



CLASSICAL
KETOGENIC DIET

Recipe Book



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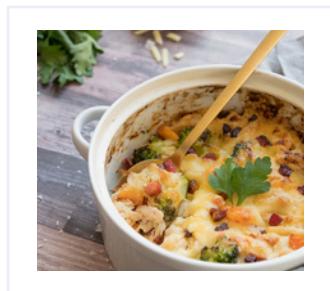
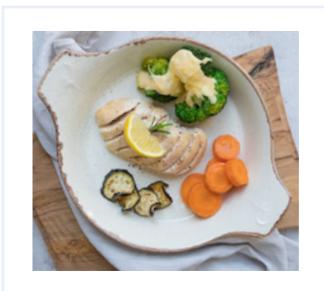
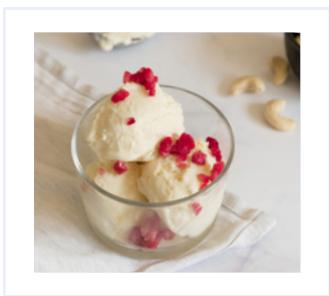
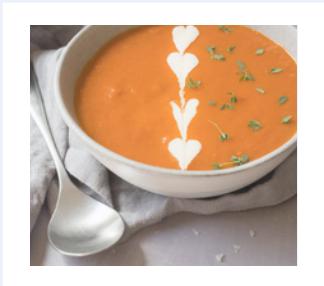


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Why KetoVie?

We aim to simplify your everyday through our ready to drink, nutritionally complete **KetoVie 4:1** formula.

KetoVie 4:1 can help children with epilepsy eat the foods they like to eat, connect with their loved ones and be special for reasons other than having this seizure disorder.

We are in this together. Our knowledge is your knowledge. Our research is your research. Our ideas are your ideas.
**We invite you to join us
in our mission to reclaim
your “everyday”.**





Breakfast 5

Halloumi, Avocado and Tofu Brunch 2.1:1



30g Mediterranean style block cheese, Violife

30g avocado

30g silken tofu, Yutaka or Tesco

5g olive oil

31g double cream, Tesco

2.5g ground turmeric

3g salt

□ Heat half the oil in small frying pan and add tofu, breaking it into

'scrambled egg' pieces with a spoon. Add the turmeric and salt to season and cook for 10 minutes, stirring constantly.

□ In a separate pan, heat remaining oil and add sliced Violife cheese. Fry on both sides until golden brown.

□ Slice avocado and plate up with cheese and tofu.

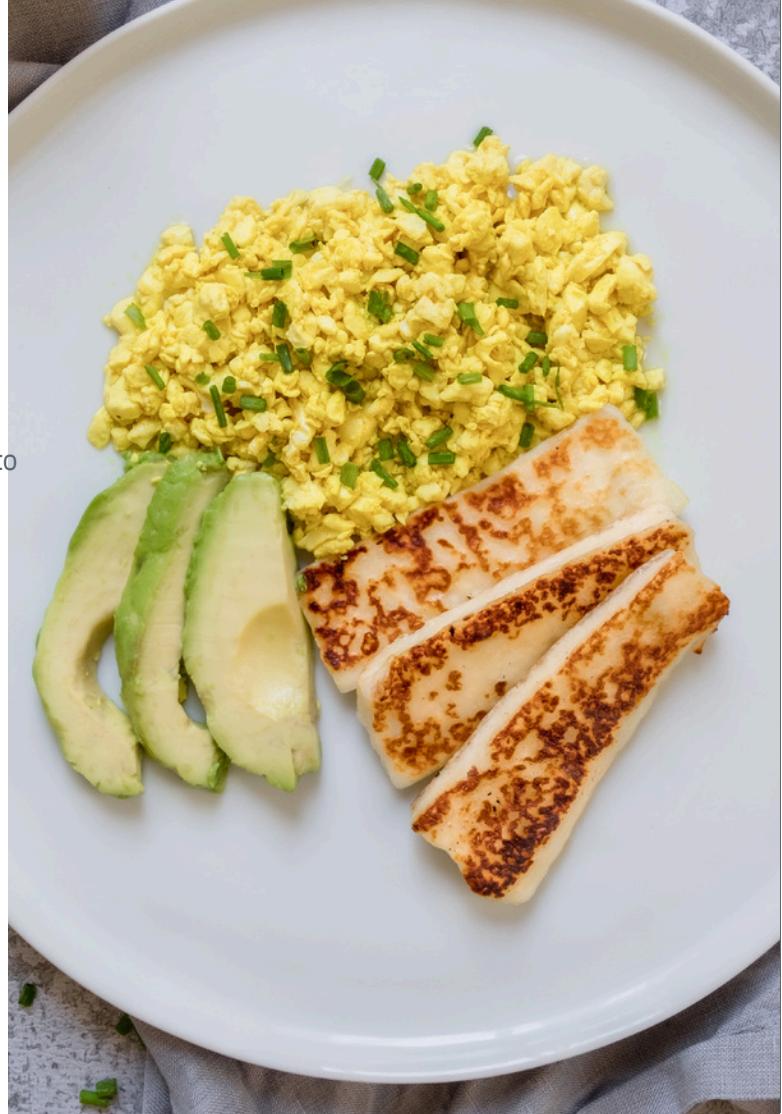
□ Serve with cream.

nutritional information per serving

1 servings		2.1:1 ketogenic ratio		347 calories kcal		31.9 fat grams		11.4 net carbs grams
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IMPORTANT : This recipe will need to be adapted to each individual's prescription.
Please do not attempt any type of ketogenic diet without medical supervision.





Apple and Peanut Butter Dip 3.5:1

YOU
WILL
NEED

17g apple, no skin
7g smooth peanut butter
11g coconut cream
11g coconut oil
3.5g natural sweetener, Truvia

- Slice the apple.
- Mix the Truvia, peanut butter, cream and oil together in a small dish.
- Dip the apple into the peanut dip and enjoy!

nutritional information per serving

1 servings	3.5:1 ketogenic ratio	172 calories kcal	17 fat grams	3 net carbs grams
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Chia Pudding 2:1

YOU
WILL
NEED

40g KetoVie 4:1 Vanilla

30g double cream, Tesco

16g kiwi fruit, peeled and finely chopped

43g chia seeds, whole

5g ground cinnamon

5g vanilla extract

40ml water

□ In a small dish, mix KetoVie, cream, chia seeds, cinnamon, vanilla and water.

□ Soak overnight in the fridge.

□ Top with chopped kiwi in the morning and enjoy!

nutritional information per serving

1	2:1	377	34.2	7.7
serving	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Soups 9



Cauliflower Cheese Soup 3.8:1

YOU
NEED

32g double cream, Tesco

22g cauliflower, finely chopped

12g coconut oil

24g mature cheddar cheese, Cathedral City, grated

100ml vegetable stock, OXO, made up as directed

□ Boil cauliflower until cooked through (5-10 minutes). Drain

and cool.

□ Add all ingredients to a small soup bowl, cover and microwave for 3 minutes, stirring every 30 seconds.

nutritional information per serving

1 servings		3.8:1 ketogenic ratio		369 calories kcal		36.6 fat grams		2.2 net carbs grams
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Mushroom, Garlic and Parsley Soup 2.7:1

YOU
WILL
NEED

150g white mushrooms, chopped
190ml vegetable stock, OXO made up as directed
20g onion, finely chopped
8g parsley
2g garlic
50g double cream, Tesco
15g olive oil

- In a saucepan, fry onions and garlic in oil until golden brown.
- Add chopped mushrooms and stir for 5-10 minutes.
- Add stock and parsley, bring to the boil and simmer for 5 minutes.
- Cool and blend until smooth.
- Stir in the cream.

NUTRITIONAL INFORMATION PER SERVING

1 serving	2.7:1	437 kcal	42 fat grams	8.5 net carbs grams
	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Cream of Tomato Soup 3:1

YOU
WILL
NEED

220g tinned tomatoes, chopped
18g onion, finely chopped
4g garlic, crushed
10g olive oil
10g unsalted butter, Tesco
4g dried oregano
30g double cream, Tesco
salt/pepper (optional)

- In a saucepan, melt butter and oil. Add the onions and stir until golden brown.
- Add garlic, oregano and tomatoes, season (optional), bring to boil and then simmer for 5-7 minutes.
- Leave to cool and blend until smooth.
- Stir in the double cream before serving.

NUTRITIONAL INFORMATION PER SERVING

1		3:1		352		34.1		8.3
servings		ketogenic ratio		calories kcal		fat grams		net carbs grams



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Main Meals 13

Baked Vegetables with Hazelnut Cream 3:1

YOU
WILL
NEED

43g double cream, Tesco	10g almond oil
30g parsnips	15g hazelnuts
30g carrots	2g salt
30g pumpkin	

- Preheat oven to 200°C.
- Crush the hazelnuts (or thinly slice) and slice all vegetables into matchsticks.
- Mix vegetable sticks with half of the oil, season with salt, and oven cook for 15-20 minutes (or until cooked to your liking).
- In a small pan, heat half of the oil, cream and nuts until combined for 2-3 minutes. Remove from the heat and using a spatula, transfer to a small serving dish.
- Serve vegetables with the hazelnut cream.

nutritional information per serving				
1		3:1		426
servings		ketogenic ratio		calories kcal
				41.3 fat grams
				9.8 net carbs grams



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Chicken, Bacon and Vegetable Hotpot 2:1

YOU
NEED

36g double cream, Tesco
17g broccoli

17g carrots

35g chicken breast, skinless

15g bacon (including fat)

33g mature cheddar cheese, Cathedral City

8g unsalted butter, Tesco

- Preheat the oven to 190°C.
- Finely slice the chicken, bacon, broccoli and carrots.
- Pan fry the chicken and bacon for approx. 5 minutes until cooked through
- Microwave the broccoli and carrots for 2-3 minutes, or boil them for 10 minutes.
- In a small baking dish, mix the vegetables, chicken, bacon (including fat), butter and cream. Bake for 5 minutes.
- Remove from the oven, sprinkle the grated cheese on top and bake for a further 2 minutes.

nutritional information per serving

servings	2:1	475	43.2	2.6
	ketogenic ratio	calories kcal	fat grams	net carbs grams

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Moussaka 2:1

YOU WILL NEED

45g aubergine, thinly sliced into large rounds	25g tinned tomatoes, chopped
15g olive oil	2g mixed herbs
35g ground lamb meat	2g cinnamon
10g onion, finely chopped	15g mozzarella
28g crème fraîche	16g double cream, Tesco
5g fresh garlic, crushed	salt to taste

- Preheat oven to 220°C.
- Slice the aubergine as thinly as possible. Brush over half of oil and place on a baking tray. Cook for 10 minutes on each side (total 20 minutes), or until golden brown. Ensure the turn the pieces over halfway through to brown on both sides.
- Whilst the aubergine is baking, heat the remaining oil in a small pan and stir fry the onion for 2-3 minutes. Then add the mince and stir for a further 5 minutes or until cooked through.
- Add tomatoes, herbs, spices, salt and garlic to the mince, bring to boil and then simmer on a low heat for 5 minutes.
- In a separate dish, mix the crème fraîche and double cream.
- In a small baking dish, add the mince mixture, layer over the aubergine slices and spread over the crème fraîche cream mixture. Place the mozzarella on top and oven bake for 7-10 minutes.

NUTRITIONAL INFORMATION per serving

1		2:1		484		43.8		7.3
serving		ketogenic ratio		calories kcal		fat grams		net carbs grams

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Salmon and Broccoli 2:1

YOU
WILL
NEED

45g double cream, Tesco
20g broccoli
5g dill

74g salmon
10g cashew nuts
20g olive oil

- Boil broccoli for 5-10 minutes.
- Fry salmon in olive oil for 5-10 minutes until cooked through. Remove salmon from pan.
- Add cashew nuts to hot frying pan and stir for 2 minutes, then add cream and stir for 3 minutes.
- Add dill and stir for a further minute.
- Serve salmon, cream and broccoli together.

nutritional information per serving

1 servings	2:1 ketogenic ratio	586 calories kcal	53.3 fat grams	4.5 net carbs grams
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Keto Roast Dinner 2:1

YOU
NEED

40g double cream, Tesco	39g chicken breast, skinless
30g broccoli, chopped	6g olive oil
25g carrots, sliced	12g mature cheddar cheese,
40g aubergine, thinly sliced into rounds	Cathedral City
	15g unsalted butter, Tesco

- Preheat the oven to 200°C. Wrap the chicken in foil and cook in oven for 15-20 minutes, or until cooked through.
- Brush half of the oil over the sliced aubergine and grill on both sides for 10 minutes (20 minutes total) until browned and crispy.
- Boil the carrots for 7-10 minutes.
- Place the broccoli, butter and olive oil in a small oven dish and microwave for 2-3 minutes. Cover in cream and sprinkle over the cheese and oven cook for a further 5 minutes.
- Serve the chicken, broccoli, aubergine crisps and carrots together.

Information per serving

1	2:1	488	44.4	4.8
serving	ketogenic ratio	calories kcal	fat grams	net carbs grams



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Snacks 1

Chocolate Granola Bar 4:1

YOU
WILL
NEED

3g natural sweetener, Truvia

4g pumpkin seeds

4g Brazil nuts

5g pecan nuts

5g 90% cocoa supreme dark chocolate, Lindt

7g liquid coconut oil

- Grate, finely chop or crush all the nuts and seeds.
- Melt the chocolate in a microwave for 10-15 seconds.
- Mix all the ingredients together in a small dish and then lay out in a rectangle shape on a lined baking tray.
- Freeze for 1-2 hours and then enjoy!

SUGGESTION: double or triple this recipe to make multiple snack bars. Use a mould to create perfectly shaped bars.

nutritional information per serving

1		4:1		175		17.5		1.6
serving		ketogenic ratio		calories kcal		fat grams		net carbs grams



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Pizza Fat Bomb 3:1

YOU
WILL
NEED

5g basil
6g chorizo, cooked
110g full fat cream cheese
10g red pesto, Tesco
30g olives

- Finely chop the basil, olives and chorizo.
- Mix all ingredients together and roll into 4 equal balls.
- Place in fridge for 3-4 hours to harden before eating.

FUN ALTERNATIVE Enjoy with keto crackers or on cucumber slices.

NOTE: This recipe makes 4 servings

Nutritional information per serving				
1 servings	3:1 ketogenic ratio	120 calories kcal	11.6 fat grams	1.5 net carbs grams



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Desserts



KetoVie Ice Cream 6.5:1

YOU
WILL
NEED

125ml (1/2 carton) **KetoVie 4:1 Vanilla**

50g double cream, Tesco

8g vanilla extract

20g natural sweetener, Truvia

10g unsalted butter, Tesco

- In a medium sized bowl whip the cream until stiff.
- Mix in the vanilla extract and sweetener
- Gradually add the KetoVie 4:1 Vanilla, stirring slowly and consistently until combined.
- Melt the butter and mix in.
- Distribute into 4x even freezer safe moulds.
- Freeze for 2-3 hours and serve.

SUGGESTION : If freezing overnight, allow to thaw for 10-15 minutes before eating.

NOTE : This recipe makes 4 servings.

nutritional information per serving

servings	6.5:1	123	12.8	0.7
	ketogenic ratio	calories kcal	fat grams	net carbs grams

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Chocolate and Peanut Butter Smoothie 3:1

YOU
WILL
NEED

250ml KetoVie 4:1 Chocolate

17g smooth peanut butter, Tesco

10g natural sweetener, Truvia
ice

- Blend all ingredients together with ice.
- Serve with extra ice.

nutritional information per serving					
1	3:1	492	47.6	3.2	
serving	ketogenic ratio	calories kcal	fat grams	net carbs grams	



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Fruit Tart 3.75:1



YOU
WILL
NEED

14.4g raspberries
2g Vanilla extract
5g raw egg whites
25g ground macadamia nuts

- Preheat oven to 180°C.
- Crush or grate the macadamia nuts if whole.
- Mix the egg white, vanilla extract and macadamia nuts together in a small bowl.
- Mash the raspberries into a puree.
- Press the nut mixture into a small silicone mould.
- Make a small hollow in the centre and spoon in the raspberry puree.
- Bake for 15 minutes or until lightly browned.

NUTRITIONAL INFORMATION PER SERVING

1 servings	3.75:1 ketogenic ratio	192 calories kcal	19 fat grams	2.4 net carbs grams
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Strawberry Mousse 7:1

YOU
WILL
NEED

250ml **KetoVie 4:1 Vanilla**

95g fresh blended strawberries

236g double cream, Tesco

TOOLS : Cream whipping device

□ Refrigerate all ingredients overnight.

□ Pour the cream, KetoVie 4:1, and strawberry puree into your cream whipping device and whip until stiff.

□ Divide into 12 even portions and store in the fridge.

SUGGESTION : Top with extra strawberries (adjust Ketogenic ratio accordingly).

NOTE: This recipe makes 12 servings.

nutritional information per serving				
1		7:1		124
serving		ketogenic ratio		calories kcal
				12.9 fat grams
				0.8 net carbs grams



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