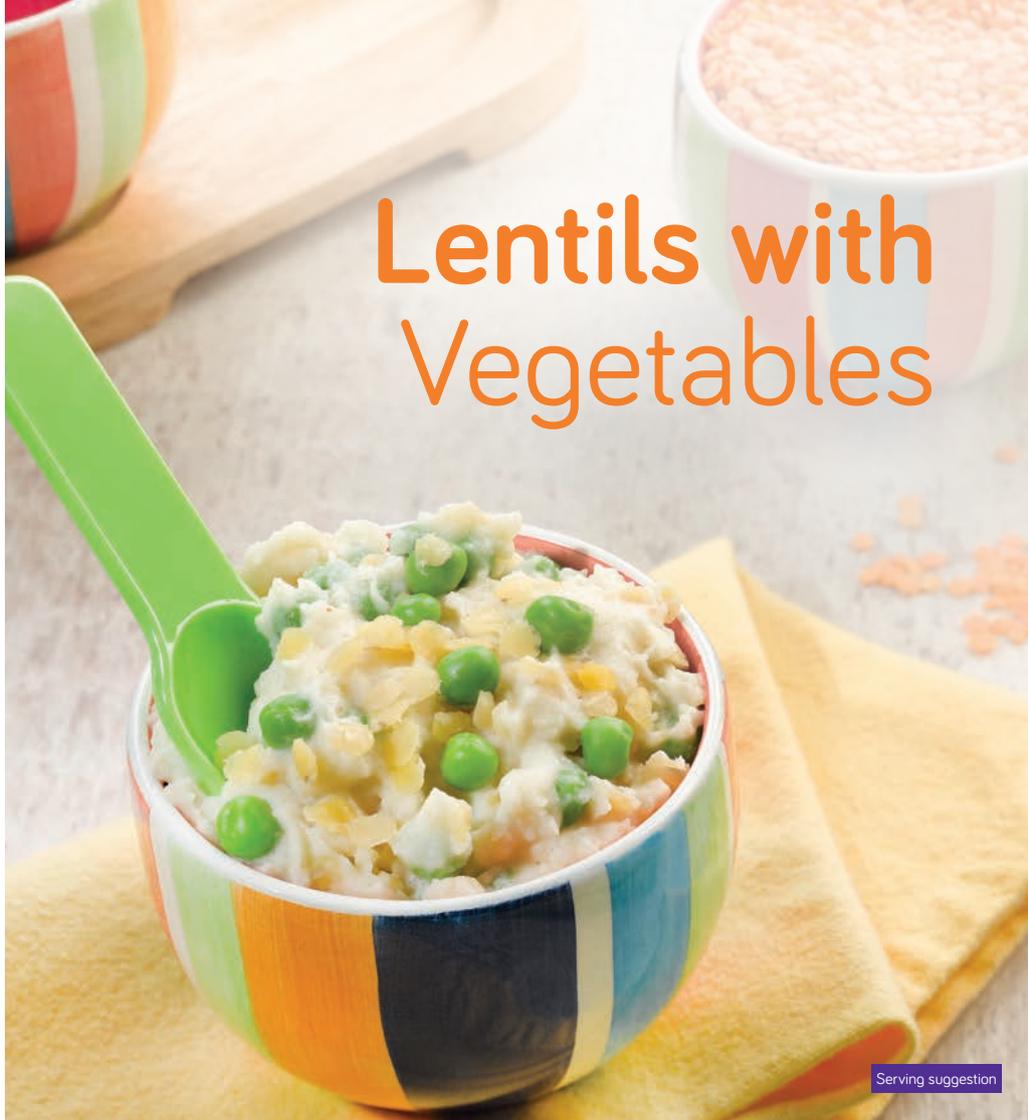
Novice

Expert

Preparation time: 12 mins



Lentils with Vegetables



Serving suggestion

Lentils with Vegetables



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|-------|
| Fat | 15g | 14.2g |
| Protein | 2.8g | 2.8g |
| Carbohydrate | 2.3g | 4.3g |
| kcal values | 155 | 156 |



Ingredients

| Ratio | 3:1 | 2:1 |
|---|-----|-----|
| Cooked red split lentils (boiled in unsalted water) | 5g | 15g |
| Gia garlic puree | 1g | 1g |
| Gia tomato puree | 1g | 1g |
| Cooked celeriac (boiled in unsalted water) | 50g | 60g |
| Olive oil | 6g | 6g |
| Butter | 9g | 8g |
| Grated fresh parmesan | 2g | 2g |
| Peas | 3g | 4g |
| Protifar | 1g | n/a |

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Serves **1**

Serves **1**

Method:

1. Mix lentils, garlic puree and tomato puree together
2. Mash celeriac with olive oil and butter and mix together (add Protifar for the 3:1 recipe)
3. Top with parmesan and serve with peas





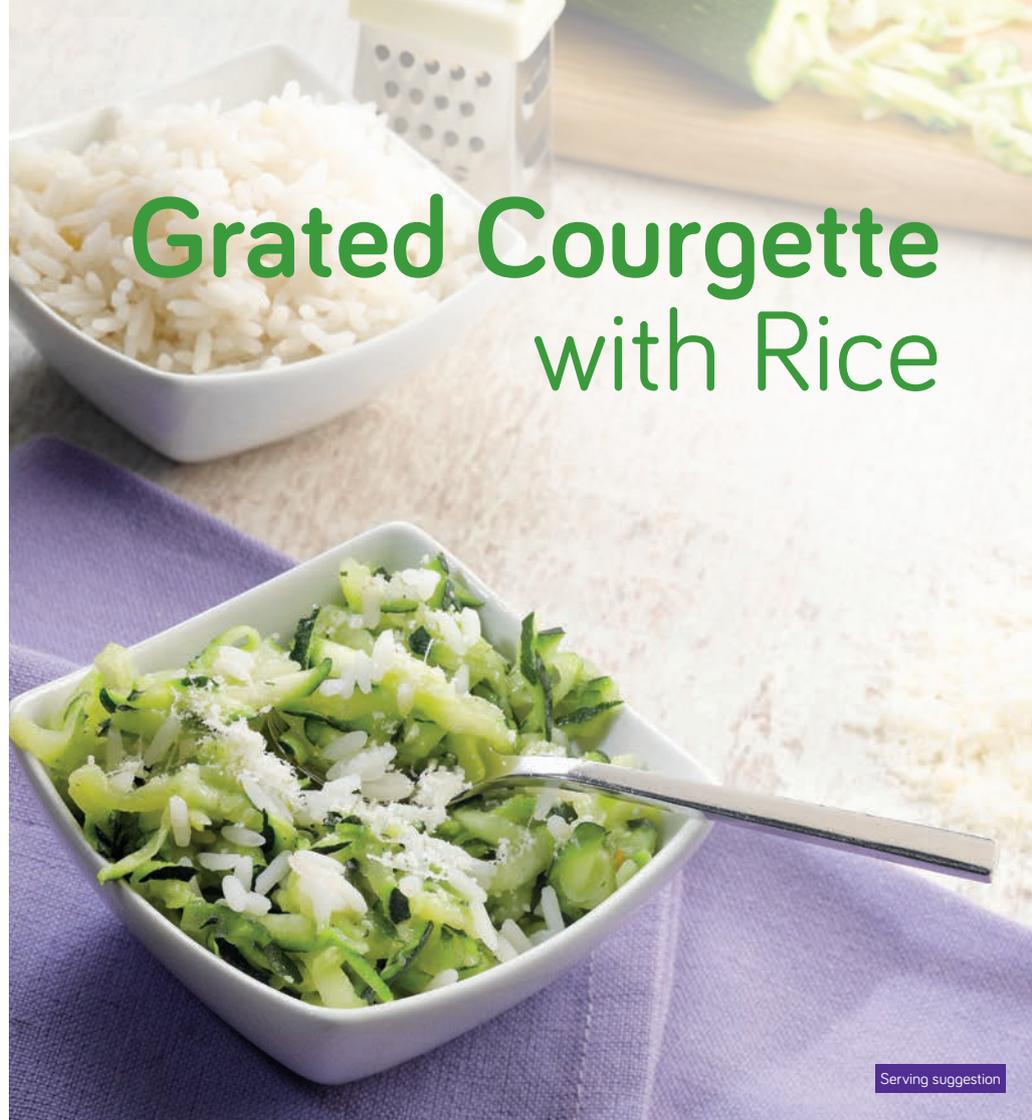
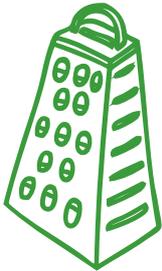
Skill Rating



Novice

Expert

Preparation time: 20 mins



Grated Courgette with Rice

Serving suggestion

Grated Courgette with Rice



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|-------|
| Fat | 15g | 13.5g |
| Protein | 2.9g | 3g |
| Carbohydrate | 2.2g | 3.8g |
| kcal values | 156 | 148 |



Ingredients

| Ratio | 3:1 | 2:1 |
|-----------------------------|-----|-----|
| Grated courgette | 50g | 50g |
| Butter | 15g | 13g |
| Boiled easy cook white rice | 4g | 9g |
| Grated cheddar cheese | 7g | 7g |

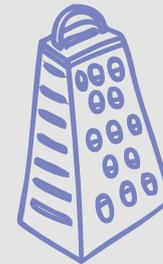
Serves **1**

Serves **1**

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Method:

1. Fry courgette in butter until soft
2. Mix in rice and top with cheese





Skill Rating



Novice

Expert

Preparation time: 20 mins



Cauliflower Cheese



Serving suggestion

Cauliflower Cheese



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 15.8g | 13.4g |
| Protein | 2.8g | 3.7g |
| Carbohydrate | 2.7g | 3.1g |
| kcal values | 164 | 148 |



Ingredients

| Ratio | 3:1 | 2:1 |
|---|-----|-----|
| KetoCal 3:1 powder | 4g | 4g |
| Olive oil | 6g | 5g |
| Cooled boiled water | 30g | 30g |
| Cornflour | 2g | 2g |
| Fresh double cream | 10g | 6g |
| Grated cheddar cheese | 6g | 7g |
| Cooked cauliflower (boiled in unsalted water) | 15g | 40g |

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Serves **1**

Serves **1**

Method:

1. Place oil and water in a bowl and microwave for 1 min
2. Mix together water, cornflour and double cream to form a paste
3. Mix into oil and water, microwave 20 secs
4. Stir in KetoCal 3:1 and then add cheese until it melts, retaining some for next step
5. Place cauliflower in dish, cover with cheese sauce, sprinkle remaining cheese on top, place under grill until cheese melts



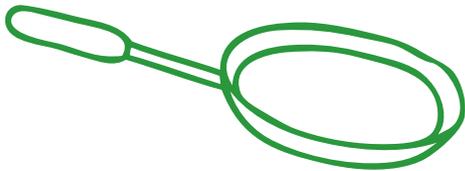
Skill Rating



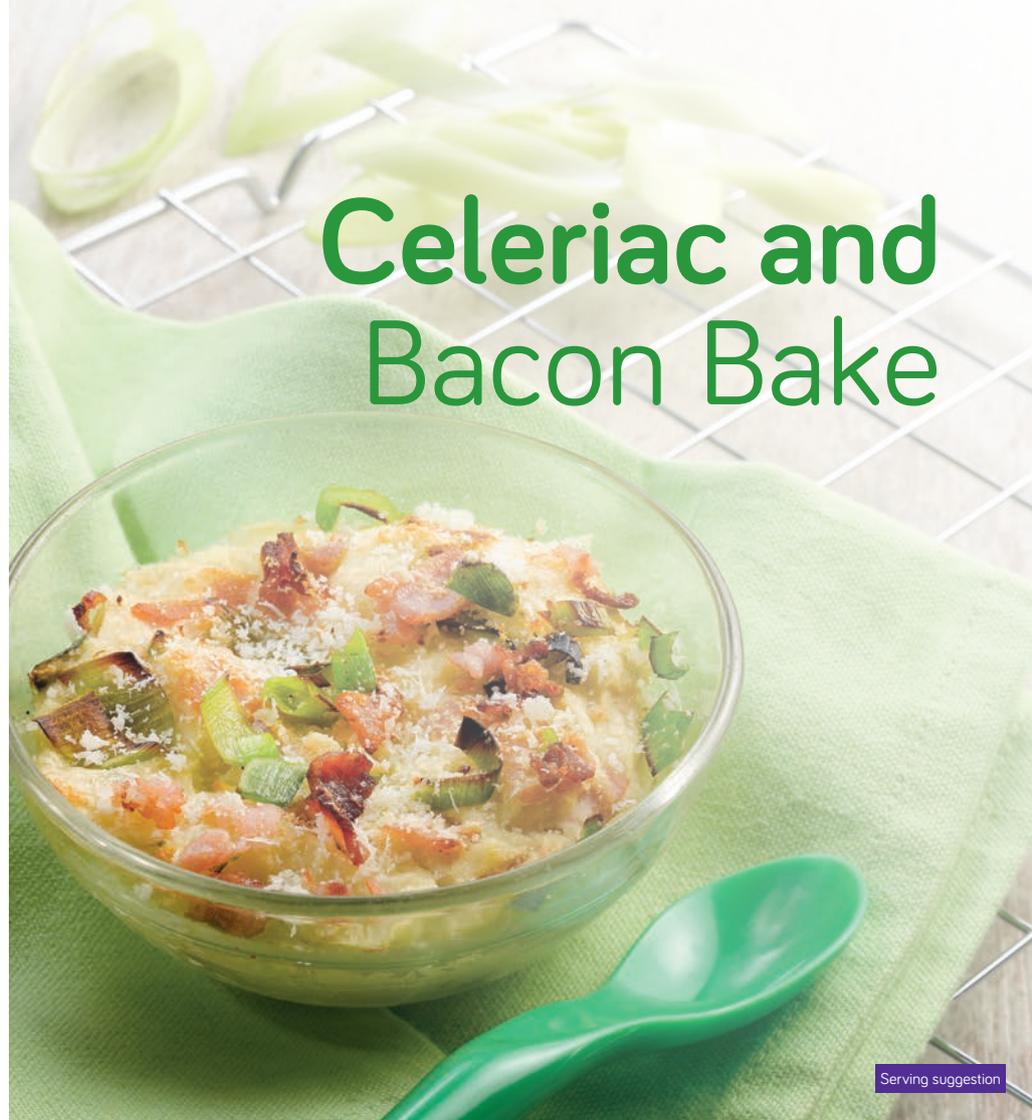
Novice

Expert

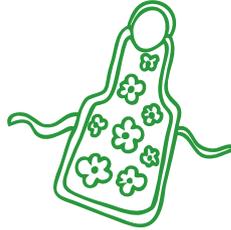
Preparation time: 20 mins



Celeriac and Bacon Bake



Celeriac and Bacon Bake



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 15.5g | 13.6g |
| Protein | 3g | 3.3g |
| Carbohydrate | 2g | 3.5g |
| kcal values | 160 | 150 |



Ingredients

| Ratio | 3:1 | 2:1 |
|--|-----|------|
| Cooked celeriac (boiled in unsalted water) | 80g | 145g |
| Fresh double cream | 5g | 10g |
| Butter | 13g | 8g |
| Chopped leeks | 10g | 15g |
| Back bacon rashers | 10g | 7g |
| Grated fresh parmesan | 1g | 1g |

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Serves

1

Serves

1

Method:

1. Preheat oven to 180°C/gas mark 4
2. Mash celeriac with double cream and half the butter
3. Fry leeks and chopped bacon in remaining butter
4. Combine leeks, bacon and celeriac together, add nutmeg to season, and salt and pepper
5. Add to a baking dish, sprinkle parmesan over top
6. Bake for 10 to 15 mins



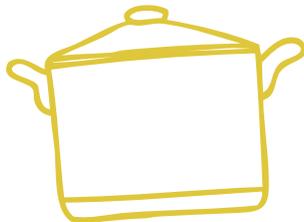
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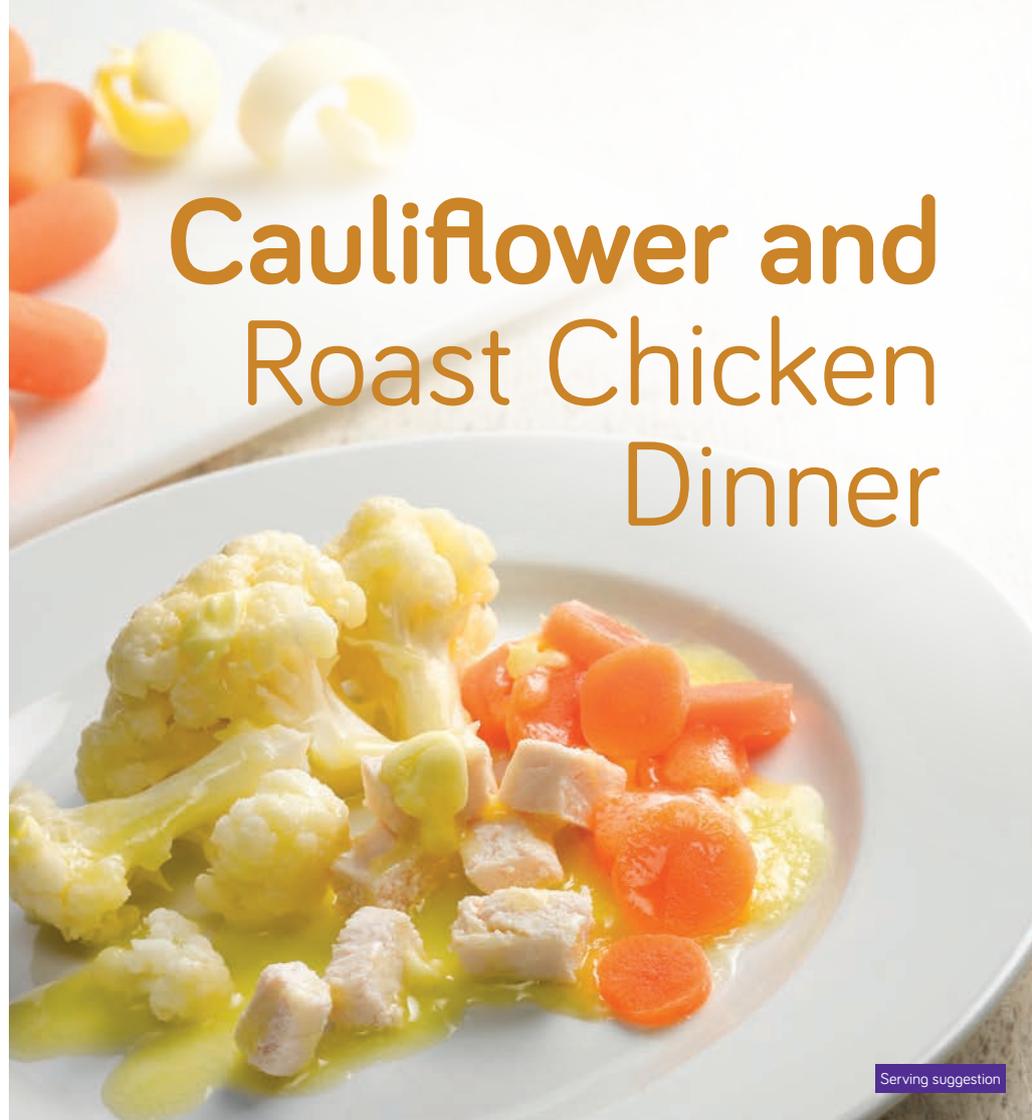
Novice

Expert

Preparation time: 15 mins



Cauliflower and Roast Chicken Dinner



Cauliflower and Roast Chicken Dinner



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 15.4g | 13.1g |
| Protein | 3.2g | 3.3g |
| Carbohydrate | 2.1g | 3.2g |
| kcal values | 160 | 144 |



Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------------|-----|-----|
| Cauliflower | 50g | 60g |
| Young carrots | 10g | 30g |
| Roast chicken light meat | 4g | 3g |
| Butter | 18g | 15g |

Serves

1

Serves

1

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Method:

1. Boil cauliflower and carrots until soft and well cooked, drain and chop until minced
2. Chop chicken into small pieces
3. Mix chicken and vegetables together with butter, or mix chicken with half butter and vegetables with half butter



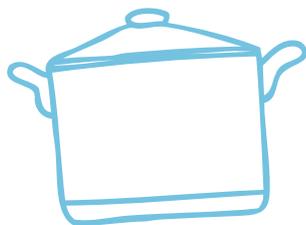
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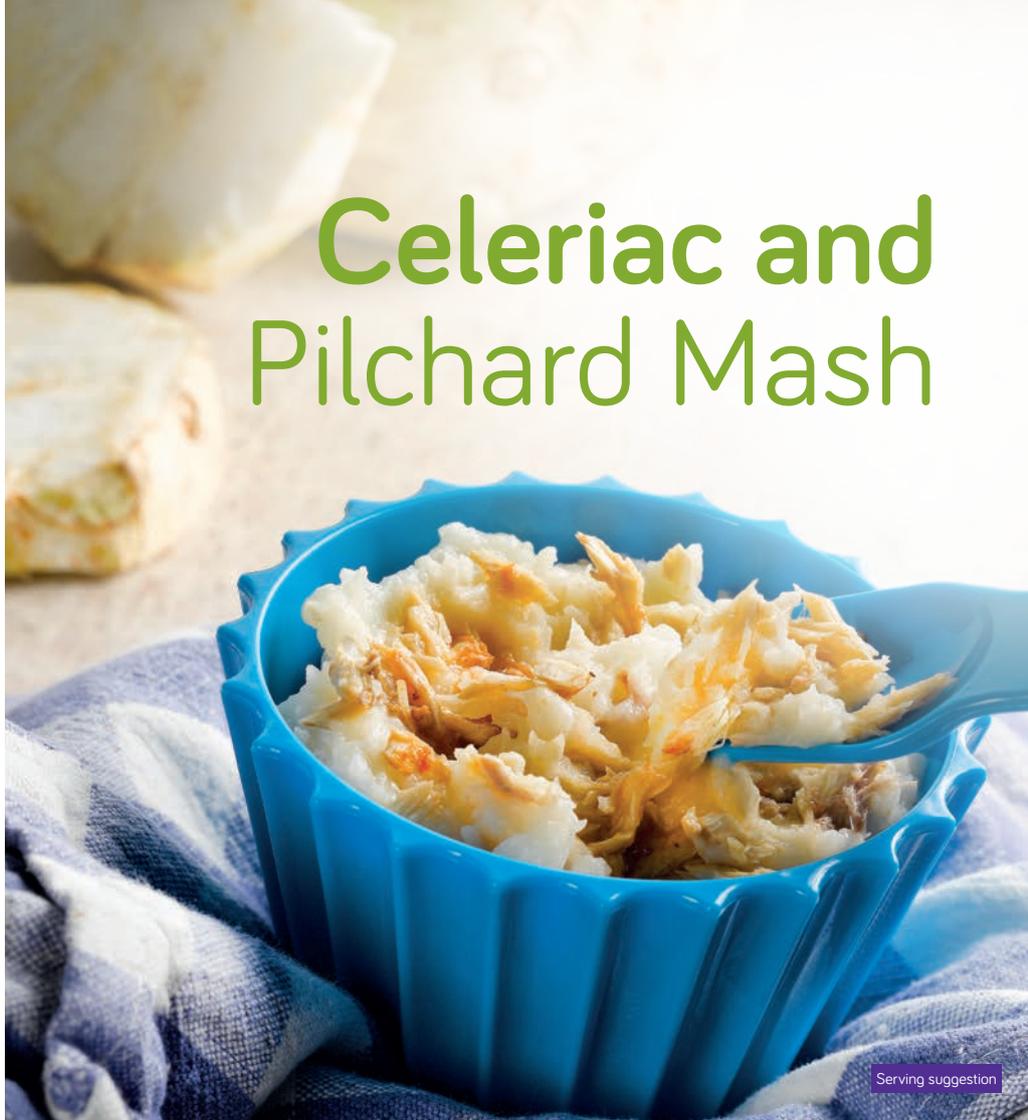
Novice

Expert

Preparation time: 5 mins



Celeriac and Pilchard Mash



Serving suggestion

Celeriac and Pilchard Mash



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 15.2g | 13.6g |
| Protein | 2.8g | 3.2g |
| Carbohydrate | 2.4g | 3.8g |
| kcal values | 157 | 150 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--|------|------|
| Cooked celeriac (boiled in unsalted water) | 100g | 170g |
| Fresh double cream | 10g | 15g |
| Butter | 11g | 6g |
| Canned pilchards in tomato sauce | 10g | 8g |

Serves **1**

Serves **1**

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Method:

1. Coarsely mash celeriac with double cream, butter and pilchards



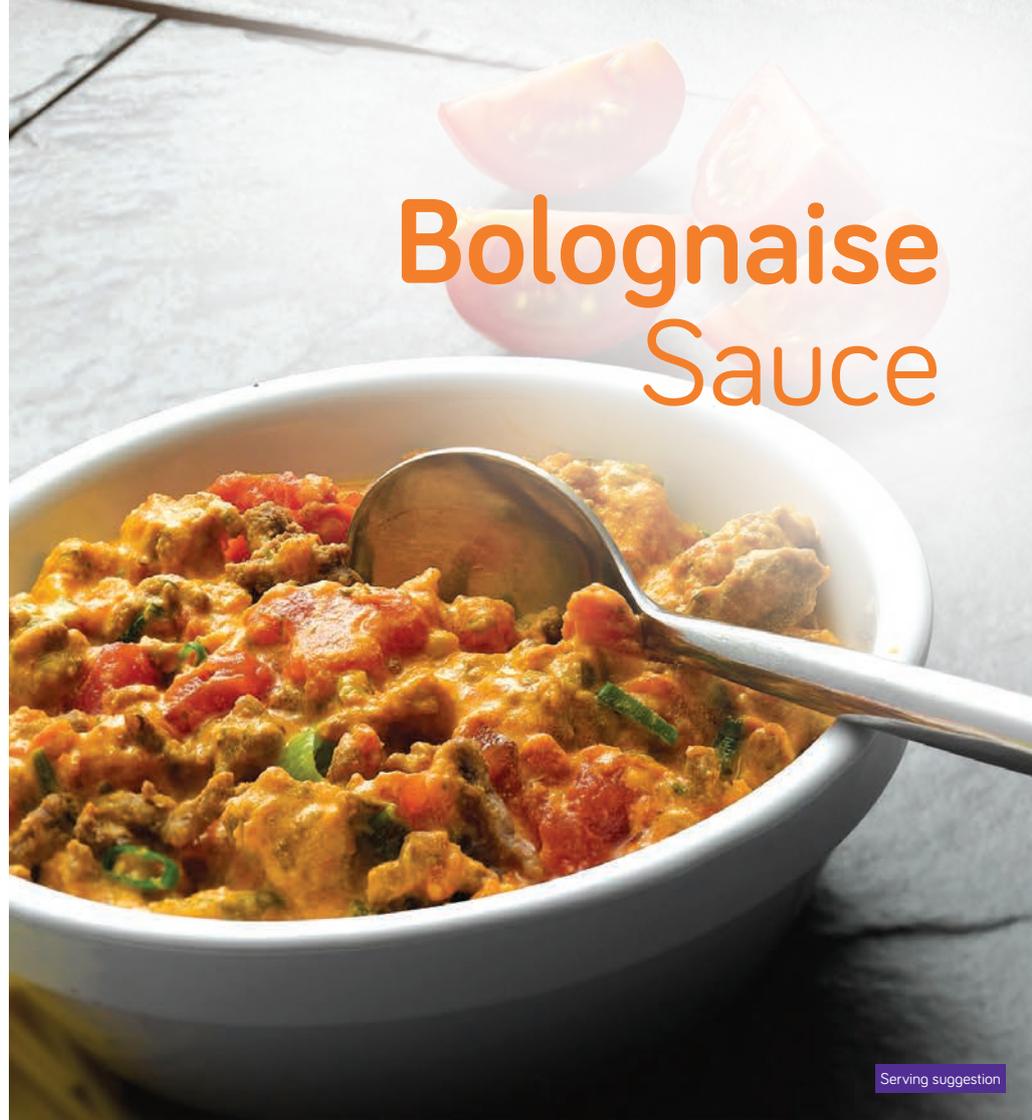
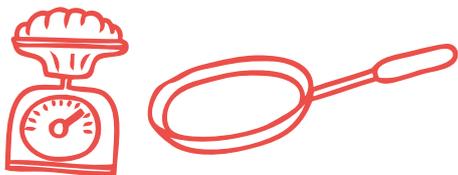
Skill Rating



Novice

Expert

Preparation time: 20 mins



Bolognese Sauce

Bolognaise Sauce



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|------|
| Fat | 11.4g | 9.2g |
| Protein | 2.4g | 2.8g |
| Carbohydrate | 1.4g | 1.5g |
| kcal values | 117 | 100 |

Ingredients

| Ratio | 3:1 | 2:1 |
|---|-----|-----|
| Finely chopped spring onion bulb and stem | 6g | 8g |
| Peeled, chopped aubergine | 10g | 12g |
| Chopped mushrooms | 12g | 12g |
| Olive oil | 8g | 6g |
| Minced beef | 8g | 10g |
| Canned tomatoes | 9g | 9g |
| Tomato puree | 4g | 4g |
| Fresh double cream | 4g | 3g |

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Serves **1**

Serves **1**



Method:

1. Heat oil in pan, add spring onion, aubergine and mushrooms and fry until soft
2. Add minced beef to pan, breaking up into fine pieces, cook for 5 mins
3. Transfer mixture to casserole dish, add chopped tomatoes, tomato puree and, if desired, pinch of herb or garlic powder
4. Cook for approx 20 mins, stirring occasionally
5. Stir in double cream and serve, ensuring all pan juices are incorporated



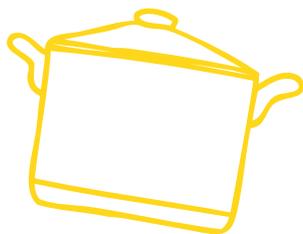
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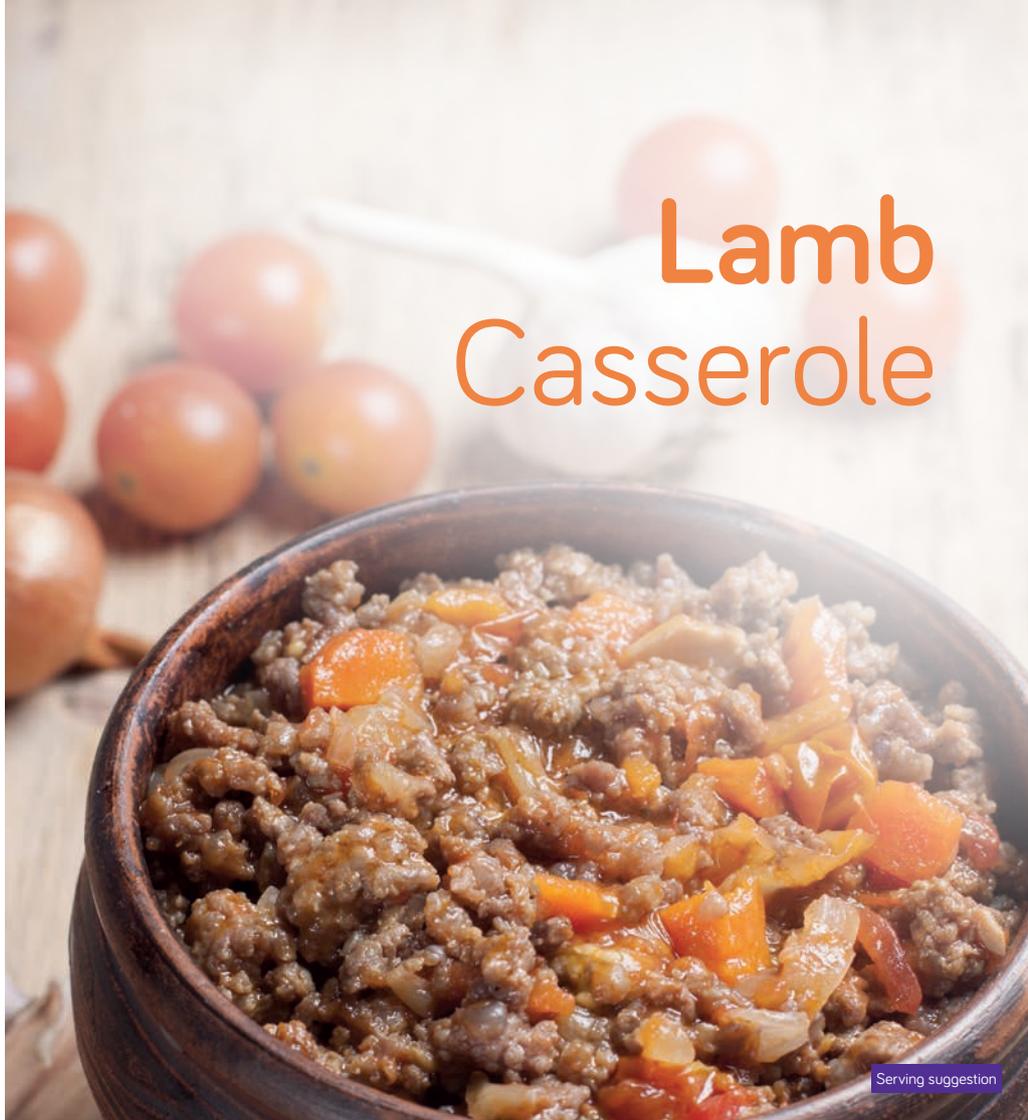
Novice

Expert

Preparation time: 40 mins



Lamb Casserole



Serving suggestion

Lamb Casserole



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 14.5g | 13.6g |
| Protein | 3g | 4.3g |
| Carbohydrate | 1.8g | 2.6g |
| kcal values | 150 | 150 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------------------------|-----|-----|
| Cream cheese (Philadelphia Original) | 17 | 16 |
| Fresh double cream | 11 | 10 |
| Boiled carrots | 14 | 25 |
| Mince lamb | 9 | 15 |
| Olive oil | 4 | 3 |
| Whole tinned tomatoes | 10 | 20 |

Serves

1

Serves

1

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Method:

1. Fry minced lamb, breaking into small pieces with a fork
2. Stir in tinned tomatoes and simmer gently for 30 mins until meat is tender
3. Add carrots to mixture and stir in double cream and cream cheese
4. Adjust consistency as required
5. Serve using all the juices/sauce

First Finger Foods



For when your child is ready to pick up food on their own and start to enjoy feeding themselves.

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.



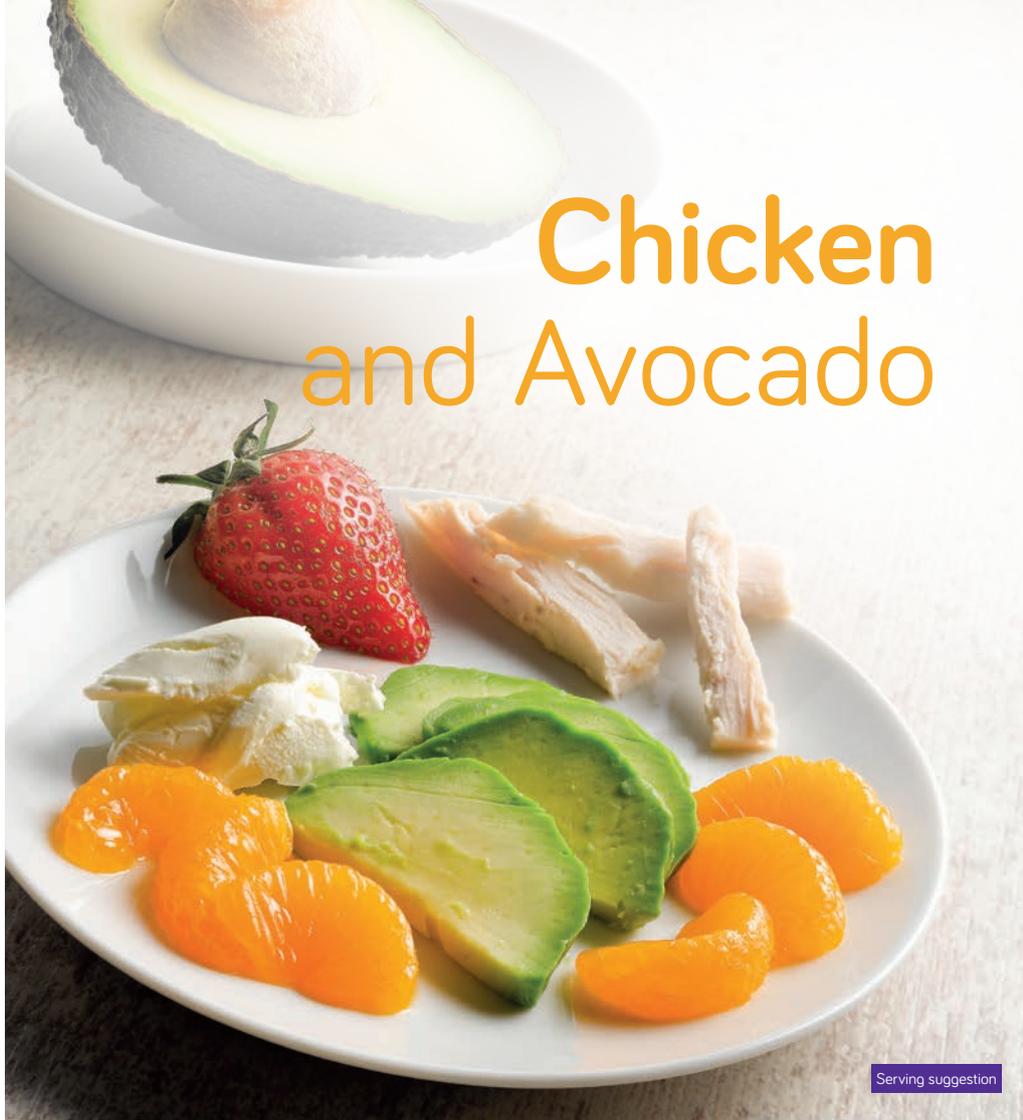
Skill Rating



Novice

Expert

Preparation time: 15 mins



Chicken and Avocado

Serving suggestion

Chicken and Avocado



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 15.6g | 13.8g |
| Protein | 2.7g | 3.3g |
| Carbohydrate | 2.6g | 3.5g |
| kcal values | 161 | 151 |



Ingredients

| Ratio | 3:1 | 2:1 |
|----------------------------------|-----|-----|
| Avocado | 20g | 18g |
| Canned mandarin oranges in juice | 7g | 20g |
| Roasted chicken, light meat | 5g | 7g |
| Mascarpone | 23g | 20g |
| Strawberries | 8g | 10g |

Serves **1**

Serves **1**

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Method:

1. Serve avocado, mandarin oranges and chicken as finger food
2. Mash together mascarpone and strawberries to make a texture similar to fromage frais



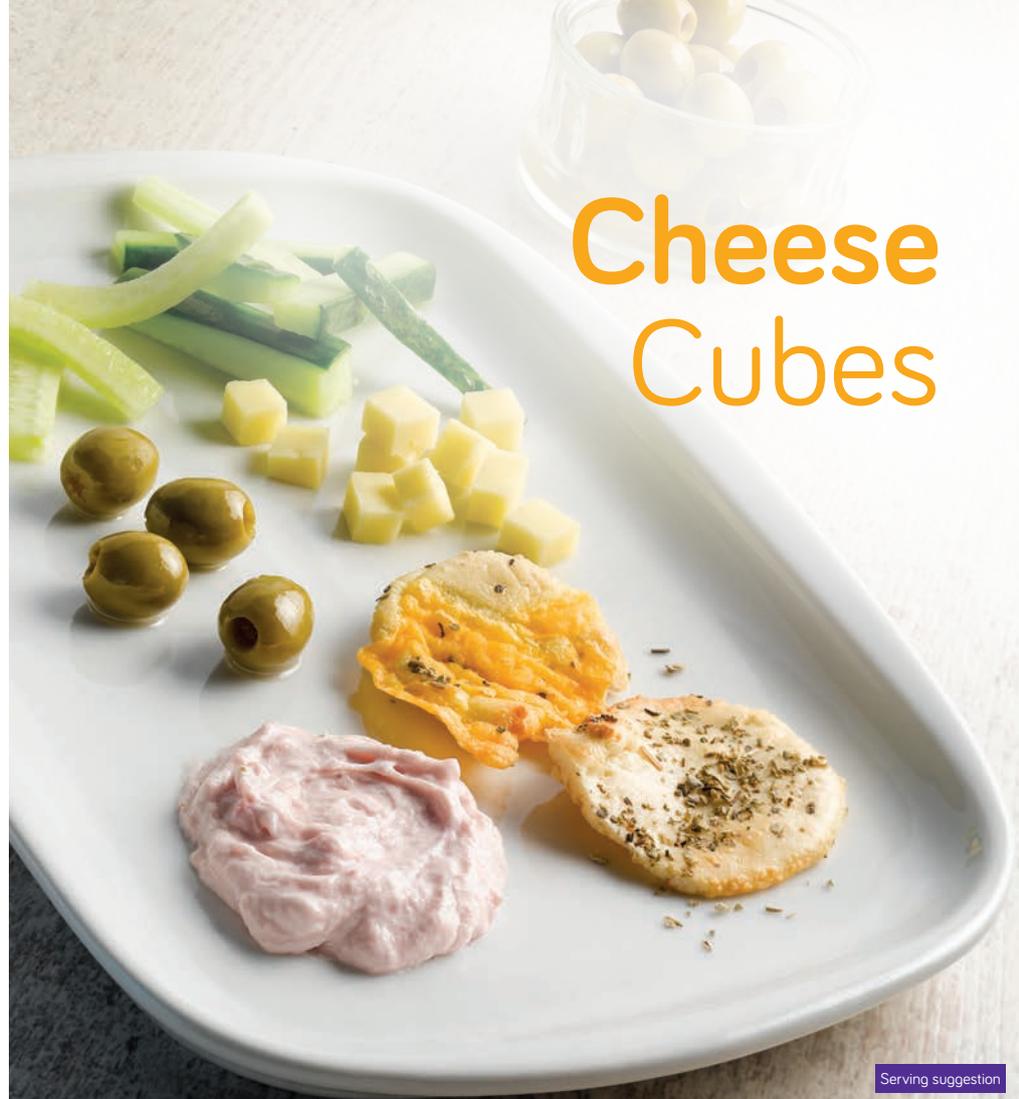
Skill Rating



Novice

Expert

Preparation time: 15 mins



Cheese Cubes

Cheese Cubes



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 14.5g | 14.2g |
| Protein | 3g | 3.2g |
| Carbohydrate | 1.6g | 3.8g |
| kcal values | 149 | 156 |

Ingredients

| Ratio | 3:1 | 2:1 |
|-----------------------------|-----|-----|
| Cubed cheddar cheese | 8g | 8g |
| Walkers ready salted crisps | n/a | 4g |
| Olives in brine | 15g | n/a |
| Cucumber | 25g | 25g |
| Mascarpone | 20g | 20g |
| Raspberries | 5g | 10g |

Serves **1**

Serves **1**

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Method:

1. Serve cheese, crisps/olives (as appropriate) and cucumber as finger food
2. Mash together mascarpone and raspberries to make a texture similar to fromage frais

Chef's tip:

This meal would be great with savoury crackers (see next recipe)



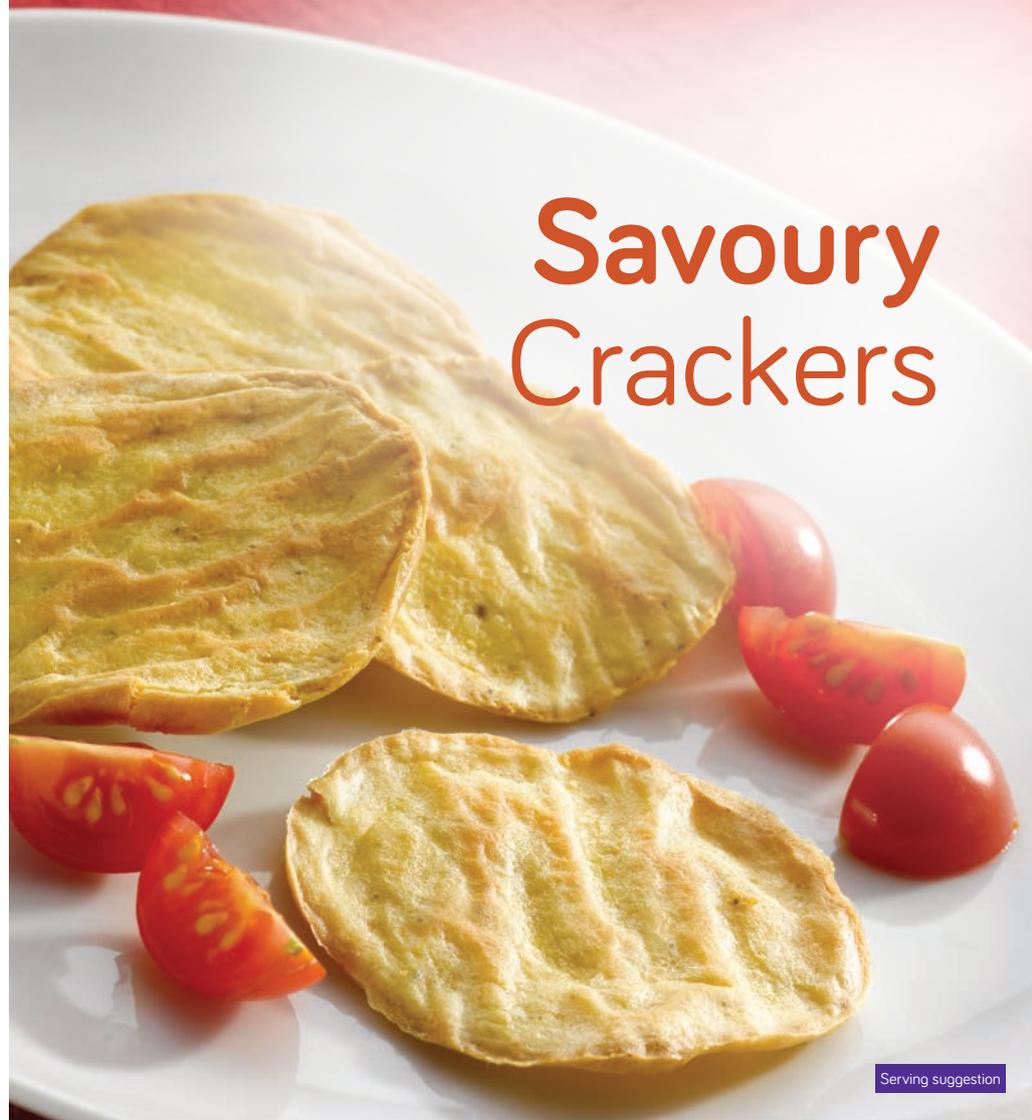
Skill Rating



Novice

Expert

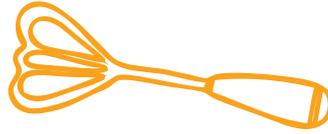
Preparation time: 25 mins



Savoury Crackers

Serving suggestion

Savoury Crackers



Approx per cracker (recipe makes 4)

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 2.8g | 1.6g |
| Protein | 0.7g | 0.7g |
| Carbohydrate | 0.2g | 0.2g |
| kcal values | 29 | 18 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------|-----|-----|
| KetoCal 3:1 powder | 12g | 8g |
| Water | 10g | 11g |
| Olive oil | 3g | 1g |
| Egg | 11g | 16g |

Serves **4**

Serves **4**

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Method:

1. Preheat oven to 190°C/gas mark 5
2. Mix together KetoCal 3:1, water and oil to form a batter
3. Whisk egg and beat into the mixture
4. Divide into four and place onto baking parchment, using a spatula to create 2" circles
5. Cook until golden brown, turn over and cook for further 5 mins to crisp underside
6. Remove from the oven and allow to cool on a wire tray



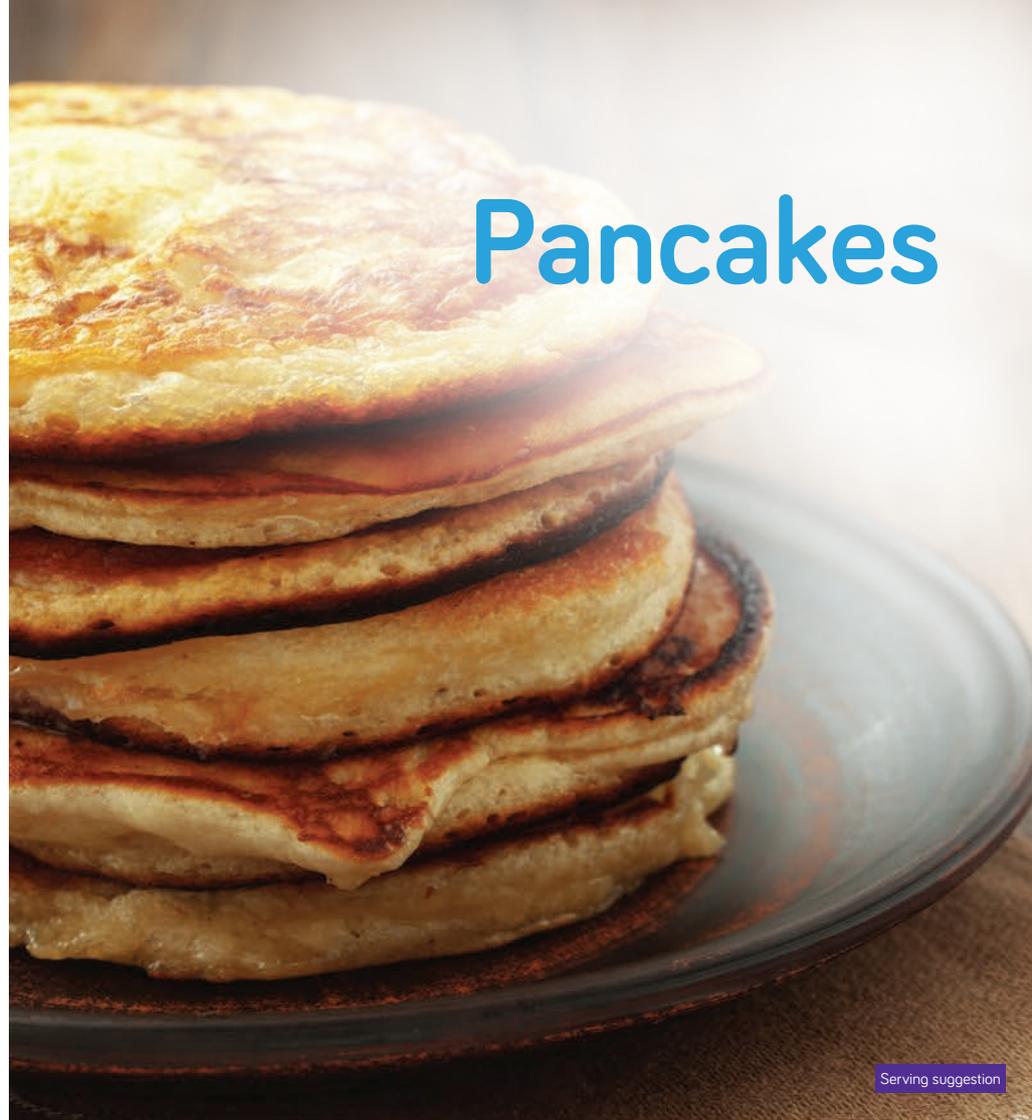
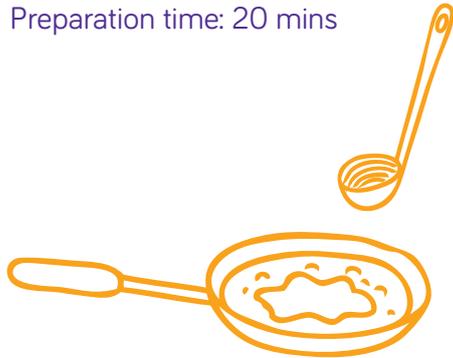
Skill Rating



Novice

Expert

Preparation time: 20 mins



Pancakes



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|------|
| Fat | 9.4g | 7.4g |
| Protein | 2.5g | 2.6g |
| Carbohydrate | 0.7g | 1.1g |
| kcal values | 97 | 82 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------|-----|-----|
| KetoCal 3:1 Powder | 25g | 26g |
| Butter | 6g | 2g |
| Beaten egg | 27g | 26g |
| Fresh double cream | 7g | n/a |
| Skimmed milk | n/a | 9g |
| Water | 4g | 4g |
| Raspberries | n/a | 20g |
| Frylight spray oil | | |

Serves **3**

Serves **3**

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Serving suggestion

Method:

1. Melt butter, stir in egg and cream or milk (as appropriate) and mix well
2. Mix in KetoCal 3:1 and add water to mixture
3. Add spray oil to a frying pan and warm on medium heat, spoon in a third of the pancake mixture and cook until golden brown. Repeat this a further two times



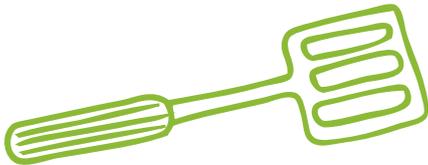
Skill Rating



Novice

Expert

Preparation time: 15 mins



Mackarel Fingers and Mayo

Serving suggestion

Mackarel Fingers and Mayo



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 14.5g | 13.8g |
| Protein | 3.9g | 3.5g |
| Carbohydrate | 0.9g | 3g |
| kcal values | 150 | 150 |



Ingredients

| Ratio | 3:1 | 2:1 |
|--|-----|-----|
| KetoCal 4:1 Powder unflavoured | 8g | n/a |
| KetoCal 3:1 Powder | n/a | 5g |
| Princes mackerel fillet in sunflower oil | 10g | 10g |
| Courgette | 15g | 8g |
| Cooked green broccoli (boiled in unsalted water) | 8g | 6g |
| Olive oil | 2g | 4g |
| TRS coconut powder | 4g | n/a |
| White plain wheat flour | n/a | 3g |
| Hellman's mayonnaise | 4g | 6g |

Serves **3**

Serves **3**

Please refer to your dietitian before making any adaptations to the recipes. Allergens may be present, please check the individual product and ingredients labels. If concerned about allergens please contact your Healthcare Professional.

Method:

1. Flake mackerel into a bowl, finely grate courgette and add to bowl
2. Add KetoCal, mash broccoli with the back of a fork, add to bowl, mix together
3. Form into small fish finger shapes, brush with oil and sprinkle with coconut powder/flour, ensuring all is added to the finger shapes
4. Cook gently in a frying pan on low heat (to avoid sticking), serve with mayonnaise



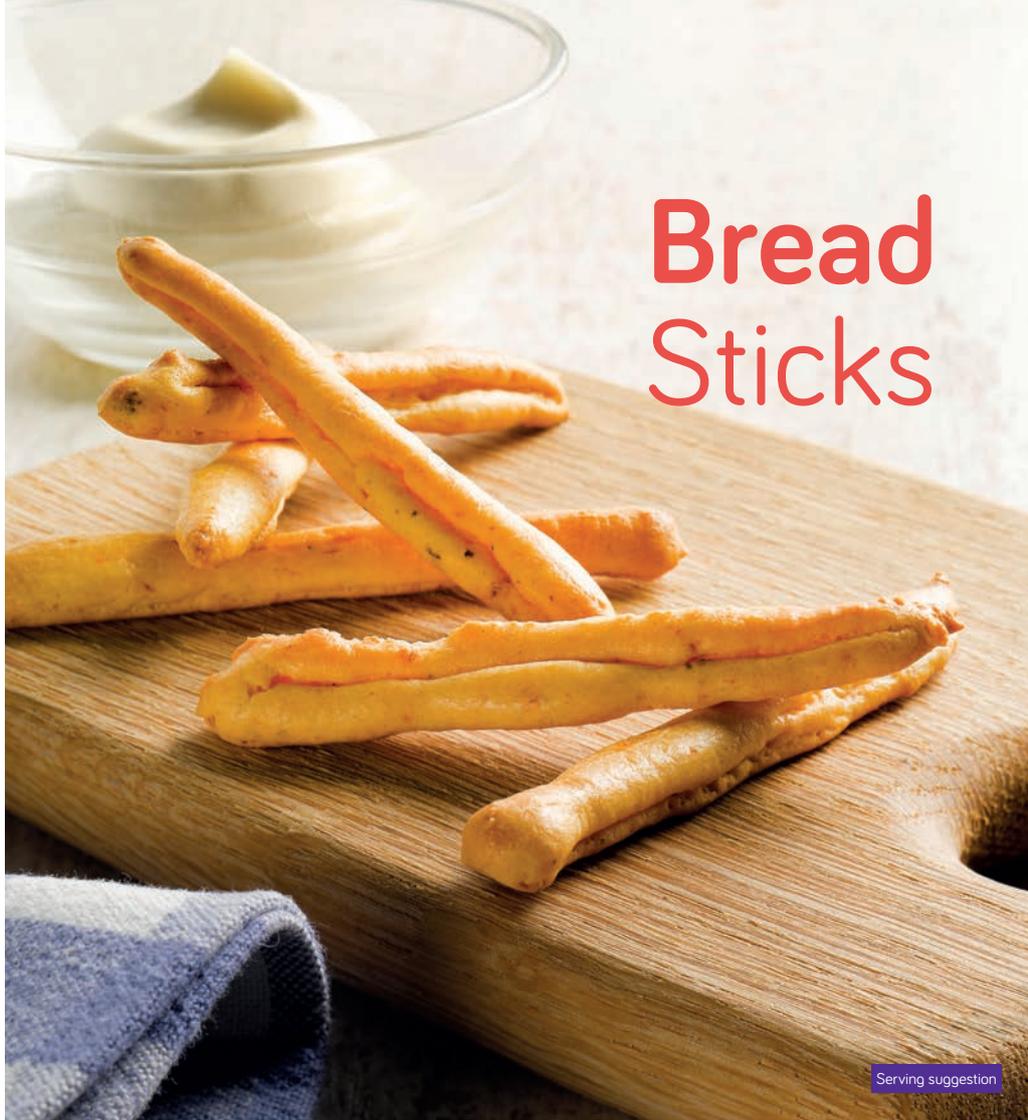
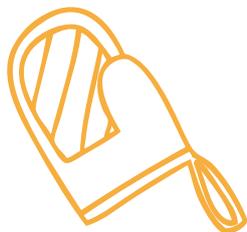
Skill Rating



Novice

Expert

Preparation time: 20 mins



Bread Sticks

Serving suggestion

Bread Sticks



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|------|
| Fat | 11.7g | 9.9g |
| Protein | 2.2g | 2.3g |
| Carbohydrate | 1.6g | 2.4g |
| kcal values | 121 | 109 |

Ingredients

| Ratio | 3:1 | 2:1 |
|--------------------------------|-----|-----|
| KetoCal 4:1 Unflavoured Powder | 14g | 14g |
| White self-raising wheat flour | 2g | 3g |
| Beaten egg | 7g | 7g |
| Gia tomato puree | 1g | 2g |
| Cooled boiled water | 6g | 6g |
| Olive oil | 8g | 6g |
| Parmesan cheese | 2g | 2g |

Serves **1**

Serves **1**

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Method:

1. In a bowl, mix together olive oil, KetoCal 4:1, parmesan, flour and egg
2. Add tomato puree and water and mix, adding more water if required
3. Either cook in a small frying pan: spread out mixture and cook like a pancake, flipping when required; or
4. Preheat oven to 190°C/gas mark 5. Add mixture to piping bag and pipe into strips onto a baking tray, bake for 10 mins or until golden brown, cool on a wire tray



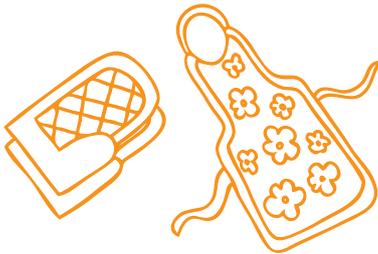
Skill Rating



Novice

Expert

Preparation time: 35 mins



Cheese Muffin

Serving suggestion

Cheese Muffin



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|-------|-------|
| Fat | 14.5g | 13.2g |
| Protein | 3.1g | 4.9g |
| Carbohydrate | 1.4g | 1.5g |
| kcal values | 149 | 144 |

Ingredients

| Ratio | 3:1 | 2:1 |
|------------------------------|-----|-----|
| KetoCal 3:1 Powder | 5g | 7g |
| Barkat baking powder | 2g | 2g |
| TRS coconut powder | 4g | 3g |
| Butter | 8g | 3g |
| Beaten egg | 12g | 12g |
| Finely grated cheddar cheese | 2g | 8g |

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Serves **1**

Serves **1**



Method:

1. Preheat oven to 200°C/gas mark 6
2. In a bowl, mix together KetoCal 3:1, baking powder and coconut powder
3. Melt butter in microwave for 5 seconds and add with the egg to dry ingredients, mix together well, adding water if mixture is too thick
4. Stir cheese into mixture and place in mould
5. Bake for approx. 20 mins, leave in mould to cool

Chef's tip:

Use silicone muffin tray to make 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



Skill Rating



Novice

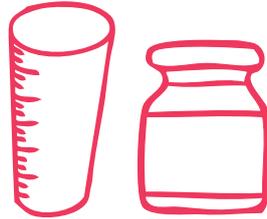
Expert

Preparation time: 20 mins



Creamy Jelly

Creamy Jelly



Approx per serving

| Ratio | 3:1 | 2:1 |
|--------------|------|-------|
| Fat | 8.5g | 14.8g |
| Protein | 2.4g | 6.5g |
| Carbohydrate | 0.4g | 0.9g |
| kcal values | 90 | 163 |

Ingredients

| Ratio | 3:1 | 2:1 |
|-----------------------------------|-------|-------|
| KetoCal 4:1 LQ (Unflavoured) | 200ml | 100ml |
| Hartley sugar free jelly crystals | 5g | 5g |
| Water | 25g | 125g |
| Fresh double cream | 8g | n/a |



Method:

1. Sprinkle jelly in hot water, stir until dissolved
2. Add cream (if appropriate) and KetoCal 4:1 LQ into jelly and stir
3. For 3:1 - Pour into 4 individual moulds or shapes and refrigerate until set
3. For 2:1 - Pour into an individual mould or shape and refrigerate until set

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Serves **4**

Serves **1**