

Culinary Knowledge Encyclopedia

1. Ketogenic Diet

Keto diet is a low-carb, high-fat diet.

- Principle: Induce ketosis to burn fat instead of carbs.
- Good Foods: Meat, Fish, Eggs, Butter, Cheese, Avocado.
- Bad Foods: Rice, Bread, Sugar, Fruits.

2. Ingredient Substitutes

- Sugar -> Honey, Oligosaccharide, Stevia
- Butter -> Margarine, Cooking Oil, Coconut Oil
- Milk -> Soy Milk, Almond Breeze

3. Food Storage Tips

- Garlic: Freeze minced garlic in ice trays.
- Green Onions: Wash, dry, chop, and freeze.
- Onions: Wrap peeled onions individually and refrigerate.