













COLOUR & SHINE

A GUIDE TO MAKING MEALS FOR ADULTS AND YOUNG PEOPLE ON KETOGENIC THERAPY

DINNERS





SNACKS







COLOUR & SHINE:

A GUIDE TO MAKING MEALS FOR ADULTS AND YOUNG PEOPLE ON KETOGENIC THERAPY

This starter booklet has been designed as a simple introductory guide to putting together ketogenic meals for adults and young people on medically prescribed ketogenic diet (KD) therapy. A three month supervised trial is generally sufficient to enable you to see whether a KD will make a significant difference to your symptoms or not. However, three months is not long so it's important to give it your best shot and it can be a steep learning curve. Your ketogenic team are there to help you!

Changing food choices and meal patterns formed over decades is hard for most of us. It's important to start out with simple meal changes and plenty of repeat meals to start with and build up complexity and variety over the months IF it is delivering results. In time, you will build up your knowledge and confidence and become your own KD expert.

A SUMMARY OF THE KEY FOOD CHANGES INVOLVED

CARBOHYDRATE INTAKE

Carbohydrate control is fundamental to the ketogenic fuel switch and a therapeutic KD for adults will generally contain 20-30g per day. We recommend choosing carbohydrate containing foods that release their glucose more slowly such as non-starchy vegetables, berries, dairy products, nuts and seeds to provide your prescribed amounts at meals. These foods are relatively low in carbohydrate so you can get more food bulk for your carbohydrate allowance. They are also valuable sources of additional micronutrients (including essential fatty acids) and phyto-nutrients.

COUNTING YOUR CARBOHYDRATE GRAMS

Please refer to the carbohydrate choice lists to help you include the foods you enjoy in appropriate amounts to match your meal prescription.

Note: whenever you eat a source of carbohydrate, be sure you have some fat alongside it.

FAT INTAKE

Fats are the main driver for ketone production and become your main fuel; needing to be included in each meal and snack. Examples of good fat sources are olive oil, coconut oil, butter, lard, double cream, mayonnaise, avocados, nuts and cheese.

Your prescription will provide you with guidance on how much fat to add to your meals and snacks through the day. Your protein containing foods such as meats, oily fish, eggs and cheese do naturally provide some fats too, but eating larger portions of these will result in too much protein (see 'A word about protein' on p.3) and insufficient fat, so extra fats need to be added at each meal. The amounts will depend on your body weight, your day to day activity levels and whether there is a need for weight maintenance or weight reduction.



WHY WFIGH & MFASURF?

To start with you will need to weigh the carbohydrate & fat so that you become familiar with seeing how for example, broccoli equal to 1g CHO looks or mayonnaise equal to 10g fat looks.

It can't be denied, the weighing and measuring can be a tedious and time consuming process initially, but you do get faster over time as you become familiar with your favourites and get an eye for portion sizes. At this point you will no longer need to weigh everything, however, it is worth checking yourself every now and then for a couple of days to ensure that you do not go too far off track.

BODY WEIGHT

Your prescription will be designed to match your needs and you are asked to weigh yourself weekly (at the same time of day) on digital scales and include this on your weekly monitoring form.

Unplanned weight gain is not common but may occur if too much fat and protein is eaten and indicates that your fuel intake is in excess of your needs. When your weight is increasing, you will not produce ketones as effectively, leading to lower levels.

Unplanned weight loss will occur if you are not managing to eat all your required fat portions. Once your body is switched into fat burning mode, it will burn the fats you eat or stored body fats if your food fat intake is too low. Therefore, if you are not consuming enough fats, you may lose weight, feel tired and ketone production may be impaired or exaggerated depending on your individual response.

A WORD ABOUT PROTEIN

On Modified ketogenic regimes, protein foods are not measured. However, large portions of meats, fish, cheese etc. can deliver more protein than you actually need, with the excess being burned for fuel. This reduces the need for your body to burn as much fat; impairing ketone production. It may also increase your blood glucose levels too.

IS IT A HEALTHY WAY OF EATING?

It is possible to enjoy a very healthy ketogenic diet... or a less than healthy one. It all comes down to the choice and quality of your meal ingredients. Ideally, most of your meals could do with being based on simple unprocessed foods.

To start with, it helps to focus on the keto friendly foods that you enjoy the most. It is also worth trying to include the lower carbohydrate vegetables and fruits that give you more nutritional value and colour for your limited carbohydrate quota. This can really make a difference to the size of your meals and help you incorporate your fats and oils.

Due to the restricted nature of ketogenic diets, it is generally recommended that you take a good quality multivitamin, mineral and trace element supplement alongside. Your dietitian will guide you on which supplement will best suit your needs.

PUTTING A KETOGENIC MEAL TOGETHER; FIRST STEPS

It is worth starting simply by using the meal planning sheets and food choices lists, building in the three essential components to each meal; a portion of protein, a source of carbohydrate (always measured) and a generous supply of fats (portion guided). In this way, you will soon learn to spot when the balance of foods in your meal doesn't look quite right and will gain the knowledge to assemble meals when eating away from home. It will also help you to make the best use of any KD meal planning calculators such as EKM, later on too. Please see your prescription sheet for your recommended amounts.

FIRST STEPS FOOD CHOICES:				
PROTEIN:	PROTEIN: Choose a moderate plain portion of meat, fish, eggs or cheese*.			
CHO:	Add measured amounts of vegetables and/or include fruit (berries) as a dessert. See the Carbohydrate Choices list for guidance on 1g and 5g portions.			
FAT:	Prepare your meat, fish or egg choice with some added fats: Cook in butter, olive oil, coconut oil, add double cream to make a sauce or add mayonnaise.			

* A vegetarian KD is entirely possible but as any KD already restricts food sources considerably, adding further food exclusions can make meal management and an optimal nutrient intake, even harder for you. Also, vegetable protein sources such as beans, lentils, nuts and seeds can provide significant amounts of carbohydrate, hence the emphasis on animal protein sources in our main meal recipes. Nuts can be a very handy snack food but please consider your portion sizes and check the nutrition label or the miscellaneous food choices list at the back of this booklet to see how much fat and carbohydrate your normal serving may contain. Do speak to your KD team if you require vegetarian adaptions to meals.



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PUTTING A KETOGENIC MEAL TOGETHER; FIRST STEPS

Let's look at building a simple meal providing 5g CHO and 40g added Fat using Food Choices (see appendix 1).

EXAMPLE 1

"I fancy an omelette and a cup of coffee for breakfast".

Step 1: Where is my protein coming from? The eggs provide an excellent source of protein. Choose 2-3 depending on your appetite.

Step 2: Where is my carbohydrate coming from? Select your favourite vegetable additions for your omelette (remembering that if you want to add double cream to your coffee, you need to allow a little CHO for this too): eq

- 64g tomatoes (2 g CHO)
- 38g green peppers (1 g CHO)
- 16g spring onions (0.5g CHO)
- 32g Spinach (0.5g CHO)

Step 3 Where is my added fat coming from?

- You may like to cook the omelette with 20g olive oil to provide 20g of your fat.
- A mug of coffee (decaffeinated or caffeinated) with 42g double cream provides another 20g fat (also includes 1g CHO).



This is how it can look on your planner:

Food	Food portion grams	CHO Choice grams	Fat choice grams	Protein Source ✓
Eggs	x 2-3	-	-	✓
Tomato	64g	2g	-	-
Green pepper	38g	1g	-	-
Spring onions	16g	0.5g	-	-
Spinach	32g	0.5g	-	-
Olive oil	20g	-	20g	-
Double cream	42g	1g	20g	-
Coffee	Mug	-	-	-
Totals		5g	40g	✓

PUTTING A KETOGENIC MEAL TOGETHER; FIRST STEPS

EXAMPLE 2

"How about a tuna mayonnaise salad for lunch?"

Step 1: Where is my protein coming from?

Half a large can of tuna provides sufficient protein plus you may like to add little extra in the form of a few cubes of feta cheese on the salad.

Step 2: Where is my carbohydrate coming from? Select your favourite salad additions remembering that if you want to add any dessert after the salad, you will need to allow some of your meal CHO allowance left over for this. eg

- 71g Lettuce (1g CHO)
- 64g tomato (2g CHO)
- 33g cucumber (0.5g CHO)
- 55g celery (0.5g CHO)
- 16g spring onions (0.5g CHO)

Step 3: Where is my added fat coming from?

- Add 26g mayonnaise (20g fat + 0.5g CHO)
- Mix 20g olive oil (20g fat) with a squeeze of lemon juice add salt, black pepper & herbs to taste & drizzle over your salad.



It will look a bit like this on your planner:

Food	Food portion grams	CHO Choice grams	Fat choice grams	Protein Source ✓
Tuna Feta	100g 30g	- -	-	*
Lettuce Tomato Cucumber Celery Spring onion	71g 64g 33g 55g 16g	1g 2g 0.5g 0.5g 0.5g	- - - -	- - -
Mayonnaise Olive oil	26g 20g	0.5g -	20g 20g	-
Totals		5g	40g	✓

SETTING UP YOUR KETOGENIC KITCHEN; A BRIEF GUIDE TO STORE CUPBOARD BASICS

Start out by looking through your cupboards and moving all the keto friendly ingredients to one location for easy access and to avoid temptation from other elements from your pre keto life.

The following ketogenic kitchen cupboard basics are frequently used in recipes for breads, muffins, biscuits, pancakes, porridge alternatives etc. and can be handy to have around.

ALMONDS

Ground almonds (also known as almond flour) are a common ingredient used in keto baking. Easily available from the baking section in most supermarkets. However, the larger bags in health food stores or on line tend to be better value for money.

BAKING POWDER

This readily contains wheat or rice flour (gluten free versions) so is a source of carbohydrate . Go for carb free versions such as Tesco's Baking Powder or Barkat's or make your own using bicarbonate of soda and cream of tartar (1tsp bicarbonate of soda to 2 tsp cream of tartar)

CHOCOLATE

Use those with 75% cocoa solids or above.

Unsweetened versions are hard to find in the UK – Use online suppliers.

Do not use diabetic chocolate.

COCOA

Cocoa powder is very useful for keto muffins, ice cream and creamy hot chocolate drinks. Available in the hot drinks section of the supermarket. Avoid drinking chocolate!

COCONUT

Unsweetened desiccated coconut is widely available from supermarkets, health food stores and online.

Coconut flour or rather a finer ground coconut can be made from desiccated coconut by simply placing it in a goblet style blender. It tends to form more of a paste.

OR you can buy bags online such as the TRS brand. The fat and carbohydrate content of coconut flour varies between brands, so please check the nutrition label and adjust your recipes accordingly.

DRINKS

Tea, coffee, fruit & herb teas with no added sugar

Add unsweetened Soya or Almond milks. Up to 300ml per day will contribute less than 0.5q CHO

Sugar free squashes (try to choose ones that are less than 0.4g CHO per 100g).

Low Calorie and "Diet" fizzy drinks.

Note: The artificial sweeteners vary by brand. The commonest are Sucralose, Acesulfame K, Aspartame and Saccharin.

FATS & OILS

For cooking, use butter, ghee, olive oil (not Virgin), coconut oil, lard as these are more stable for cooking at higher temperatures.

For drizzling over food and in salad dressings, use Virgin olive oil, flaxseed oil, walnut oil, avocado oil.

Note: Solid Coconut oil contains approximately 60% medium chain fats (MCT's). These tend to be metabolized to produce ketones a little faster than the longer chain fats found in most other food fat sources. This may be helpful to enhance the production of ketones from a meal and for this reason, it's a good idea to be consistent with your use of MCT containing fats (such as always including the same amount at the same meal each day) otherwise you may find variations in symptom control from one day to the next.

Liquid coconut oil such as Natures Aid Premium Liquid Coconut Oil (93% MCT's) and MCT oil (100% MCT's) should always be used consistently as part of your ketogenic prescription. Please discuss with your ketogenic team.

SETTING UP YOUR KETOGENIC KITCHEN; A BRIEF GUIDE TO STORE CUPBOARD BASICS

FLAXSEED AND PSYLLIUM HUSK BASED PRODUCTS

Ground flax seeds can be very helpful in baking ketogenic breads, pizza bases, porridges etc. They are high in fat, protein and very low in carbohydrate. You can buy the seeds and grind them as you go (the best way to preserve the essential fatty acids) or buy ready ground flaxseed or flaxseed and nut mixes (store in the fridge after opening). The Linwoods brand offer a wide range of products that are available from health food stores or online. Some of the low price supermarkets do their own versions of these, but some of the mixes can be higher in carbohydrate so please check labels. We recommend going for the lower carbohydrate options.

Psyllium husk is a fibrous substance that can add bulk and structure to low carbohydrate baked goods. It does not count as carbohydrate so can be used as required. Choose the whole ground husk (sandy, slightly gritty appearance) for best effect. The very finely ground powder versions have been known to turn baked goods purple.

Note: It is very important to ensure that adequate fluids are taken when introducing or increasing flasseed or pysillium husk.

HERBS, SPICES, STOCKS AND FLAVOURINGS:

Use the following to add delicious flavours and variety to your meals:

Herbs; dried and fresh. If you are using large amounts of fresh herbs, check the carbohydrate content as this may need to be counted in to the meal.

Spices and curry powders; dried. Check labels of 'mixes' for added sugars or flour,

Commercial stocks; Looking for lowest carbohydrate versions; try Kallo organic Vegetable stock cubes or Knorr touch of taste liquid.

Homemade stock is still the best; Don't let bones go to waste. For further tips look at www.nourishedkitchen. com/bone-broth.

Savoury spreads and flavours; Bovril, Marmite, Worcestershire sauce, mustard, vinegar, a dash of soya sauce.

Lemon and lime juices; a squeeze or two is fine but if you are using these in volume-likely best to count the CHO into your meal.

Sweet enhancers; small amounts of essences e.g vanilla essence.

Da Vinci flavoured syrups (contain sucralose) can be used in drinks and for cooking (available on the internet).

Joseph's sugar free maple syrup (internet).

JELLY

Sugar fee jelly e.g Hartley's sachets (available in most supermarkets). Note this product contains Aspartame. Morrison's 'own label' version is an alternative sweetened with Sucralose.

Gelatine

MILKS AND CREAMS

Use unsweetened almond milk or unsweetened soya milk as these have much lower carbohydrate content than cows or goats milk.

Choose double cream or Cornish clotted cream as these tend to have the highest fat content for the lowest carbohydrate content.

PROTEIN POWDERS

If you ever need to make up a meal replacement drink or shake, it can be handy to have a protein source to mix in. Many commercial whey protein products contribute carbohydrate too so do check the labels carefully. There are many low carbohydrate protein powders products available eg. Pulsin' Soya or Pea protein (1g CHO per 100g) or Pulsin' Whey Protein Isolate (2.5g CHO per 100g).

Sun Warrior blend – Natural is another popular product but has 5g CHO per 100g.

PASTA REPLACEMENTS

There are many brands and formats of products based on Konjac root. Eg. Slim Pasta or Miracle Noodle type products. They can add bulk to a low carbohydrate meal and provide a source of fibre but little else. They are available from health food stores or online.

SETTING UP YOUR KETOGENIC KITCHEN; A BRIEF GUIDE TO STORE CUPBOARD BASICS

SWEETENERS QUITE A MINEFIELD!

Many choose to avoid sweeteners altogether. However, for those of you wishing to use something, we tend to recommend carbohydrate and calorie free options such as Hermesetas liquid (liquid saccharin) or pure Stevia powder products. Be aware of the filler in powdered sweetener products as they are often carbohydrate based such as maltodextrin. However a base of inulin (a soluble fibre) as found in Natures Garden Stevia is classed as carbohydrate and calorie free.

Sugar alcohols (eg sorbitol, xylitol, erythritol) are not recommended to be used in the early months of ketogenic therapy. These contribute calories and may cause diarrhoea and stomach cramps if taken in larger amounts; tolerance varies!

So-called 'natural' sweeteners such as honey, agave syrup, molasses, maple syrup and fruit sugar (fructose) are concentrated sources of carbohydrate must always be counted into your prescribed amount of carbohydrate for a meal

Check labels carefully and do ask your ketogenic team for guidance if you are unsure.

VEGETABLES – THE LOWEST IN CARBOHYDRATE

Choosing lower carbohydrate vegetables to make up a proportion of the carbohydrate allocation for a meal can really help to add bulk, phytonutrients and a larger surface area to dress with fats and oils:

The following may be helpful:

- Broccoli
- Cauliflower
- Celery
- Courgette
- Kale
- Mushrooms (these absorb fats and oils really well)
- Mixed Salad leaves (check nutrition label on packs carbohydrate values vary)
- Spinach
- Watercress

It is worth using the baby versions i.e. baby corn or kale, being younger they have not had time to store carbohydrate, so tend to contain less.

YOGURT

Where possible go for Greek or Greek Style natural yogurt as these have a higher fat content but remember to check the carbohydrate content, as this may be 4-6g per 100g.

Dairy free alternatives such as Coyo coconut yogurt (3g CHO and 19g fat per 100g) or Alpro plain soya yogurt (2.1g CHO and 2.3g fat per 100g) may also be useful.

EQUIPMENT:

There are a few key items that are essential; you may already have these to hand. Some of these items can be found in your Matthew's Friends starter pack which you can obtain freely from the charity.

- Scales; a set of digital kitchen scales that can weigh to the nearest gram, are essential. A spare set of scales and a stock of batteries is a good idea as back up.
- Calculator; useful for calculating the weights of your recipe ingredients when you want to batch cook.
- Measuring Spoons; 5ml teaspoon, 10ml dessertspoon, 15ml tablespoon.
- Silicon muffin trays or baking trays of varying shapes
- Plastic containers so that you can cook in bulk and freeze individual portions for convenience.

SUPPLIERS:

A ketogenic diet is generally based on meals prepared from normal everyday unprocessed foods; Meats, fish, eggs, cheese, vegetables, fruits, fats and oils, herbs, spices, nuts and seeds.

Most ingredients can be found in your regular supermarket. Do shop around on price. The budget supermarkets such as Lidl and Aldi can be very good value for Greek yogurt, double cream, dark chocolate (with high cocoa content), nuts and seeds. Always check the individual nutrition labels as carbohydrate and fat contents will vary between brands.

For more unusual ingredients such as low carbohydrate versions of sauces, flours, bread etc, you may need to look further than your local supermarket. Try a local health food store or look on the internet for such items. These are not essential but can help to increase your range of meals and snacks, when you start to become a bit more adventurous!

HOW TO USE THE RECIPES IN THIS BOOKLET?

Used alongside your individual prescription and your Modified KD Food Choices Lists (see appendix 1), the recipes can provide you with a range of meal ideas that can be adjusted to your individual requirement.

Each meal recipe provides approximately:	5g Carbohydrate	40g Fat	18g Protein	450 Calories
Each snack recipe provides approximately:	1g-2g Carbohydrate	15g-16g fat	2-4g Protein	150 Calories
A daily intake of 3 meals plus 3 snacks would provide:	21g Carbohydrate	165g Fat	60-66g* Protein	1800* kcal

^{*}This is roughly sufficient for some women but less likely to be adequate for men. Always refer to your individual KD prescription and expect to adjust these recipes, particularly the fat and protein portions at your meals.



ADAPTING THE RECIPES TO YOUR NEEDS:

INCREASING THE CARBOHYDRATE PORTION:

• If your guideline CHO amount for your KD meal is for more than 5g CHO, or your snack amount for more than 2g CHO then please refer to your 1g CHO choices list (Appendix 1) and add extra vegetables, fruit or nuts etc. to adapt the recipe to meet your guideline amount for that particular meal or snack.

INCREASING THE FAT PORTION:

 All the meal recipes are calculated on EKM (Electronic Ketogenic Manager) that counts all the fats in all the ingredients including fats found in your protein foods such as meat, eggs, cheese etc. Therefore, each recipe provides 40g total fat from all sources (and equates to approximately 30g 'added fats').

If your prescription guidance is for more than 40g total fat, or your snack amount for more than 15g total fat, then please refer to your 10g fat choices list and add extra oils, butter etc to the recipe to meet your requirement.

REDUCING THE CARBOHYDRATE OR FAT PORTIONS:

• The nutrition table below each recipe tells you how much carbohydrate, fat and protein is coming from each ingredient. It can help you to target the key ingredients to alter, depending on whether it is the carbohydrate or fats you need to change. Some recipes are easier to 'reduce' than others. Unfortunately, baked goods such as muffins and biscuits, can be less adaptable and may not turn out as planned if adjusted significantly. If you are unsure about anything, please contact your ketogenic team.

A note about protein:

 Protein foods such as meat fish and eggs are not generally restricted in modified KD's but large amounts can reduce ketone production and so are not helpful for establishing and maintaining ketosis. Therefore, these recipes have been calculated to provide at least an adequate amount of protein to meet the needs of most adults but with a degree of moderation in mind.

ALTERING THE INGREDIENTS BASED ON PREFERENCES:

- You may wish to alter the types of fat and oil used in the recipes according to your individual preference.
- In the recipes specifying Alpro Soya Light milk you can use Alpro Unsweetened Almond milk or nutritionally similar products as an alternative.

A WORD ABOUT ORGANIC FOODS

Organic vegetables and fruits are very similar in their macronutrient (protein, carbohydrate and fat) composition to non-organic versions therefore do not have a direct bearing on the ketogenic potential of your diet. If you wish to consider choosing organic produce to avoid pesticide residues, then for economic reasons, it is worth focusing on the fruits and vegetables you consume the most often and buying the organic versions of those that have been shown to contain the most residues.

For further details, please check the free booklet 'Pesticides on a Plate' from the Pesticide Action Network UK; https://issuu.com/pan-uk/docs/pesticides_on_a_plate

Another option is to seek out local producers of vegetables meat, eggs, butter and cream via farm gate sales or farmers markets. They may not be certified organic, but may be grown in a less intensive way.

ELECTRONIC KETOGENIC MANAGER (EKM)

We have used the EKM to calculate the carbohydrate, fat and protein information for all the recipes in this booklet. This program is available free to anyone on dietetically managed ketogenic therapy and is available on all media platforms including mobile ones. It was originally designed for use with Classical KD therapy where a specified ratio of protein fat and carbohydrate is required at each meal meaning accurate measurement of all foods. A Modified KD does not require such meticulous counting of all food components but the EKM can be really useful when you are wanting to make up more complex recipes with lots of ingredients.

A Users Guide to the EKM is available from Matthew's Friends, either to download from the website or a hard copy can be sent to you. There are also filmed tutorials available for EKM which you can again access freely from the Matthew's Friends Website or our YouTube Ketocooking channel www.youtube.com/MatthewsFriendsOrg

A note about switching from a food choices method to an electronic calculation program.

When you start to use a computer program such as EKM, you will notice that it adds up all the fat from all foods to work out the total fat for the meal. This is a combination of the added fats and the hidden fats found within foods such as meat, eggs, cheese etc. If you have been following prescription guidance to add fat to a prescribed amount using food choices lists, then it is likely that you may need to increase this by approximately 10g to give the total fat figure to use in calculating a meal using the program. Otherwise, fat and energy intake would reduce and symptomatic control may be significantly affected.



Visit Matthew's Friends #KetoKitchen YouTube channel for Ketogenic recipe demonstrations and tutorials!



Visit the Matthew's Friends YouTube channel and learn how to use the Electronic Ketogenic Manager (EKM) to help successfully create Ketogenic recipes and manage a medical Ketogenic Dietary Therapy.

www.youtube.com/matthewsfriendsorg -

FOUR FILMS WILL HELP GUIDE YOU THROUGH EVERY STEP

EKM is a multiplatform Ketogenic calculator available from www.ekmketocalc.com



3. Creating a meal and adding products to the EKM

4. Completing the monitoring information within the EKM

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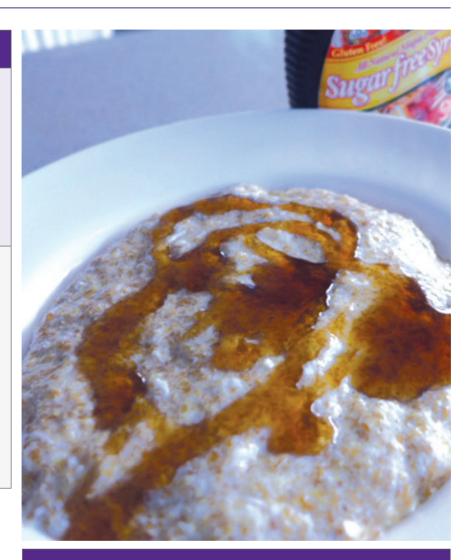


PORRIDGE

INGREDIENTS

- 32g Ground Almonds, Morrisons
- 4g Oats So Simple Quaker
- 22g Flaxseed, Sunflower & Pumpkin Seeds, Milled, Linwoods
- 24g Double cream
- You will also need a few drops of liquid sweetener or JOSEPH's sugare free maple syrup and 200mls water

- Mix together the oats, almond and flaxseed
- Mix in the cream with the water in a small pan
- Add the dry ingredients
- Bring to the boil and cook gently for 2 minutes
- Serve sweetened with a few drops of liquid sweetener or JOSEPH's sugar free syrup. This can be done in a microwave cooking in two one minute burst stirring inbetween.



KETO PORRIDGE EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Ground Almonds Morrisons	32g	2.21	6.75	17.86		
Oats So Simple Quaker	4g	2.36	0.44	0.31		
Flaxseed, Sunflower & Pumpkin Seeds, Milled Linwoods	20g	0.48	4.54	9.82		
Double cream	24g	0.38	0.36	12.12		
Totals		5.43g	12.09g	40.10g		

BACON MUFFIN

INGREDIENTS

- 27g Butter
- 20g Bacon rashers, streaky, grilled
- 14g Golden Omega Milled Flaxseed (Virginia Harvest)
- 24g eggs
- 9g Ultra Fine Fiberflour from Lonjevity Foods
- 24g Double cream
- 5g Cheese Mature Cheddar
- You will also need 1/4 teasp of Barkat Baking Powder
- Reserve 11g of butter for serving

COOKING INSTRUCTIONS

- Chop the bacon into fairly small pieces. Grate the cheese then weigh it
- Mix the FiberFlour, Flax & Barkat together
- Soften the 18g of butter then add the flour mixture with the cheese & Bacon
- Combine with the beaten egg & Cream
- You can add a pinch of dried herbs or a little pepper
- Put in a muffin mould & leave it to stand for 10 mins while you preheat the oven 170c/ Fan 150c/ gas 5 cook for approx 20 mins til risen & brown
- These batch up well and freeze. But when you batch up keep the bacon to one side and add when you have weighed out the mixture for each muffin. This ensures you get the correct amount in each one.



Carbohydrate Protein Fat Ingredient Weight grams grams grams Butter 27g 0.16 0.16 22.19 Bacon rashers, 0.0 4.76 5.38 20g streaky, grilled Golden Omega Milled Flaxseed 14q 0.14 2.80 5.74 (Virginia Harvest) 24g 0.0 3.02 2.16 Ultra Fine Fiberflour 9g 1.43 1.89 0.18 from Lonjevity Foods Double cream 24g 0.38 0.36 12.12

5g

0.01

2.12

Cheese Mature Cheddar

Totals

1.27

14.27

1.75

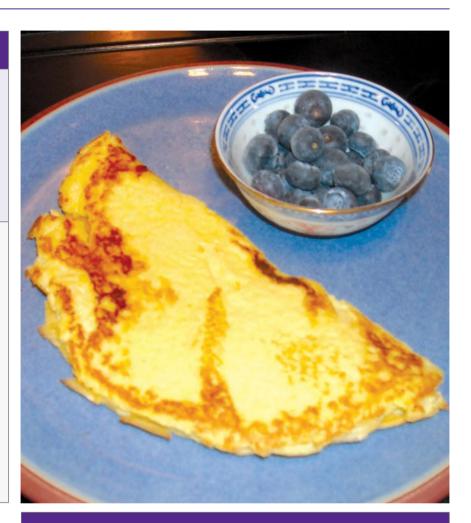
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BREAKFAST PANCAKE

INGREDIENTS

- 14g Fresh Cream, double
- 55g Eggs
- 29g Ground almonds
- 11g Olive oil
- 50g Alpro Sugar Free Soya Milk
- 30g Blueberries

- Reserve blueberries for serving.
- Mix together the ground almonds, cream and Alpro.
- Heat the oil in a non stick frying pan.
- When hot pour in the batter mixture and cook til brown underneath and set on top then flip over to cook the other side or pop under a hot grill.
- Serve with the blueberries you can add sweetener or sugar free syrup if liked.
- You can exchange the blueberries for other fruits such as 45g of Strawberries or 60g of Raspberries.



BREAKFAST PANCAKE EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Fresh Cream, double	14g	0.22	0.21	7.07		
Eggs	55g	0.00	6.93	4.95		
Ground Almonds	29g	2.00	6.12	16.18		
Olive oil	11g	0.00	0.00	10.99		
Alpro Sugar Free Soya Milk	50g	0.00	1.65	0.90		
Blueberries	30g	2.73	0.27	0.06		
Totals		4.96g	15.18g	40.15g		

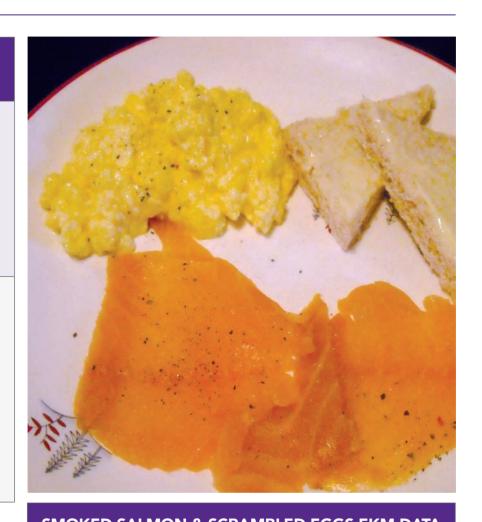
SMOKED SALMON & SCRAMBLED EGGS

INGREDIENTS

- 15g Butter
- 39g Double Cream Morrisons
- 54g Eggs
- 40g Salmon, smoked (hot-smoked)
- 11g Bread Hovis Best of Both
- 25g Alpro Sugar Free Soya Milk

COOKING INSTRUCTIONS

- Reserve 5g of the butter to butter the bread.
- Whisk the egg with the Alpro cream and some seasoning.
- Melt the remaining butter in a pan and stir in the egg mixture stir gently until cooked through.
- Serve with the smoked salmon and buttered bread on the side.
- You could toast the bread if preferred.



SMOKED SALMON & SCRAMBLED EGGS EKM DATA

Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams
Butter	15g	0.09	0.09	12.33
Double Cream Morrisons	39g	0.62	0.58	19.70
Eggs	54g	0.00	6.80	4.86
Salmon, smoked (hot-smoked)	40g	0.52	10.16	3.52
Bread Hovis Best of Both	11g	4.44	1.12	0.24
Alpro Sugar Free Soya Milk	25g	0.00	0.82	0.45
Totals		5.68	19.59	41.10

NUTTY CRUNCH CEREAL

INGREDIENTS

- 9g Almonds
- 9g Brazils
- 8g Flax & sunflower seed mix (Linwoods)
- 7g Desiccated coconut
- 7g Sunflower seeds
- 9g Butter
- 25g Double cream
- 38g Raspberries
- Sweetener
- Vanilla essence

- Chop the bazil nuts & melt the butter then mix with all other ingrdients including the sweetener & essence.
- Spread on a baking sheet and bake in a preheated oven 190c/Fan 170c/Gas 5 for approx 5 mins til golden.
- Serve warm or cold with the fruit & cream
- You can replace the Raspberries with strawberries then you would have 30g of fruit



NUTTY CRUNCH CEREAL EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Almonds	9g	0.58	2.29	5.02	
Brazil nuts	9g	0.28	1.29	6.14	
Flaxseed pumpkin & sunflower mix	8g	0.19	1.82	3.93	
Desiccated coconut	7g	0.45	0.39	4.34	
Sunflower seeds	7g	1.3	1.39	3.33	
Butter	9g	0.05	0.05	7.4	
Double cream	25g	0.4	0.38	12.63	
Raspberries	38g	1.75	0.53	0.11	
Totals		5.01g	8.14g	42.89g	

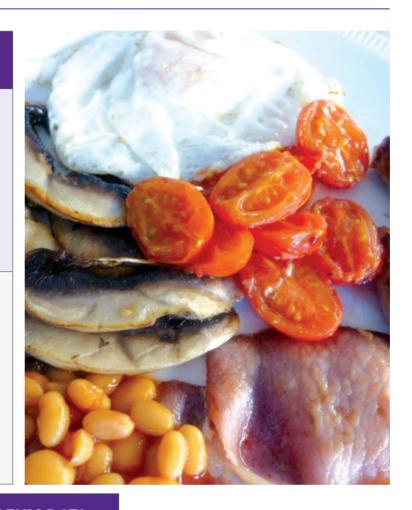
TRADITIONAL COOKED BREAKFAST

INGREDIENTS

- 23g Back bacon
- 40g Black Farmers sausage
- 1 Large Egg
- 80g Mushrooms
- 62g Tomato raw
- 23g Olive oil
- 20g Baked Bean Heinz reduced sugar

COOKING INSTRUCTIONS

- Starting with the sausages fry them in half the oil til cooked add the bacon when the sausages are almost done. Keep warm
- Add the tomato & Mushrooms cook til done
- Add remaining oil and fry the egg
- Serve with the warmed baked beans you could pop them in the frying pan after the egg then you will get all the residue fat.



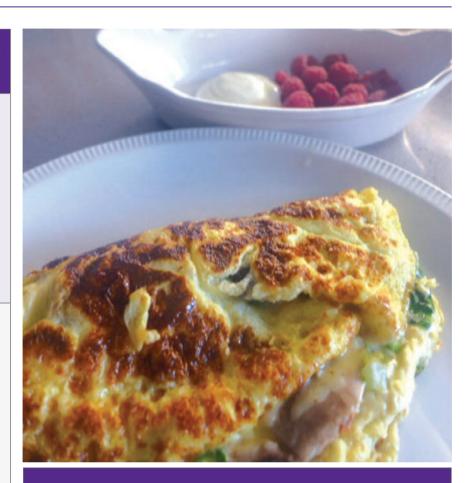
TRADITIONAL COOKED BREAKFAST EKM DATA Carbohydrate Protein Fat Ingredient Weight grams grams grams 50g () 6.3 4.5 Eggs Bacon 23q () 3.8 3.8 Olive oil 0 0 22.98 23g Tomatoes 1.92 0.43 0.19 62g Mushrooms 0.32 80g 1.44 0.4 0.4 5.92 Black farmers sausages 40q 7.88 **Baked Beans** 20g 2.14 0.92 0.04 reduced sugar HEINZ **Totals** 4.78g 18.81q 39.78g

CHEESE & MUSHROOM OMELETTE

INGREDIENTS

- 10g Cheese Mature Cheddar
- 22g Cream, fresh, double
- 80g Eggs
- 40g Mushrooms
- 16g Olive oil
- 25g Yogurt, low fat, plain
- 20g Spinach, baby, raw
- 44g Raspberries, raw
- 100g Alpro Sugar Free Soya Milk

- Mix the egg with the Alpro and cream adding seasoning of choice
- Grate the cheese. Chop the spinach and mushrooms
- Fry the mushroom & Spinach in the oil for 2 or 3 minutes
- Pour in the egg mixture and cheese cook till almost set
- You can then turn it or pop it under a hot grill to finish cooking
- For extra flavour you could add a sprinkle of dried herbs
- Mix the raspberries and yoghurt together
- Serve before ro after the omelette



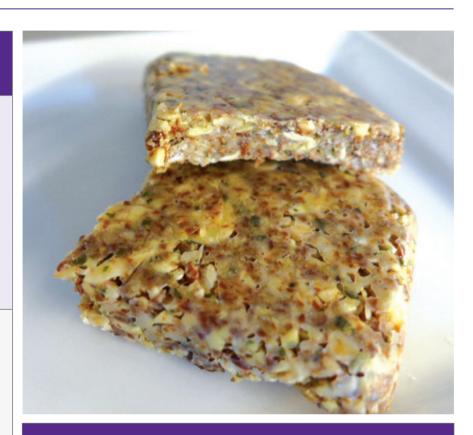
CHEESE & MUSHROOM OMELETTE EKM DATA				
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams
Cheese Mature Cheddar	10g	0.01	2.54	3.49
Cream, fresh, double	22g	0.35	0.33	11.11
Eggs	80g	0.00	10.08	7.20
Mushrooms, common	40g	0.16	0.72	0.20
Olive oil	16g	0.00	0.00	15.98
Yogurt, low fat, plain	25g	1.95	1.20	0.25
Spinach, baby, raw	20g	0.04	0.52	0.12
Raspberries, raw	44g	2.02	0.62	0.13
Alpro Sugar Free Soya Milk	100g	0.00	3.30	1.80
Totals		4.54	19.31	40.29

MO'S BREAKFAST BAR (NOTE – LOWER IN PROTEIN)

INGREDIENTS

- 30g Flaxseed, Sunflower & Pumpkin Seeds Milled Linwoods
- 3g Oats Organic Mornflake
- 22g Coconut Virgin Oil BIONA ORGANIC
- 10g Almonds Toasted Flaked Morrrisons
- 3g Raisins
- Sweetener or sugar free flavouring if desired.

- Cut the raisins in half.
- Melt the oil gently and mix all the ingredients together.
- Place in mould and refrigerate to set.
- Store air tight in the fridge.



MO'S BREAKFAST BAR EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Flaxseed, Sunflower & Pumpkin Seeds Milled Linwoods	30g	0.72	6.81	14.73	
Oats Organic Mornflake	3g	1.68	0.36	0.25	
Coconut Virgin Oil BIONA ORGANIC	22g	0.00	0.00	21.98	
Almonds Toasted Flaked Morrrisons	10g	0.70	2.10	5.60	
Raisins	3g	2.08	0.06	0.01	
Totals		5.18	9.34	42.57	



VEGETABLE BAKE

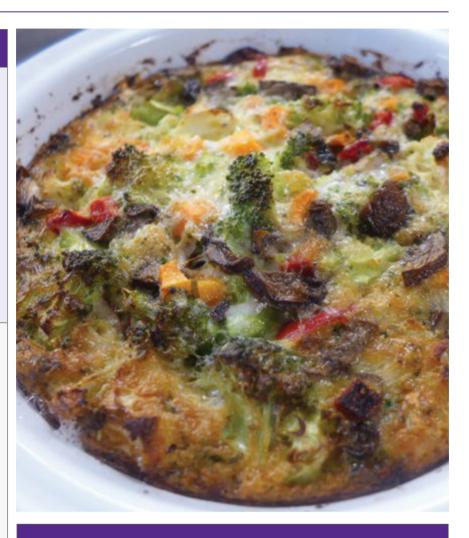
INGREDIENTS

- 100g eggs
- 40g Mushrooms
- 45g Broccoli
- 10g Peppers (red, capsicum)
- 12g Olive oil
- 9g Butter
- 21g Double cream
- 20g Carrots
- 25g Cauliflower
- 30g Alpro soya milk (light)

COOKING INSTRUCTIONS

- You will also need a little GIA Garlic paste, some mixed herbs and a little seasoning.
- Dice all the vegetables.
- Pre- heat oven to 160c/Fan 140c/gas 4.
- Beat the egg with the Alpro,cream and half the oil add the GIA Garlic, herbs and seasoning.
- Mix in the chopped vegetables.
- Grease an ovenproof dish with the remaining oil.
- Put the mixture in the dish and dot with the butter.
- Bake for 30-40mins til vegetables is cooked.

This could be made using left over vegetables but would need to be re calculated! Also, by using the vegetables from raw you get all the flavour and nutrients in the dish.



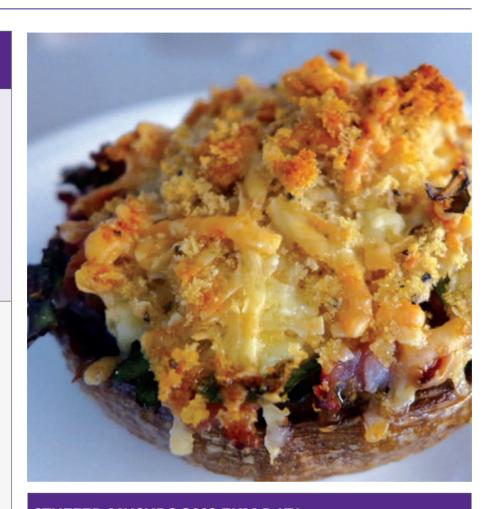
VEGETABLE BAKE EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Eggs, whole	100g	0	12.6	9.0	
Mushrooms	40g	0.16	0.72	0.2	
Broccoli	45g	1.44	1.94	0.27	
Pepper, capsicum, red	10g	0.43	0.08	0.02	
Olive oil	12g	0	0	11.99	
Butter	9g	0.05	0.05	7.4	
Double Cream, fresh,	21g	0.34	0.32	10.61	
Carrots	20g	1.2	0.14	0.1	
Cauliflower	25g	1.1	0.63	0.1	
Alpro Soya Light	30g	0.03	0.60	0.36	
Totals		4.75g	17.07g	40.04g	

STUFFED MUSHROOMS

INGREDIENTS

- 102g Mushrooms
- 9g Wholemeal bread
- 11g butter
- 15g spring onions
- 53g Bacon rashers, raw
- 19g Cheddar cheese
- 11g Olive oil
- 20g Spinach

- You will also need a pinch of herbs, a small amount of GIA garlic paste and some seasoning.
- Weigh the mushrooms without the stalks (large breakfast mushrooms may be good).
- Divide the butter between the mushrooms and place in the centre of them.
- Fry off bacon and spring onions in the olive oil with seasoning and garlic paste, then add in the spinach.
- Add mix to mushrooms.
- Top with grated cheese and breadcrumbs.
- Bake in oven, 180°C, gas 6 for about 20 mins.



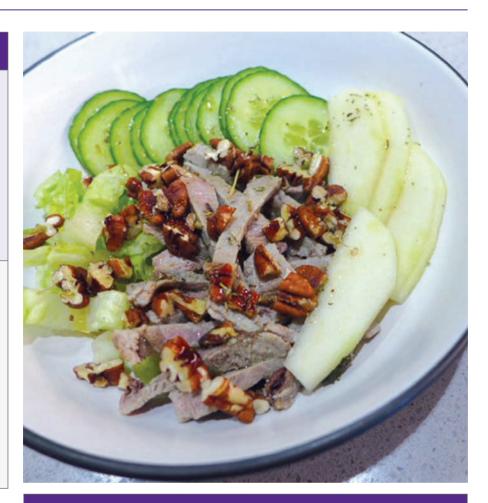
STUFFED MUSHROOMS EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Mushrooms, common	102g	0.41	1.84	0.51	
Wholemeal bread	9g	3.78	0.85	0.22	
Butter	11g	0.07	0.07	9.04	
Spring onions, bulbs and tops, raw	15g	0.45	0.30	0.07	
Bacon rashers, streaky, raw	53g	0.00	8.37	12.51	
Cheese Mature Cheddar	19g	0.02	4.83	6.63	
Olive oil	11g	0.00	0.00	10.99	
Spinach, baby, raw	20g	0.04	0.52	0.12	
Totals		4.76	16.77	40.10	

DUCK SALAD

INGREDIENTS

- 16g Walnuts Shelled Morrisons
- 20g Lettuce, Iceberg, raw
- 12g Olive oil
- 59g Duck, roasted, meat only
- 14g Mayonnaise Hellmanns
- 40g Cucumber, raw, flesh and skin
- 33g Pears, average, raw, peeled

- You will also need some seasoning & a good pinch of dried herbs and a few drops of white wine vinegar
- Place the shredded or sliced duck on the lettuce with the sliced cucumber & pear
- Mix Olive oil with vinegar and herbs
- Sprinkle with the dressing and chopped walnuts
- Serve with the Mayonnaise



DUCK SALAD EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Walnuts Shelled Morrisons	16g	0.52	2.35	10.97	
Lettuce, Iceberg, raw	20g	0.38	0.14	0.06	
Olive oil	12g	0.00	0.00	11.99	
Duck, roasted, meat only	59g	0.00	14.93	6.14	
Mayonnaise Hellmanns	14g	0.21	0.14	11.06	
Cucumber, raw, flesh and skin	40g	0.48	0.40	0.24	
Pears, average, raw, peeled	33g	3.43	0.10	0.03	
Totals		5.03	18.06	40.49	

SMOKED MACKEREL SALAD

INGREDIENTS

- 59g Mackerel (smoked)
- 30g Apples
- 7g Butter
- 50g Oven Baked Keto Bread
- 50g Cucumber

COOKING INSTRUCTIONS

 Chop the apples and cucumber and serve with the mackerel and bread & butter.



SMOKED MACKEREL SALAD EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Mackerel, smoked	59g	0.00	11.15	18.23	
Apples, eating, average	30g	3.54	0.12	0.03	
Butter	7g	0.04	0.04	5.75	
Oven Baked Keto Bread	50g	0.75	5.25	16.00	
Cucumber, raw, flesh and skin	50g	0.60	0.50	0.30	
Totals		4.93	17.06	40.31	

SAUSAGE CASSEROLE

INGREDIENTS

- 35g Cabbage, average, raw
- 19g Carrots, young, raw
- 30g Celeriac, raw
- 85g Sausages Black Farmers Daughter Chipolatas
- 15g Spring onions, bulbs and tops, raw
- 8g Cream, fresh, double
- 23g Bacon rashers, back
- 15g Olive oil

- You will also need 100 mls of stock made with Knorr stock cube or stock pot. Also a little GIA Garlic paste
- Dice the carrot, celeriac & boil for a few mins til tender
- Fry the sausages and bacon in the oil then set to one side
- Fry the chopped onion & garlic paste in the oil
- Add the cabbage & stock cook til tender
- Put the Carrot, celeriac, bacon & Sausage back in and cook for a minute
- Stir in the double cream
- Check seasoning but the stock cube should be sufficient



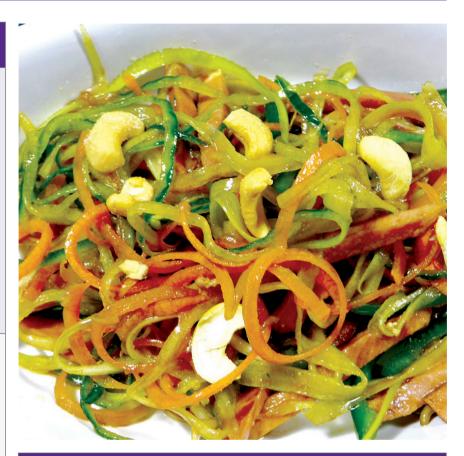
SAUSAGE CASSEROLE EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Cabbage, average, raw	35g	1.54	0.63	0.07	
Carrots, young, raw	19g	1.14	0.13	0.10	
Celeriac, raw	30g	0.69	0.36	0.12	
Sausages Black Farmers Daughter Chipolatas	85g	0.85	12.58	16.74	
Spring onions, bulbs and tops, raw	15g	0.45	0.30	0.07	
Cream, fresh, double	8g	0.13	0.12	4.04	
Bacon rashers, raw	23g	0.00	3.80	3.80	
Olive oil	15g	0.00	0.00	14.98	
Totals		4.80	17.92	39.92	

CHINESE STYLE SALAD

INGREDIENTS

- 23g Carrots, young, raw
- 25g Celery, raw
- 20g Beansprouts, mung, raw
- 10g Soy sauce
- 6g Sesame oil
- 64g Chicken, dark meat, roasted
- 20g Groundnut Oil
- 15g Green peppers
- 6g Cashew nuts, kernel only, roasted and salted
- 30g Cucumber

- Start by making 'noodles' with the Cucumber, carrot & Celery. This can be done by using a Spiralizer or a veg peeler.
- You will also need 1g of lemon juice and 2g of liquid sweetener.
- Heat the groundnut oil and cook the bean sprouts leave to go cold. If you have been able to find READY TO EAT Bean Sprouts then all you need do is toss them in the oil. But DO TAKE CARE some bean sprouts are sold as READY TO COOK and they MUST be cooked!
- Slice the green pepper As fine as you can.
- Add the vegetable noodles to the beansprouts with the green pepper.
- Shred the chicken & mix into the vege
- In a small bowl mix the Soy sauce, sesame oil, lemon juice & sweetener.
- Sprinkle the cashews (We spilt them to make it look more!) over the salad & serve with the dressing.
- For more flavour a little Chinese 5 Spice could be added to the dressing.
- You can use any other cold meat but check the values!



CHINESE STYLE SALAD EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Carrots, young, raw	23g	1.38	0.16	0.12	
Celery, raw	25g	0.23	0.13	0.05	
Beansprouts, mung, raw	20g	0.8	0.58	0.10	
Soy sauce	10g	0.82	0.30	0	
Sesame oil	6g	0	0.00	5.98	
Chicken, dark meat, roasted	64g	0	15.62	6.98	
Groundnut Oil	20g	0	0.00	18.32	
Green Peppers	15g	0.39	0.12	0.04	
Cashew nuts, kernel only, roasted and salted	6g	1.13	1.23	3.05	
Cucumber, raw	30g	0.36	0.30	0.18	
Totals		5.10g	18.43g	34.82g	

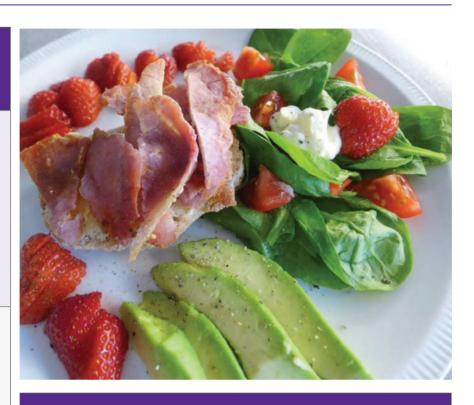
AVOCADO AND BACON OPEN SANDWICH

INGREDIENTS

- 50g Oven Baked Keto Bread
- 12g Mayonnaise
- 30g Tomatoes, raw
- 22g Avocado
- 61g Bacon, raw fat trimmed
- 12g Spinach
- 7g Butter
- 44g Strawberries

COOKING INSTRUCTIONS

- Fry or grill the bacon.
- Serve with the salad on the bread & butter.
- Season as required.



AVOCADO AND BACON OPEN SANDWICH EKM DATA

Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams
Oven Baked Keto Bread	50g	0.75	5.25	16
Mayonnaise Hellmanns	12g	0.18	0.12	9.48
Tomatoes, cherry, raw	30g	1.08	0.33	0.15
Avocado, average,	22g	0.42	0.42	4.29
Spinach, baby, raw	12g	0.02	0.31	0.07
Butter	7g	0.04	0.04	5.75
Strawberries, raw	44g	2.68	0.26	0.22
Bacon rashers, back, fat	61g	0	11.47	4.09
Totals		5.18g	18.20g	40.05g

BEEF BURGER

INGREDIENTS

- 30g Almond Flour Flurry Holland & Barrett
- 19g Eggs WHITES, chicken
- 4g Physillium Husk
- 60g Beef, mince, raw, extra lean
- 6g Boursin Garlic & Herbs
- 10g Sunflower oil
- 10g Butter
- 10g Onions
- 15g Tomato Ketchup Heinz 50% No added sugar

- You will also need a pinch of salt .
 1/4 teasp Barkat Baking powder. 32g
 BOILING water. 2g White Wine Vinegar
- Preheat oven to 180c/Fan 160c/Gas 5
- Mix the almond flurry with the psyllium husks baking powder and salt.
- Add the egg white & vinegar mix well
- Pour in the BOILING water and mix until a dough forms
- Grease a baking tray or line with a non stick liner then shape into burger roll
- Brush with a little beaten egg yolk
- Bake for approx 40 mins till cooked through
- Leave to cool on a wire rack.
- The rolls can be batched and frozen
- Mix the beef with the Boursin and form into a burger to fit the roll
- Fry gently in the oil until cooked thru
- Serve roll spread with the butter, Ketchup & Residue oil



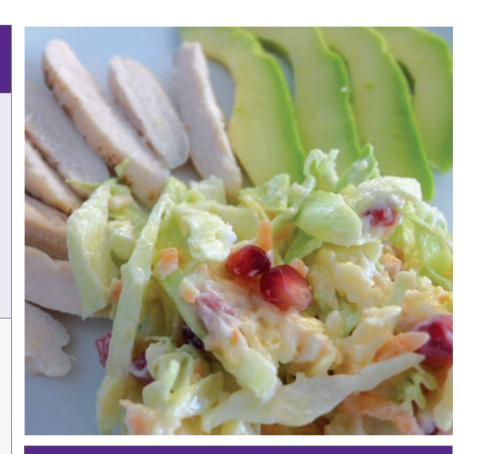
BEEF BURGER EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Almond Flour Flurry Holland & Barrett	30g	2.07	6.30	16.80	
Eggs WHITE, chicken	19g	0.00	2.05	0.00	
Physillium Husk	4g	0.00	0.00	0.00	
Beef, mince, extra lean	60g	0.00	13.14	2.52	
Boursin Garlic & Herbs	6g	0.18	0.48	2.40	
Sunflower oil	10g	0.00	0.00	9.99	
Butter	10g	0.06	0.06	8.22	
Onions	11g	0.88	0.11	0.01	
Tomato Ketchup Heinz 50% No added sugar	15g	1.80	0.21	0.01	
Totals:		4.99	22.35	39.96	

CHEESY COLESLAW WITH CHICKEN

INGREDIENTS

- 10g Pomegranate seeds fresh
- 11g Cheese Mature Cheddar Cathedral City
- 4g Olive oil
- 20g Mayonnaise Hellmanns
- 25g Cabbage white raw
- 5g Carrot
- 10g Macadamia nuts, Morrisons
- 36g Avocado, flesh only
- 44g Chicken light meat roasted

- Finely Shred the cabbage. Coursely grate or very finely slice the carrot the carrot.
- Chop the nuts. Grate the cheese.
- Weigh all these items after preparing
- Mix everything into the mayo & oil with the pmoegranate seeds. Season to taste.
- Serve with the chicken & avocado on the side.



CHEESY COLESLAW WITH CHICKEN EKM DATA							
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams			
Pomegranate Seeds	10g	1.71	0.08	0.00			
Cheese Mature Cheddar Cathedral City	11g	0.01	2.79	3.84			
Olive oil	4g	0.00	0.00	4.00			
Mayonnaise Hellmanns	20g	0.30	0.20	15.80			
Cabbage, white, raw	25g	1.20	0.30	0.03			
Carrots, young, raw	5g	0.30	0.03	0.03			
Macadamia Nuts Morrisons	10g	0.52	0.93	7.58			
Avocado, flesh only	36g	0.68	0.68	7.02			
Chicken, light meat, roasted	44g	0.00	13.29	1.58			
Totals		4.73	18.31	39.87			



DINNERS

MOROCCAN MEAL

INGREDIENTS

- 40g Mushrooms, common
- 52g Lamb, mince, raw
- 35g Eggs
- 14g Sunflower oil
- 92g Tomatoes, canned, whole contents
- 30g Olives, green, in brine, drained, flesh and skin
- 20g Spring onions, bulbs and tops, raw
- 30g Creme fraiche, full fat
- 40g Alpro Sugar Free Soya Milk

- You will also need 1/2 teasp Schwarz Morroccan Spices, a pinch of desiccated coconut and some seasoning.
- Fry the meat with the spices & a little salt & pepper in the oil.
- Add chopped mushrooms, olives, & onions cook gently til soft.
- Add tomatoes & pinch of coconut simmer for 15 mins place in an oven proof dish.
- Mix til smooth the Creme fraiche,egg a pinch of salt and Alpro pour over the top.
- Cook in pre-heated oven 170c/ 150c Fan/Gas 4 until set this will take approx 20 mins.



MOROCCAN EKM DATA							
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams			
Mushrooms, common	40g	0.16	0.72	0.20			
Lamb, mince, raw	52g	0.00	9.93	6.92			
Eggs	35g	0.00	4.41	3.15			
Sunflower oil	14g	0.00	0.00	13.99			
Tomatoes, canned, whole contents	92g	3.50	1.01	0.09			
Olives, green, in brine, drained, flesh and skin	30g	0.00	0.27	3.30			
Spring onions, bulbs and tops, raw	20g	0.60	0.40	0.10			
Creme fraiche, full fat	30g	0.72	0.66	12.00			
Alpro Sugar Free Soya Milk	40g	0.00	1.32	0.72			
Totals		4.98	18.72	40.46			

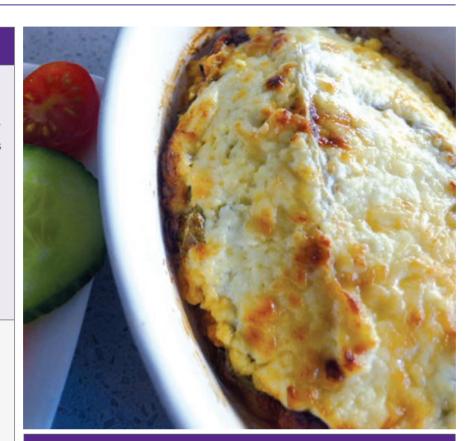
DINNERS

LASAGNE

INGREDIENTS

- 56g Beef, mince, raw, extra lean
- 10g Spring onions, bulbs and tops, raw
- 50g Tomatoes, canned, whole contents
- 30g Lettuce, Iceberg, raw
- 29g Creme fraiche, full fat
- 30g Cucumber, raw, flesh and skin
- 13g Cheese Mature Cheddar
- 13q Olive oil
- 10g Mayonnaise Hellmanns
- 30g Tomatoes, cherry, raw
- 20g Mushrooms, common, raw

- You will also need some Tomato & Garlic GIA Paste approx 5g 1/4 teasp mustard and a good pinch of mixed herbs
- Fry the mince in the oil with the chopped onion & mushroom
- Add the Gia garlic Paste, canned tomatoes and herbs cook for 20 mins If it is a bit dry you could add a little stock made with Knorr stock cube
- Layer in an oven proof dish with the lettuce by putting half the sauce in the dish place half the lettuce on then repeat so that you end with lettuce.
- Mix half the grated cheese with the creme fraiche, Mayo & mustard blitz in microwave for a few seconds just to loosen it (or you could warm it in a small pan)
- Spread over the top of the lettuce then sprinkle on the remaining cheese
- Place in the pre-heated oven 180c/ Fan 160c/Gas 5 for approx 20 mins til golden brown
- Serve with the Cherry tomatoes, cucumber on the side



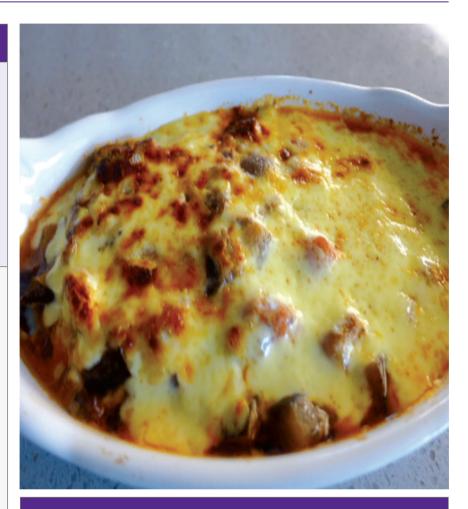
LASAGNE EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Beef, mince, extra lean	56g	0.00	12.26	2.35		
Spring onions, bulbs and tops, raw	10g	0.30	0.20	0.05		
Tomatoes, canned, whole contents	50g	1.90	0.55	0.05		
Lettuce, Iceberg, raw	30g	0.57	0.21	0.09		
Creme fraiche, full fat	29g	0.70	0.64	11.60		
Cucumber, flesh and skin	30g	0.36	0.30	0.18		
Cheese Mature Cheddar	13g	0.01	3.30	4.54		
Olive oil	13g	0.00	0.00	12.99		
Mayonnaise Hellmanns	10g	0.15	0.10	7.90		
Tomatoes, cherry, raw	30g	1.08	0.33	0.15		
Mushrooms, raw	20g	0.08	0.36	0.10		
Totals		5.15	18.25	40.00		

MOUSSAKA

INGREDIENTS

- 60g Lamb, mince, raw
- 54g Aubergine, raw
- 16g Olive oil
- 75g Tomatoes, canned,
- 15g Celery
- 16g Cheese Mature Cheddar
- 25g Crème Fraiche
- 44g Mushrooms

- You will also need 1/4 Knorr lamb stock pot dissolved in 70mls water, a good pinch of cinnamon,1/4 teasp mixed dried herbs and a good pinch of nutmeg.
- Weigh out the aubergine and sprinkle with a little salt to bring out the moisture leave it for as long as possible then rinse it with cold water and dry well with kitchen paper.
- Pre-heat oven 170c/Fan 150c/Gas 4
- Fry the mince with the cinnamon & herbs til browned.
- Add the stock and chopped mushrooms, tomatoes & celery.
- Chop the aubergine and add to the pan.
- Simmer for 10 mins then place in ovenproof dish.
- Gently warm the creme fraiche in a small pan add grated cheese (you could microwave if preferred).
- Pour over the meat mixture and sprinkle with nutmeg.
- Bake for approx 20 mins.



MOUSSAKA EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Lamb, mince, raw	60g	0	11.46	7.98	
Aubergine, raw	54g	1.19	0.49	0.22	
Olive oil	16g	0	0	15.98	
Tomatoes, canned	75g	2.85	0.83	0.08	
Celery, raw	15g	0.14	0.07	0.03	
Cheese Mature Cheddar	16g	0.02	4.06	5.58	
Creme fraiche, full fat	25g	0.6	0.55	10.0	
Mushrooms, raw	44g	0.18	0.79	0.22	
Totals		4.96g	18.25g	40.09g	

FISH AND CHIPS

INGREDIENTS

- 88g Cod
- 99g Celeriac, raw
- 20g Sunflower Oil
- 18g Mayonnaise
- 13g Frozen Peas
- 2g Flour Self Raising McDougalls

- You will also need A little Salt and approx 2g of vinegar or lemon juice.
- Peel & then weigh the celeriac and cut into chips.
- Heat the oil and place the chips in to fry.
- Coat the cod with the flour & seasoning.
- When the chips are done add the fish to the pan it will cook quite quickly.
- Serve with the peas,salt & vinegar and any residue from the pan and the Mayonnaise as a good dip. We added a little sprinkle of dried dill you can use any herb.



FISH AND CHIPS EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Cod	88g	0	16.10	0.62	
Celeriac	99g	2.28	1.19	0.4	
Flour Self Raising McDougalls	2g	1.36	0.2	0.03	
Peas, frozen, boiled in salted water	13g	1.26	0.78	0.12	
Sunflower oil	20g	0	0	19.98	
Mayonnaise Hellmanns	18g	0.27	0.18	14.22	
Totals		5.17g	18.45g	35.36g	

COTTAGE PIE

INGREDIENTS

- 80g Beef, mince, raw
- 14g Butter
- 15g Olive oil
- 2g Cornflour
- 60g Mushrooms, common, raw
- 16g Spring onions
- 30g Carrots, young, boiled
- 55g Celeriac, boiled
- You will also need some knorr stock pot or stock cube dissolved in 80mls hot water.

- Mash the Carrots and celeriac with 7g butter and a little seasoning.
- Chop the onions & mushrooms.
- Fry the onions in the oil and 4g of the butter.
- Add the beef fry til browned.
- Add the mushrooms fry for 2/3 mins.
- Add the cornflour and stock.
- Cook for 15 mins.
- Put in an ovenproof dish place mash on top dot with remaining butter.
- Pop under grill to brown off. Or place in hot oven til brown.



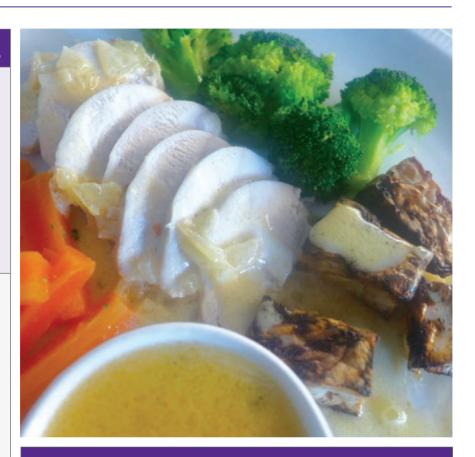
COTTAGE PIE EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Beef, mince, raw	80g	0.00	15.76	12.96		
Butter	14g	0.08	0.08	11.51		
Olive oil	15g	0.00	0.00	14.98		
Cornflour	2g	1.84	0.01	0.01		
Mushrooms, common, raw	60g	0.24	1.08	0.30		
Spring onions	16g	0.48	0.32	0.08		
Carrots, young, boiled	30g	1.32	0.18	0.12		
Celeriac, boiled	55g	1.04	0.50	0.28		
Totals:		5.01	17.93	40.24		

ROAST CHICKEN MEAL

INGREDIENTS

- 70g Celeriac
- 50g Chicken, roasted
- 38g Broccoli, green, raw
- 31g Carrots, raw
- 21g Vegetable oil
- 10g Spring onions, bulbs and tops, raw
- 14g Butter
- 10g Cream, double

- You will need 1/4 Knorr chicken Stock cube dissolved in 50mls hot water.
- Cut the celeriac into even size pieces and roast in the oil. Use a small dish they will cook a bit quicker than roast potatoes.
- Boil the vegetable til just tender.
- When the celeriac is cooked remove from the oven and keep warm.
- Using the oil from the celeriac dish fry
 the chopped spring onions then add
 some of the stock and stir in the cream
 to make a sauce. This should not need
 seasoning as the stock cube will do
 that
- Serve the sliced chicken & sauce with the roasted celeriac and drained vegetables with the butter melted over them.



ROAST CHICKEN MEAL EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Celeriac, raw	70g	1.61	0.84	0.28	
Double Cream	10g	0.16	0.15	5.05	
Chicken, roasted	50g	0	15.1	1.8	
Broccoli, green, raw	38g	1.22	1.63	0.23	
Carrots, young, raw	31g	1.86	0.22	0.16	
Vegetable oil	21g	0	0	20.98	
Spring onions	10g	0.3	0.2	0.05	
Butter	14g	0.08	0.08	11.51	
Totals		5.23g	18.22g	40.05g	

CHICKEN KORMA

INGREDIENTS

- 60g Chicken, light meat
- 7g Coconut Cream UHT Blue Dragon
- 61g Double cream
- 30g Cucumber, raw
- 18g Onions
- 28g Green Peppers, capsicum
- 6g Sunflower oil
- 10g Yoghurt Greek Style, Morrisons
- 6g Tomatoes, canned
- 28g Tomatoes, raw

- You will also need a 1/2 teasp Knorr Touch of Chicken or stock cube mixed with 50mls water to make a stock.
- 1 teasp of curry powder & a good pinch of turmeric & ginger. A little Gia Garlic Paste.
- Cut the chicken into small chunks mix in the yoghurt with ginger,garlic & leave to marinate as long as possible (at least 30 mins).
- Heat oil over low heat add the curry powder, turmeric and a little black pepper. Fry for 1 min.
- Turn up heat a little add the chopped onion & green peppers not too small & cook for 2 mins then add coconut cream, tomato puree & chicken cook for 2 mins.
- Stir in the cream with the Knorr Chicken stock. Simmer til cooked Approx 8 - 10 mins.
- Stir in the chopped tinned tomatoes and simmer for another 4 minutes.
- Serve with diced tomato & Cucumber on the side.



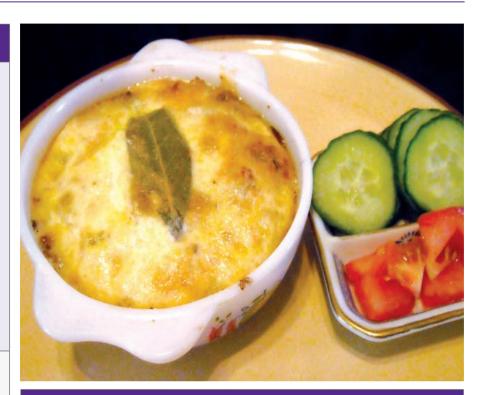
CHICKEN KORMA EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Chicken, light meat	60g	0.00	14.40	0.66	
Coconut Cream UHT Blue Dragon	7g	0.13	0.24	1.36	
Cream, fresh, double	61g	0.98	0.92	30.81	
Cucumber, flesh and skin	30g	0.36	0.30	0.18	
Onions, raw	18g	1.44	0.18	0.02	
Peppers, capsicum, green, raw	28g	0.73	0.22	0.08	
Sunflower oil	6g	0.00	0.00	5.99	
Yoghurt Greek Style Morrisons	10g	0.40	0.52	0.99	
Tomatoes, canned, whole contents	6g	0.23	0.07	0.01	
Tomatoes, standard, raw	28g	0.84	0.14	0.03	
Total:		5.10	16.98	40.12	

BABOOTIE

INGREDIENTS

- 45g Cucumber, flesh & skin
- 26g Eggs
- 80g Mushrooms, common
- 14g Spring onions, bulbs and tops
- 17g Carrots, young
- 4g Coconut, desiccated
- 20g Sunflower oil
- 15g Cream, fresh, double
- 10g Flaxseed with nuts Linwoods
- 20g Alpro Sugar Free Soya Milk
- 42g Beef, mince, raw, extra lean
- 45g Tomatoes, raw

- You will also need 1/2 teasp curry powder & Turmeric. Some black pepper & a bay leaf.
- Reserve the tomato & cucumber.
- Chop mushrooms & onions. Grate carrot.
- Gently fry the onions with the curry powder and turmeric add mince, mushrooms fry for a few mins.
- Add Flaxseed, Bay leaf, carrot & coconut.
- P.lace in a ovenproof dish & bake in a pre-heated oven 170c/ Fan 150c/ Gas 4/5.
- Cook for 15 mins.
- Mix the egg with a little black pepper,soya milk & cream. Pour on top.
- Return to the oven and Bake until the custard is set & golden.
- Serve with Tomato, cucumber on the side.



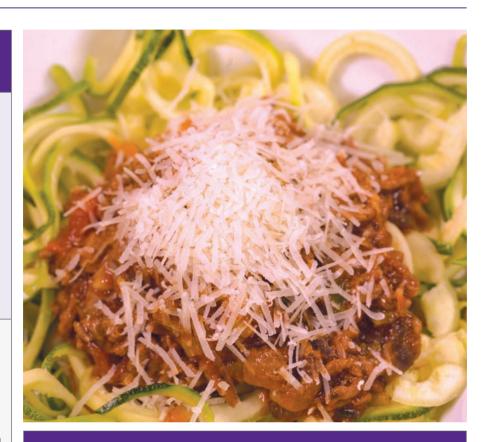
BABOOTIE EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Cucumber, flesh & skin	45g	0.54	0.45	0.27	
Eggs	26g	0.00	3.28	2.34	
Mushrooms, common	80g	0.32	1.44	0.40	
Spring onions, bulbs and tops, raw	14g	0.42	0.28	0.07	
Carrots, young, raw	17g	1.02	0.12	0.09	
Coconut, desiccated	4g	0.26	0.22	2.48	
Sunflower oil	20g	0.00	0.00	19.98	
Cream, fresh, double	15g	0.24	0.22	7.57	
Flaxseed with nuts Linwoods	10g	0.56	1.96	4.69	
Alpro Sugar Free Soya Milk	20g	0.00	0.66	0.36	
Beef, mince, raw, extra lean	42g	0.00	9.20	1.76	
Tomatoes, raw	45g	1.35	0.23	0.05	
Totals		4.71	18.06	40.06	

BOLOGNESE COURGETTI

INGREDIENTS

- 70g Mince beef
- 50g Courgette, raw
- 30g Mushrooms, common
- 20g Olive oil
- 25g Spring onions
- 10g Tomato Puree Morrisons Double Concentrated
- 45g Tomatoes Chopped Napolina
- 4g Parmesan
- 8g Butter

- You will also need 1/4 tesp GIA Garlic Paste.a good pinch of mixed dried herbs, 1/4 - 1/2 stock cube dissolved in 50mls water & some black pepper to season.
- Reserve the courgette.butter and 8g of the olive oil.
- Chop the onions, garlic & mushrooms.
- Place 12g of the oil in a pan and gently fry the onions & GIA till soft.
- Add the mince and fry for a further 3 mins.
- Then stir in the chopped tomatoes, mushrooms. Cook for 2 mins.
- Add the tomato puree, alittle black pepper, herbs, & stock.
- Simmer gently for 10 mins.
- Meanwhile make 'spaghetti' with the courgette using a spiralizer.
- Place this in a little hot water with a pinch of salt and cook for just a few mins til tender.
- Drain well and toss into remaining olive oil & butter.
- Serve with the sauce sprinkled with the grated parmesan.



BOLOGNESE COURGETTI EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Mince beef	70g	0	13.79	11.34	
Courgette, raw	50g	0.9	0.9	0.2	
Mushrooms, common	30g	0.12	0.54	0.15	
Olive oil	20g	0	0	19.98	
Spring onions	25g	0.75	0.5	0.13	
Tomato Puree Morrisons Double Concentrated	10g	1.49	0.39	0.03	
Tomatoes Chopped Napolina	45g	1.58	0.5	0.18	
Parmesan	4g	0.04	1.45	1.19	
Butter	8g	0.05	0.05	6.58	
Totals		4.92g	18.11g	39.77g	

CAJUN SALMON

INGREDIENTS

- 90g Celeriac (raw)
- 70g Salmon (raw)
- 22g Sunflower oil
- 40g mushrooms
- 20g Red Pepper (raw)
- 40g Spinach, baby
- 20g Spring onions (raw)
- 25g Lettuce, Iceberg
- 25g Tomatoes
- 8g Butter

- You will also need Cajun spices to taste McCormicks or Schwarz are both good.
- Peel the celeriac before weighing then cut in chips. Chop the onions,red pepper,mushrooms and spinach.
- Season the chips and the salmon by rubbing with the cajun spice.
- Heat the oil and fry the chips til cooked then cook the salmon in the same pan.
- Set the chips and salmon to one side to keep warm.
- Add the butter to the pan and fry the red pepper, onions and mushrooms cook for 2 or 3 mins then add the spinach stir until wilted this does not take long.
- Serve with the Salmon & chips and a salad made from the lettuce & tomato on the side.



CAJUN SALMON EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Celeriac, raw	90g	2.07	1.08	0.36	
Salmon, farmed	70g	0	14.28	10.5	
Sunflower oil	22g	0	0	21.98	
Mushrooms, common	40g	0.16	0.72	0.2	
Red Pepper	20g	0.86	0.16	0.04	
Spinach, baby	40g	0.08	1.04	0.24	
Spring onions	20g	0.6	0.4	0.1	
Butter	8.g	0.05	0.05	6.58	
Lettuce, Iceberg	25g	0.47	0.17	0.07	
Tomatoes	25g	0.78	0.17	0.07	
Totals		5.07g	18.08g	40.14g	

STICKY CHICKEN

INGREDIENTS

- 40g Spinach, raw
- 10g Carrots, raw
- 60g Cauliflower, raw
- 50g Chicken, raw
- 31g Oil, peanut (groundnut)
- 8g Red peppers, raw
- 11g Spring onions, bulbs and tops, raw
- 15g Baby sweetcorn
- 40g Mushrooms
- 15g peanut butter with sunflower pumpkin and flax (Whole Earth Variety)

- You will also need some diet cola drink, 1/4 tesp chinese 5 spice powder and a few drops of low sugar soya sauce & 1/4 tesp GIA garlic paste.
- Marinate the chicken in 5 spice powder, low sugar soya sauce for at least 10 mins.
- Chop the mushrooms, onion & Spinach.
- Slice the carrots.pepper & corn into thinnish slices.
- Heat 11g of oil in a small pan and fry the chicken briefly then cover with some diet cola and simmer til the cola has reduced right down to be syrupy.
- To make rice grate the cauliflower.
- Fry the cauliflower in a little of the oil.
- Stir fry all vegtables in the remaining oil with the GIA garlic, peanut butter & some seasoning.
- Serve with the chicken sliced and drizzle with the cola residue.



STICKY CHICKEN EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Spinach, baby, raw	40g	0.08	1.04	0.24	
Carrots, young, raw	10g	0.60	0.07	0.05	
Cauliflower, raw	60g	2.64	1.5	0.24	
Chicken, raw	50g	0	12	0.55	
Oil, peanut (groundnut)	31g	0	0	30.97	
Pepper, capsicum, red	8g	0.34	0.06	0.02	
Spring onions	11g	0.33	0.22	0.06	
Sweetcorn Baby fresh	15g	0.46	0.38	0.6	
Mushrooms, common	40g	0.16	0.72	0.2	
Peanut Butter with Sunflower,pumpkin, flax Whole	15g	0.49	3.57	7.11	
Totals		5.11g	19.56g	40.03g	

PIZZA MEAL

INGREDIENTS

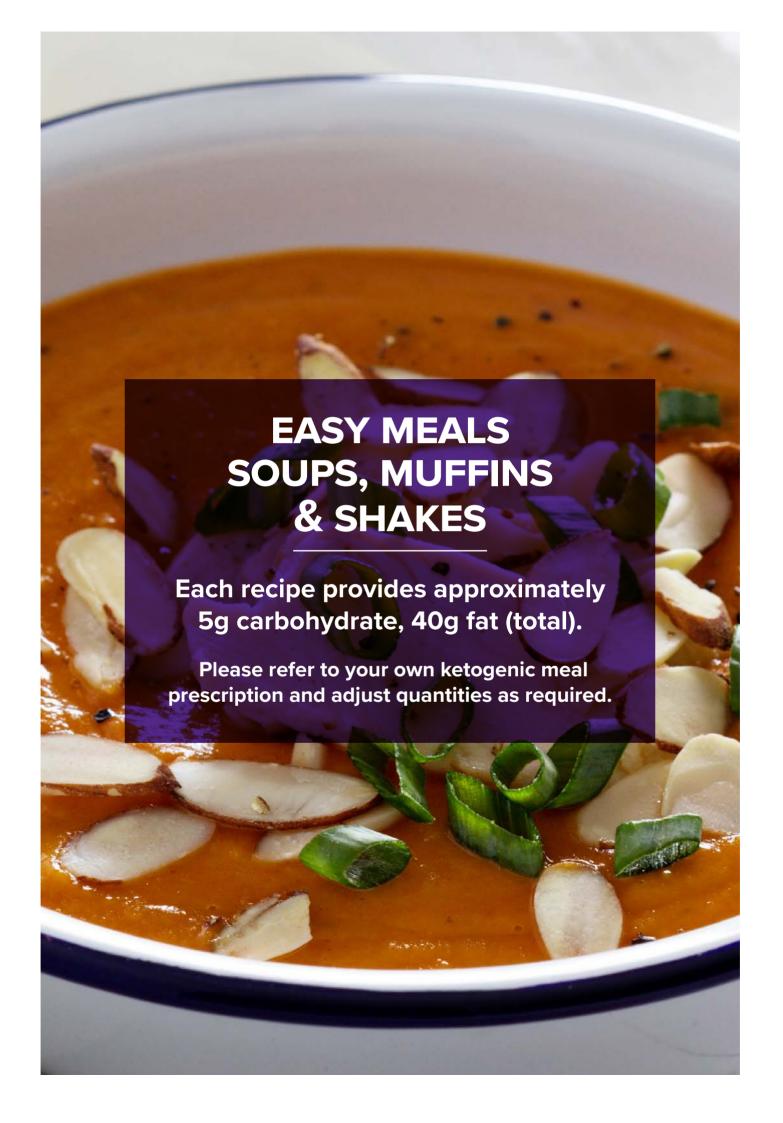
- 8g Double Cream
- 25g Eggs, whole, raw
- 35g Mozzarella Grated
- 22q Mushrooms
- 11g Olive oil
- 20g Onions, raw
- 42g Tomatoes Chopped
- 13g Salami
- 9g Ground Almonds
- 11g Cheese Mature Cheddar
- 7g Green Olives stuffed with Pimiento
- 2g Psyllium Husk
- You will also need 1/4 teasp dried herbs & 1/4 teasp Gia Garlic paste.

- First make the pizza base (You can batch these up and freeze).
- Pre-heat oven 190c/Fan 170c/gas 5.
- Place the Mozzarella in the microwave for 30secs it needs to melt. Then mix in the beaten egg, cream& Ground almond & psyllium husk.
- Mix well to form a dough. Be patient it does work together well!
- Spread to a 5 or 6 inch round on a silicone mat or non stick baking tray cook for approx 10mins.
- Fry the chopped onion in the oil til tender but not brown! then add the garlic paste & tomatoes.
- Cook for a few mins breaking the tomato down as much as possible.
- Spread tomato mixture on to the pizza base sprinkle with herbs & some black pepper to season.
- Place the salami and sliced mushrooms on top of the tomato.
- Sprinkle with the grated cheddar cheese and olives.
- Cook in oven for approx 15mins.
- You could use other protein such as fish, ham or bacon. You could also use parmesan cheese if preferred.

PIZZA MEAL EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Double Cream	8g	0.13	0.12	4.04	
Eggs, whole, raw	25g	0.00	3.15	2.25	
Mozzarella Grated	35g	0.88	8.40	7.35	
Mushrooms	22g	0.09	0.04	0.11	
Olive oil	11g	0.00	0.00	10.99	
Onions, raw	20g	1.60	0.20	0.02	
Tomatoes Chopped	42g	1.47	0.46	0.17	
Salami	13g	0.07	2.72	5.10	
Ground Almonds	9g	0.62	1.90	5.02	
Mature Cheddar	11g	0.01	2.79	3.84	
Green Olives stuffed with Pimiento	7g	0.00	0.06	1.05	
Psyllium Husk	2g	0.00	0.00	0.00	
Totals		4.86g	20.20g	39.93g	







CHICKEN AND MUSHROOM SOUP

INGREDIENTS

- 20g Butter
- 160g Mushrooms, raw
- 14g Olive oil
- 38g Onions, raw
- 59g Chicken
- 20g Creme fraiche, full fat
- 28g Peppers, green

COOKING INSTRUCTIONS

- You will also need 1/4 Knorr Stock cube or a little Knorr Touch of Taste (chicken or Veg).
- Dissolve in 200 mls hot water.
- Fry the sliced chicken and the FINELY chopped onion in the oil until soft(not brown).
- Add the chopped Mushrooms & butter.
- Add the stock and simmer for 5 mins.
- Allow to cool then liquidise adding another 200mls of water. The hand held models are great for small amounts.
- Add the creme fraiche and reheat before serving.
- Once the creme fraiche is added DO NOT BOIL just bring to a low simmer!
- Season the taste. You could add some dried herbs if desired.
- This makes a good filling bowlful.



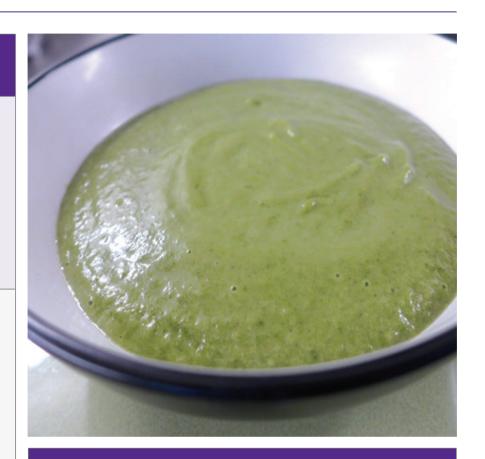
CHICKEN AND MUSHROOM SOUP EKM DATA Carbohydrate Protein Fat Ingredient Weight grams grams grams 16.44 Butter 20q 0.12 0.12 Mushrooms, raw 160a 0.64 2.88 8.0 0 0 Olive oil 14q 13.99 Onions, raw 38g 3.04 0.38 0.04 Chicken, light meat, raw 0 14.16 0.65 59g Creme fraiche, full fat 20q 0.48 0.44 8.0 28g 0.73 0.22 80.0 Peppers, green 18.2q 40q Totals 5.1g

CELERIAC, BACON AND SPINACH SOUP.

INGREDIENTS

- 40g Bacon fat trimmed
- 60g Spinach
- 135q Celeriac
- 20g butter
- 39g double cream
- Small squeeze Gia garlic paste & Black pepper
- 1/4 Knorr chicken stock pot

- Fry the bacon and spinach in butter with seasoning.
- Add chopped celeriac, cover (just) with boiling water and add stock.
- Simmer until the vegetables are soft.
- Liquidise or use a stick blender.
- Return to low heat and stir in the cream.
- May be batched and frozen.



CELERIAC, BACON AND SPINACH SOUP EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Bacon (back, fat trimmed raw)	40g	0	7.5	2.7	
Celeriac (raw)	135g	3.11	1.62	0.54	
Spinach (raw)	60g	1.0	1.7	0.5	
Double cream	39g	0.62	0.58	19.70	
Butter	20g	0.12	0.12	16.44	
Totals		4.85g	11.53g	39.84g	

FRUIT MUFFIN

INGREDIENTS

- 19g Ground almonds
- 10g Alpro soya milk light
- 15g Coconut flour East end
- 22g Butter
- 23g Eggs
- 11g Blueberries
- 2g Cornflour

- This mixture make one large muffin or two snack size they are easy to batch up.
- You will also need approx 1 teasp liquid sweetener 1/4 teasp. Barkat baking powder & a few drops of vanilla extract(optional).
- Pre-heat oven 180c/Fan 160c/Gas 5 reserve the blueberries.
- Soften the butter then beat in ALL ingredients.
- If you are making more than one then divide the mixture equally into silicone muffin moulds.
- Then divide the blueberries equally and poke into the mixture evenly.
- Bake for 25- 35 mins depending on the size you have made.
- Allow to cool before removing from moulds.
- These will keep in the fridge for 2-3 days or you an freeze them if you have batched up.
- You can use 17g strawberries or 22g raspberries instead of the blueberries.



FRUIT MUFFIN EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Ground Almonds	19g	1.31	4.01	10.6	
Eggs, whole, raw	23g	0	2.9	2.07	
Alpro Soya Light	10g	0.01	0.2	0.12	
Coconut Flour TRS or East End	15g	0.96	0.84	9.3	
Butter	22g	0.13	0.13	18.08	
Blueberries	11g	1.00	0.1	0.02	
Cornflour	2g	1.84	0.01	0.01	
Totals		5.25g	8.19g	40.21g	

CHOCOLATE MUFFIN (MAKES 1 LARGE OR 2 SMALL MUFFINS)

INGREDIENTS

- 20g Ground almonds
- 23g Egg
- 17g Alpro soya light milk
- 15g Coconut Flour TRS or East End
- 20g Butter
- 3g Cocoa powder
- 3g SR flour
- Sweetener (good squirt)
- 1g Barkat baking powder

- Multiply the basic ingredients to the amount of muffins you want to make.
- Mix all the ingredients together.
 Divide mixture equally into large or small muffin tray.
- Cook in a pre-heated oven 180c/160c Fan or Gas 5 for approximate 20 minutes depending on the size of the muffin.
- Allow to cool so that any melted fats seep back into the muffins.
- Pop out of the silicon case and store in a refrigerator for use within a couple of days or a freezer if batching for longer term use. Defrost individually as required.



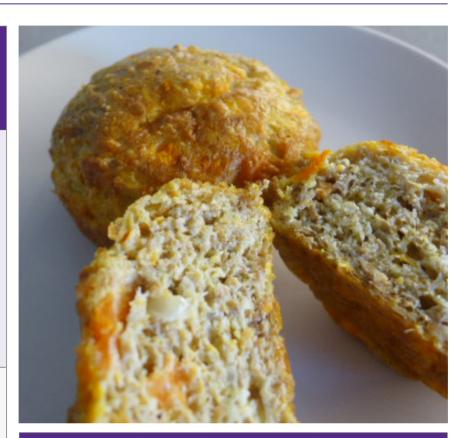
CHOCOLATE MUFFIN EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Ground almonds	20g	1.38	4.22	11.16	
Eggs	23g	0	2.9	2.07	
Alpro soya light milk	17g	0.02	0.34	0.2	
Coconut Flour	15g	0.96	0.84	9.30	
Butter	20g	0.1	0.1	16.4	
Cocoa powder	3g	0.3	0.6	0.7	
SR flour	3g	2.39	0.27	0.04	
Totals		5.09g	9.24g	39.86g	

SAVOURY VEGETARIAN MUFFIN (MAKES 1 LARGE OR 2 SMALL MUFFINS)

INGREDIENTS

- 25g Butter
- 30g Carrots, boiled
- 12g Cheese Mature Cheddar
- 44q Eggs
- 27g Golden Omega Milled Flaxseed (Virginia Harvest)
- 12g Spring onions
- 17g Ultra Fine Fiberflour from Lonjevity Foods
- You will also need 1/4 teasp of Bakat baking powder

- Reserve 9g of the butter
- Pre-Heat oven 190c/Fan 170c/Gas5/6
- Soak the flaxseed in 40mls of warm water and leave for as long as you can at least 20 minutes
- Mash the carrot with the softened butter (Good way to use up leftovers)
- Chop the onions and grate the cheese
- Mix ALL the ingredients together and place in a large muffin mould or two small ones
- Cook for approx 20-25 mins depending on the size
- Serve warm or cold. Spread with the reserved butter
- Easy to batch up and freeze



SAVOURY VEGETARIAN MUFFIN EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Butter	25g	0.15	0.15	20.55		
Carrots, boiled	30g	1.32	0.18	0.12		
Cheese Mature Cheddar	12g	0.01	3.05	4.19		
Eggs	44g	0.00	5.54	3.96		
Golden Omega Milled Flaxseed (Virginia Harvest)	27g	0.27	5.40	11.07		
Spring onions	12g	0.36	0.24	0.06		
Ultra Fine Fiberflour from Lonjevity Foods	17g	2.70	3.57	0.34		
Totals:		4.82	18.13	40.29		

KETO SHAKE 1

INGREDIENTS

- 11g Soya Protein (Pulsin)
- 300g Alpro Sugar Free Soya Milk
- 75g Double cream
- 55g Raspberries

COOKING INSTRUCTIONS

Weigh ingredients into a blender goblet – pulse to blend.

KETO SHAKE 1 EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Soya Protein (Pulsin)	11g	0.01	9.90	0.06	
Alpro Sugar Free Soya Milk	300g	0.00	9.90	5.40	
Double cream	75g	1.20	1.13	37.88	
Raspberries	55g	2.53	0.77	0.17	
Totals		3.74g	21.69g	43.59g	

KETO SHAKE 2

INGREDIENTS

- 10g Soya Protein (Pulsin)
- 300g Alpro Sugar Free Soya Milk
- 73g Double cream
- 51g Semi skimmed milk
- Sweetener Da Vinci sugar free syrup?

COOKING INSTRUCTIONS

Weigh ingredients into a blender goblet – pulse to blend.

KETO SHAKE 2 EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Soya Protein (Pulsin)	10g	0.01	9.00	0.05		
Alpro Sugar Free Soya Milk	300g	0.00	9.90	5.40		
Double cream	73g	1.17	1.10	36.87		
Semi skimmed milk	51g	2.40	1.79	0.87		
Totals		3.58g	21.78g	43.18g		

KETO SHAKE 3 (USING ATKINS CHOCOLATE OR VANILLA SHAKE POWDER)*

INGREDIENTS

- 30g Atkins chocolate or vanilla shake powder
- 54g Double cream
- 8g Light oil (eg Rice bran oil)
- *Contains polyols. Please check with your ketogenic team before using.

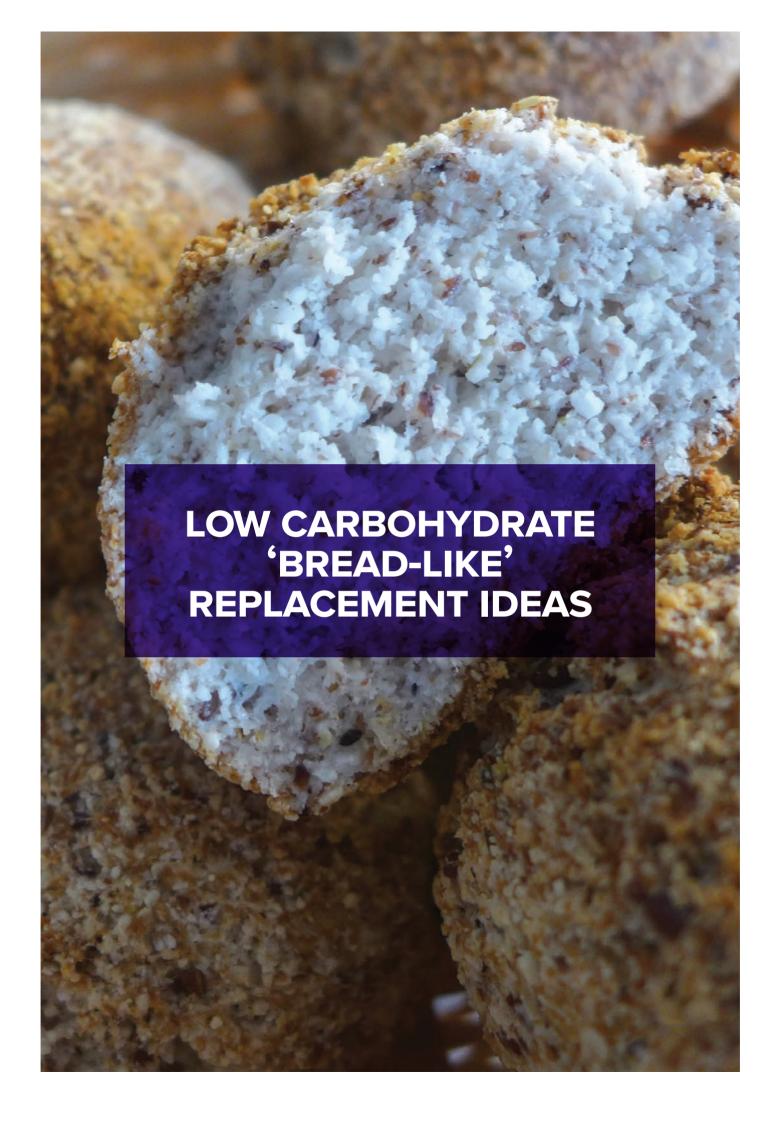
COOKING INSTRUCTIONS

Weigh ingredients into a blender goblet – goblet with some water (to your desired preference of thickness for your shake) - Pulse to blend.

KETO SHAKE 3 (USING ATKINS CHOCOLATE SHAKE POWDER) EKM DATA

,				
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams
Atkins Shake Powders Chocolate or Vanilla	30g	2.81	16.18	4.76
Double cream	54g	0.86	0.81	27.27
Sunflower Oil	8g	0.00	0.00	7.99
Totals		3.67g	16.99g	40.02g





NUT FREE BREAD ROLLS

INGREDIENTS

- 21g Flaxseed Linwoods Milled organic
- 109g Egg White
- 25g Psyllium Husk
- 139g Coconut Flour TRS or East End

COOKING INSTRUCTIONS

- You will also need 10g Barkat Baking powder 1/2- 1 teasp salt. 15g of white vinegar and 190g boiling water
- Preheat oven 170C/150C Fan/Gas 5
- Mix together the coconut, flaxseed, barkat & salt.
- Lightly beat the egg white add the vinegar and stir into the coconut mixture.
- Pour on the boiling water and stir till it forms a dough.
- Once the mixture forms a dough use a spoon to form the rolls do not knead it!
- Divide into 8 rolls and place on a non stick baking tray
- Cook for approx 30 mins Serve with more fat & protein to complete the meal

EACH ROLL WILL GIVE:

• 1g Carb • 3g Protein • 12g Fat



BREAD ROLLS

INGREDIENTS

- 160g Almond flour flurry HOLLAND & BARRETT
- 110g Egg white
- 25g Psyllium husk
- 1 teaspoon of salt
- 2 teaspoons of BARKAT baking powder
- 190g boiling water
- 15g white wine vinegar.

COOKING INSTRUCTIONS

- Pre heat oven to 180c/fan 160c/gas 5.
- Mix the almond flour flurry with the psyllium husks, baking powder and salt.
- Add the egg white and vinegar, mix well.
- Pour in the BOILING water and mix until a dough forms.
- Divide into 6 equal portions and then shape in to bread rolls. If you dampen your hand with water this will help with the shaping.
- Brush with a little beaten egg yolk and bake in pre heated oven for approximately 40 minutes until cooked through.
- Leave to cool on a wire rack.

EACH ROLL IS:

• 1.8g Carb • 7.2g Protein • 14.9g Fat

GOLDEN FLAX BREAD (USED IN LUNCH RECIPES)

INGREDIENTS

- 33g Ground almonds
- 80g Eggs
- 37g Butter
- 40g Flaxseed eg. Virginia Harvest Golden Omega Milled Flaxseed
- You will also need 1 teaspoon of BARKAT baking powder (do not use others which are high in carbohydrate) and 2g of white vinegar.

COOKING INSTRUCTIONS

- Pre heat oven to 180c / fan 160c / gas 5.
- Soften the butter; beat in the salt, vinegar and golden flaxseed.
- Beat the egg then mix in with the almonds and baking powder.
- Put in to a lightly greased loaf tin 8" x 4" and cook for 20 minutes.

Mo's tip: Cooking it in this size tin makes a flatish loaf. When it is cold each portion can be cut through the middle making the slices nice and firm for toasting or making sandwiches or you can divide the mixture between 4 muffin cups and bake. 1 muffin will then equal a quarter of a loaf as used in the lunch recipes.



NUTRITIONAL DATA FOR WHOLE LOAF:

- 3q carb
- 25g Protein
- 72g fat

DIVIDED INTO 4 PORTIONS -VALUES ARE:

- 0.75g Carb
- 6.25g Protein
- 18g Fat

SUKRIN BREAD MIXES

These can be very convenient and make a lovely bread. However, they are quite expensive Following is the nutrition information relating to the bread when made up according to the manufacturers instructions:

NUTRITION DATA		
Sukrin Chai & Hemp Bread. 210g box of bread mix makes a 400g loaf	3.5g CHO per 100g bread	8.9g Fat per 100g bread
Sunflower & Pumpkin Seed Bread. 1kg bag of bread mix makes 3 X 600g loaves	2.5g CHO per 100g bread	8.4g Fat per 100g bread





For information and availability please see www.sukrin.co.uk

KETO PITTA BREAD

INGREDIENTS

- 14g Philadelphia Soft Cheese Full Fat (room temperature)
- 18g Eggs (raw white)
- 8g Eggs (raw yolk)
- Pinch Salt (optional)

COOKING INSTRUCTIONS

- You will also need a good pinch of Cream of Tartar. A tiny pinch of salt & 1 drop of liquid sweetener.
- The Philly needs to used at room temperature.
- Pre-heat oven 150c/Fan 130c/ Gas 2.
- Beat the egg YOLK with the Philadelphia, salt & sweetener(both are optional).
- Add cream of tartar to the egg WHITE and beat til stiff.
- Fold in the yolk mix.
- Place in neat pitta shaped mounds on non stick baking tray but silicone liner is best! Cook in oven for 20-25 mins.
- Make them equal size then divide the values by the number you make to get the values for each one. They are very light and very low values so easy to include in a meal or use as a snack.
- Could be cut into strips and used as a noodle.



NUTRITION DATA (WHOLE RECIPE)

• 0.45g Carbohydrate • 4.07g Protein • 5.72g Fat

SEEDED CRACKERS

INGREDIENTS

- 150g sunflower seeds (soaked overnight or 8hrs and drained)
- 70g unhulled sesame seeds (soaked overnight or 8hrs and drained)
- 100g pumpkin seeds (soaked overnight or 8hrs and drained)
- 2 tbsp poppy seeds (soaked overnight or 8hrs and drained)
- 100g linseeds
- 2 tbsp psyllium husk
- 1tsp Himalayan pink crystal salt
- 500ml water
- 1 tbsp crushed fennel seeds
- 1 tbsp dried rosemary
- Freshly ground black pepper to taste

COOKING INSTRUCTIONS

- Mix the soaked seeds with the linseeds, psyllium husk, rosemary, fennel, salt and pepper and add the water. Stir well and let it swell for about 15 minutes, stirring occasionally until it becomes gloopy.
- Spread the mixture out very thinly on baking sheets covered with a good quality unbleached brown baking parchment or silicon sheets (if greaseproof is used it tends to stick!).
- Score the crackers into desired shape and cook in the oven, no higher than 120c, for approximately 4 hours until the crackers are dry and crisp (a dehydrator can be used).

Cooking time may vary and idea is to dry them out rather than cook them which makes them healthier. You may need to open the oven door every $\frac{1}{2}$ hour initially to release any condensation.

Keep in an airtight container and enjoy with mashed avocado, cheese, pate, dips etc.



NUTRITION DATA (WHOLE RECIPE)

• 37g CHO + 215g Fat

This recipe will make at least 2 large trays of cracker mix, depending on how thinly you spread it. If you score each tray into 12 crackers, each one will provide around 1.5gCHO and 9g fat.



SAUSAGE ROLLS

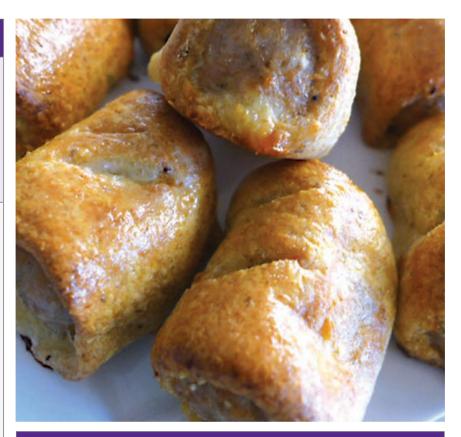
INGREDIENTS

- 16g Double Cream
- 199g Sausages Black Farmer Premium
- 100g Italian Mozzarella Morrisons
- 50g Ground Almonds, Morrisons
- 28g Eggs

COOKING INSTRUCTIONS

- You will also need 10g of Psyllium husks
 & a pinch of dried herbs (sage is nice)
- Remove Sausage Skin before weighing.
- Pre-heat oven to 170c/Fan 150c/Gas 4.
- Melt the mozzarella in the microwave then mix in the ground almonds, psyllium husk, egg & cream.
- Mix well to form a dough.
- Roll it out to a rectangle I divided it and made two 8 x 4 inch rectangles.
 Roll it between two sheets of baking parchment.
- Form a roll with the sausage meat to fit the length of the pastry sprinkle on herbs if using.
- Fold the other half of pastry over to make a long sausage roll.
- Cut into portions I made 8.
- Place on a non stick baking tray brush with a little beaten egg (optional).
- Cook for approx 20 -25 mins til cooked through

Tip: Drain the mozerells well! kitchen roll helps. Great for lunch boxes! Or turn into a dinner with vegetables or salad.



SAUSAGE ROLLS EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Double Cream Morrisons	16g	0.26	0.24	8.08	
Ground Almonds Morrisons	50g	3.45	10.55	27.90	
Italian Mozzarella Morrisons	100g	0.70	20.40	21.60	
Sausages Black Farmer Premium	199g	1.99	29.45	39.20	
Eggs, whole, raw	28g	0.00	3.53	2.52	
Totals		6.40	64.17	99.30	

DIVIDE INTO 8 - PER SAUSAGE ROLL:

• 0.79g Carb • 8.02g Protein • 12.41g Fat

CAULIFLOWER FRITTERS

INGREDIENTS

- 7g Eggs WHITES chicken
- 13g Double Cream, Morrisons
- 8g Sunflower oil
- 29g Cauliflower, raw
- 4g Cheese Mature Cheddar Cathedral City

- Boil the cauliflower in a little salted water for just a few minutes. Do not let it get too soft!
- Strain then mash it. Whisk the egg white til stiff and fold into the cauliflower with the cream and grated cheese.
- Season at this point you could add some fried herbs if liked.
- Heat the oil in a small frying pan and drop 3 spoonfuls of the mix into the oil you will find it goes to a fritter shape almost on its own! Gently fry til golden on both sides. Don't rush this it will take a few minutes.
- You could if preferred bake in the oven



CAULIFLOWER FRITTERS EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Eggs, WHITES chicken	7g	0.00	0.76	0.00	
Double Cream Morrisons	13g	0.21	0.20	6.57	
Sunflower oil	8g	0.00	0.00	7.99	
Cauliflower, raw	29g	1.28	0.72	0.12	
Cheese Mature Cheddar Cathedral City	4g	0.00	1.02	1.40	
Totals		1.49	2.69	16.07	

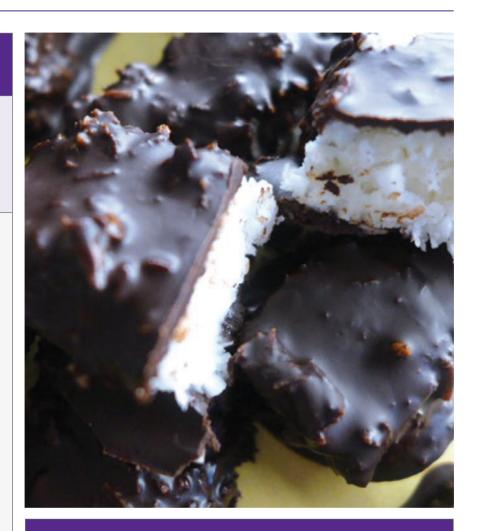
CHOC COATED COCONUT ICE

INGREDIENTS

- 110g Coconut Milk Blue Dragon
- 30g Coconut oil
- 120g Coconut, desiccated
- 75g Lindt 90% Cocoa Dark supreme

COOKING INSTRUCTIONS

- You will also need 28g Granula Sweetener I used Natvia & a few drops of vanilla extract and 1/4 teasp liquid sweetener
- Reserve the Chocolate, liquid sweetener and 10g of the Coconut Oil
- Put all remaining ingredients in a pan and heat til sweetener has dissolved.
 Stir well
- Place in a lined small tin/mould 6 inch x 3inch is good
- Leave in fridge to set for as long as possible.
- When it is set melt the Chocolate in a basin over hot water remove from heat then stir in the 10g coconut oil & liquid sweetener
- Turn out the coconut ice Cut into portions it is up to you what size you want but make sure you divide equally.
- Coat each piece with the melted chocolate
- Leave to set. Then weigh each one and will know how much chocolate & oil you have added
- You will need to scape any chocolate residue out of the bowl and add it to each piece as equally as you can.
- You must use UNSWEETENED
 Dessicated coconut and you need to
 tip the cococonut milk into a jug and
 make sure the solids are mixed well
 into the liquid before weighing
- Keep in the fridge.



CHOCCOATED COCNUT ICE EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Coconut Milk Blue Dragon	110g	3.74	1.54	16.50	
Coconut oil	30g	0.00	0.00	29.97	
Coconut, desiccated	120g	7.68	6.72	74.40	
Lindt 90% Cocoa Dark supreme	75g	10.50	7.50	41.25	
Totals		21.92	15.76	162.12	

DIVIDE INTO 12 PIECES - EACH PIECE IS AS FOLLOWS:

• 1.82g Carb • 1.31g Protein • 13.51g Fat

CUSTARD & FRUIT TRIFLE

INGREDIENTS

- 90g Double Cream
- 18g Egg Yolk
- 32g Strewberries
- 2g Sugar Free Jelly Crystals raspberry Morrisons

COOKING INSTRUCTIONS

- Dissolve the jelly crystals in 60 mls of HOT water
- Slice the strawberries
- Put into serving dish with the cooled jelly and leave to set.

Next make the custard:

- Mix 50g of the cream with 20g of water place in a small pan and heat gently til hot then pour it onto the beaten egg yolk. Return it to the pan and cook gently til it thickens stirring ALL the time. Don't use a high heat or you may get scrambled egg!!
- Sweeten to taste with a few drops of liquid sweetener. Leave to cool
- When the custard is cool pour it on top of the jelly & return it to the fridge
- Whip the remaining 40g cream til just thickened.
- Top the trifle with the cream which can be decorated if you reserve a little of the strawberry.

Mo's tips: This makes a good high fat dessert. You can use other berries in place of strawberries but you will need to adjust the amounts. It does not taste eggy!

The jelly part can be made and stored in a fridge for up to 5 days just top with the custard and cream when needed! It will keep for a further 2 days after completion.



CUSTARD & FRUIT TRIFLE EKM DATA Carbohydrate Protein Fat Ingredient Weight grams grams grams Cream, double 90q 1.44 1.35 45.45 0.00 2.95 5.63 Egg, yolk 18g Strawberries 1.95 0.16 32q 0.19 Sugar Free Jelly Crystals raspberry 2g 0.01 0.03 0.00 Morrisons Totals: 4.52 51.24 3.40

CHEESE & BACON PUFFS

INGREDIENTS

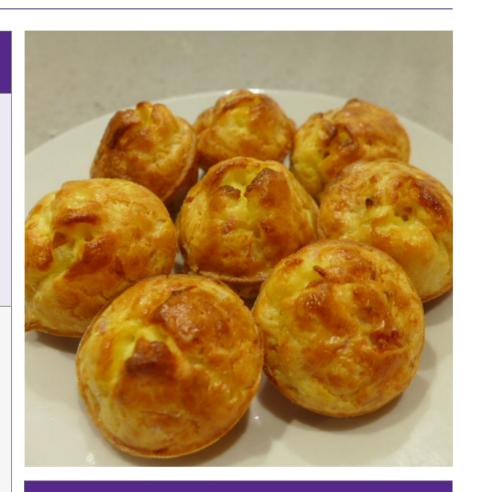
- 52g Raw Eggs
- 20g Mature Cheddar Cheese
- 18g Onions
- 20g Bacon rashers, streaky
- 44g Cream, double
- 17g Ultra Fine Fiberflour from Lonjevity Foods
- You will also need 1/2 teaspoon mustard powder (optional)

COOKING INSTRUCTIONS

- Pre-heat oven to 180c/fan 160c/gas 5
- Finely chop the bacon and onions
- Mix everything together including the mustard powder
- Divide into 8 mini muffin moulds
- Cook for approx 20 mins

Each one is:

Fat: 4.8g Pro: 2.3g Cho: 0.6g



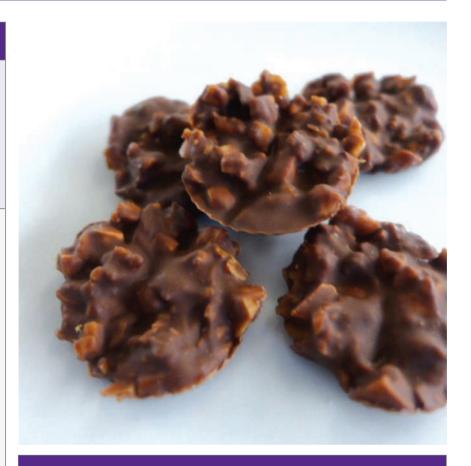
CHEESE AND BACON PUFFS EKM DATA						
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams		
Eggs, raw	52g	0.00	6.55	4.68		
Cheese Mature Cheddar	20g	0.02	5.08	6.98		
Onions, raw	18g	1.44	0.18	0.02		
Bacon rashers, streaky, raw	20g	0.00	3.16	4.72		
Cream, double	44g	0.70	0.66	22.22		
Ultra Fine Fiberflour from Lonjevity Foods	17g	2.70	3.57	0.34		
Totals:		4.87	19.20	38.96		

CHOC 'N' NUT SNACK

INGREDIENTS

- 9g Lindt 90% Cocoa Dark supreme
- 3g Pecan nuts, kernel only
- 7g Brazil nuts, kernel only
- 4g Cacao Butter Sevenhills Organics
- You will need a few drops of sweetener.

- Chop the nuts till very fine (They chop easily).
- Melt the chocolate & cacao together either in a pan over hot water or in the microwave.
- Mix in the nuts with the sweetener MIX WFI I
- Spread on a sheet of non stick parchemnt or divide into silicone sweet moulds
- Place in fridge to set. Store in plastic bags/containers in the fridge til needed
- These do keep for up to a month in the fridge
- They stay firm out of the fridge but will of course start to melt if they get warm
- Ideal for treats making equal size sweets makes it easier to know what each one contains just divide the value by the number you have made.



CHOC 'N' NUT SNACK EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Lindt 90% Cocoa Dark supreme	9g	1.26	0.9	4.95	
Pecan nuts, kernel only	3g	0.17	0.28	2.1	
Brazil nuts, kernel only	7g	0.22	1.0	4.77	
Cacao Butter Sevenhills Organics	4g	0	0	4.0	
Totals		1.65g	2.18g	15.83g	

BUBBLY JELLY & SYLLABUB CREAM

INGREDIENTS

- 33g Double cream
- 2g Hartleys Sugar Free Jelly Crystals
- 2g Lemon juice
- 7g Grapes

- You will also need 70mls of fizzy mineral water.
- Dissolve the Jelly Crystals in 30mls of boiling water leave to go cold then just as the jelly starts to set carefully mix in the sparkling water. With luck you will retian some of the bubbles.
- Pour into a pretty glass. Put in fridge
- Whip the cream to soft peaks with lemon juice and a few drops of liquid sweetener. Put in the fridge
- When ready to serve top the jelly with cream and decorate with grapes.



BUBBLY JELLY & SYLLABUB CREAM EKM DATA					
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams	
Double cream	33g	0.53	0.50	16.66	
Hartleys Sugar Free Jelly Crystals	2g	0.23	1.17	0.01	
Lemon juice	2g	0.03	0.01	0.00	
Grapes	7g	1.13	0.05	0.01	
Totals		1.92g	1.72g	16.69g	

PEANUT BUTTER COOKIES

INGREDIENTS

- 10g Peanut Butter Sun-Pat Crunchy
- 20g Ground Almonds
- 5g Butter
- You will also need 3g of granular sweetener such as Truvia, Natvia or Sukrin

- Pre-heat oven 180c/Fan 160c/Gas 5.
- Mix the softened butter with the peanut butter add ground almonds, & sweetener.
- Mix to a stiff dough.
- Rest in the fridge for 10 mins.
- Form into 2 large or 3 small cookies on a non stick baking tray. They will pat into circle quite easily.
- I found it better to use a liner either baking parchment or silicone liner on the tray.
- Cook for approx 10 mins til golden. Leave on a wire rack they firm up as they cool.
- These will keep for several days in a plastic container.



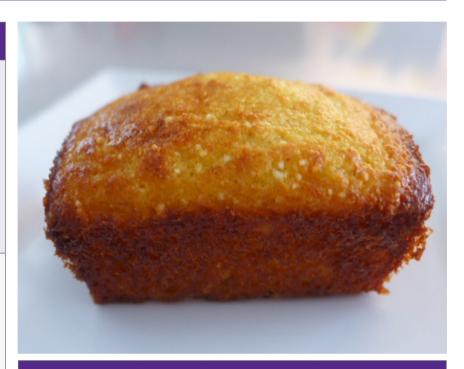
PEANUT BUTTER COOKIES EKM DATA								
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams				
Peanut Butter Sun- Pat Crunchy	10g	1.51	2.53	4.89				
Ground Almonds	20g	1.38	4.22	11.16				
Butter	5g	0.03	0.03	4.11				
Totals		2.92	6.78	20.16				

BANANA BREAD

INGREDIENTS

- 16g Bananas, flesh only
- 26g Butter
- 26g Coconut Powder TRS or East End
- 24g Eggs, raw
- You will also need a 1/4 teasp liquid sweetener or 3g of Truvia granules.
 a good pinch of cinnamon, 1/4 teasp Barkat Baking powder

- Pre-heat oven to 170c/150c Fan Gas 3/4
- Mix all dry ingredients
- Soften or melt butter mix into the dry ingredients with the beaten egg, sweetener & mashed banana
- Put into loaf tin mould 14cm x 7cm or mould of your choice
- Cook for 15 20 mins
- Cool before turning out
- This has to be be cut and served as two snack portions
- Easy to batch up and freeze



PEANUT BUTTER COOKIES EKM DATA								
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams				
Bananas, flesh only	16g	3.25	0.19	0.02				
Butter	26g	0.16	0.16	21.37				
Coconut Powder TRS or East End	26g	1.66	1.46	16.12				
Eggs, raw	24g	0.00	3.02	2.16				
Totals:		5.07	4.83	39.67				

CHOCOLATE DIGESTIVE BISCUITS

INGREDIENTS

- 15q Butter
- 5g Lindt 90% Cocoa Dark supreme
- 4g Oatmeal Medium Stoneground Mornflake
- 15g Almond Flour Flurry Holland & Barrett

COOKING INSTRUCTIONS

- You will also need 2g psyllium husks and some liquid Sweetener and a TINY pinch of salt.
- Reserve the Lindt Chocolate.
- Heat oven to 170c/Fan 150c/Gas 4.
- Soften the butter then mix in Almond Flour, Oatmeal & psyllium husk, salt with 10mls water & approx half teasp of sweetener.
- Mix to a dough and let it stand for 5 mins
- Divide into 9 MINI silicone muffin moulds (these give a good shape) press down well.
- Bake til golden approx 10 mins.
- When cool remove from moulds leave on rack to go cold.
- Melt the Lindt then add a few drops of liquid sweetener.
- Divide between the biscuits a spread over.

These make very good treats they will keep in a plastic container for a few days! If you can't find Almond Flurry ground almond are OK.



CHOCOLATE DIGESTIVE BISCUIT EKM DATA								
Ingredient	Weight	Carbohydrate grams	Protein grams	Fat grams				
Butter	15g	0.09	0.09	12.33				
Lindt 90% Cocoa Dark supreme	5g	0.70	0.50	2.75				
Oatmeal Medium Stoneground Mornflake	4g	2.40	0.44	0.32				
Almond Flour Flurry Holland & Barrett	15g	1.03	3.15	8.04				
Totals		4.22g	4.18g	23.80g				

9 BISCUITS WHERE EACH BISCUIT IS APPROXIMATELY:

• 0.4g Carb • 0.4g Protein • 2.6g Fat

SNACKS

SAVOURY CRACKERS

INGREDIENTS

- 24g Ground Almonds Morrisons
- 5g Psyllium Husk
- 5g Parmesan, fresh
- 50g Mozzarella Morrisons Savers brand
- You will also need a pinch of salt (Garlic salt is nice) and 1/4teaspoon of paprika (or a little black papper)
- I used the 'wet' mozzarella. I have noticed that the values vary quite a bit on various brands but most super market own brands seem to be consistent! They are also cheaper!

COOKING INSTRUCTIONS

- Pre-heat oven to 170c/Fan 150c/Gas 4.
- Mix the dry ingredients together.
- Melt the Mozzerella in microwave this will take 30 to 60 seconds.
- Beat in ALL other ingredients til a dough is formed Knead it til smooth.
- Roll out the pastry between two layers of parchment paper this makes it a lot easier.
- It needs to be quite thin!
- Cut to any shape you like ie: squares for crackers or triangles which make them look like little tortilla biscuits and are good for serving with dips.
- Cook for approx 8 mins til golden and crisp.
- To find the value of each cracker just divide the total recipe values by the number you have made. It is best to keep them all the same size this will make calculating a lot easier! I made 26 small crackers ideal size for dipping or spreading with cream cheese!



SAVOURY CRACKERS EKM DATA					
Ingredient	Weight	ight Carbohydrate Prote grams gram		Fat grams	
Ground Almonds Morrisons	24g	1.66	5.06	13.39	
Psyllium Husk	5g	0.00	0.00	0.00	
Parmesan, fresh	5g	0.05	1.81	1.49	
Mozzarella Morrisons Savers brand	50g	0.35	8.10	8.60	
Totals		2.05	14.97	23.48	

APPENDICES

- FOOD CHOICES LISTS
 - VEGETABLES: 1g Carbohydrate Choices
 - FRUITS: 1g Carbohydrate Choices
 - STARCH BASED FOODS: 5g Carbohydrate Choices Calculating a carbohydrate choice from a food label
 - FAT CHOICES: 10g portion guidance
 - PROTEIN CHOICES; General sources
 - MISCELLANEOUS FOOD CHOICES
 CONTRIBUTING FATS & CARBOHYDRATES
- 2. BOOKS FOR FURTHER MEAL IDEAS
- 3. CONTACT DETAILS

APPENDIX 1

KETOGENIC DIET FOOD LISTS CARBOHYDRATE, PROTEIN & FAT CHOICES

Please use the following listings of basic foods alongside your prescription guidance to help you to:

• 'count' the carbohydrate in your meals and add sufficient fats and oils.

Initially this process will seem VERY time consuming but you will soon get to know your foods and in time it will become second nature!

NOTE: The Food Choices data is calculated from McCance and Widdowson's The Composition of Foods: Seventh Summary Edition.



1g CARBOHYDRATE CHOICES - VEGETABLES

Each amount of food gives 1g Carbohydrate as listed

VEGETABLES	Amount to give 1g CHO		
Alphalpha sprouts	250g		
Artichoke Jeruselem	31g		
Artichoke globe	37g		
Asparagus raw	50g		
Aubergine raw	45g		
Bamboo shoots canned	143g		
Beanshoots mung raw	25g		
Beetroot pickled	18g		
Beetroot boiled	10g		
Beetroot raw	13g		
Broad beans raw	14g		
Broccoli raw	31g		
Broccoli Purple sprouting raw	38g		
Brussels sprouts raw	24g		
Cabbage raw average	24g		
Cabbage Chinese raw	71g		
Cabbage white raw	21g		
Cabbage red raw	27g		
Carrots raw	17g		
Carrots canned cooked	24g		
Cauliflower raw	23g		
Celeriac raw	43g		
Celery raw	111g		
Chard (Swiss)	34g		
Chicory raw	36g		
Courgette raw	56g		
Cucumber raw	67g		
Endive	100g		
Fennel raw	56g		
Garlic raw	6g		
Gherkins pickled	38g		
Ginger raw	12g		
Green beans / French beans raw	31g		
Kale raw	71g		
Kohl rabi	27g		
Laverbread	63g		
Leeks raw	34g		

VEGETABLES	Amount to give 1g CHO	
Lettuce average raw	71g	
Lettuce Iceberg raw	53g	
Mange-tout peas raw	24g	
Marrow raw	46g	
Mushrooms common raw	250g	
Mustard and Cress	250g	
Okra raw	33g	
Onions raw	13g	
Onions spring raw	33g	
Parsnip raw	8g	
Peas frozen	9g	
Peppers green raw	38g	
Peppers red raw	23g	
Peppers yellow raw	22g	
Petit Pois	18g	
Pumpkin	45g	
Raddiccio	59g	
Radish red raw	53g	
Radish White/Mooli	34g	
Runner beans raw	31g	
Spinach raw	63g	
Spring greens raw	32g	
Squash Butternut	12g	
Squash Spaghetti (raw)	22g	
Swede raw	20g	
Sweet potato raw	5g	
Sweetcorn kernals canned	7g	
Sweetcorn baby canned	50g	
Sweetcorn baby raw	50g	
Tomatoes raw	32g	
Tomatoes cherry raw	28g	
Tomatoes canned	26g	
Tomato puree	8g	
Turnip raw	21g	
Tomato juice	33g	
Water chestnuts canned – drained raw	10g	
Watercress raw	250g	

1g CARBOHYDRATE CHOICES - FRUIT

Each amount of food gives 1g Carbohydrate as listed

FRUIT	Amount to give 1g CHO
Apples cooking stewed no sugar	12g
Apples eating raw	8g
Apricots fresh raw	14g
Banana raw	4g
Blueberries raw	11g
Blackberries raw	20g
Blackcurrants raw	15g
Cherries raw	11g
Clementines raw	11g
Cranberries raw	29g
Currants raw	1g
Damsons raw	10g
Figs whole green fruit raw	11g
Gooseberries cooking raw	33g
Gooseberries stewed no sugar	40g
Gooseberries dessert raw	11g
Grapefruit raw	15g
Grapes average raw	7g
Greengages	10g
Guava	20g
Kiwi fruit raw	9g
Kumquats whole fruit raw	11g
Loganberries raw	29g
Lychee (raw)	7g
Mangoes raw	7g
Melon galia	18g
Melon Honey due	15g
Melon water	14g
Melon Cantaloup	24g
Nectarines raw	11g
Oranges raw	12g
Passion Fruit	17g
Paw Paw	11g
Peaches raw	13g
Pears average raw	10g
Pineapple raw	10g
Plums average raw	11g

FRUIT	Amount to give 1g CHO		
Pomegranate raw	8g		
Raspberries raw	22g		
Redcurrants raw	23g		
Redcurrants stewed no sugar	26g		
Rhubarb raw	125g		
Rhubarb stewed no sugar	143g		
Satsuma raw	12g		
Strawberries raw	16g		
Tangerines raw	13g		
Whitecurrants	18g		

FRUIT JUICES	
Apple juice unsweetened	10g
Lemon juice fresh	63g
Lime juice fresh	63g
Orange juice unsweetened	11g



5g CARBOHYDRATE CHOICES - OTHER FOODS

Each amount of food gives 5g Carbohydrate as listed

RICE, PASTA, POTATOES & POTATO PRODUCTS	Amount to give 5g CHO		
Rice white easy cook boiled	16g		
Rice brown boiled	14g		
Spaghetti boiled	23g		
Potato chips, French fries	13g		
Potato chips retail	15g		
Potato crisps	9g		
Potatoes new raw	31g		
Potatoes new boiled in skins	32g		
Potatoes old boiled	29g		

BREAKFAST CEREALS	Amount to give 5g CHO
All bran	10g
Bran flakes	7g
Cornflakes	6g
Oatmeal - rolled oats raw	8g
Oatmeal - quick cook raw	8g
Ready brek	8g
Rice Krispies	5g
Weetabix	7g

The compositions of all the manufactured foods listed are an average of several brands.

Please check the brand you are using for variations.

When you have become familiar with the food choices, you may want to start working out your own choices from food labels, as shown below for carbohydrate.

Calculating a carbohydrate choice from a food label:

The label tells us that there is **60g CHO in every 100g** of this food.

Therefore there will be 1g CHO in 100/60 = 1.7g of food If you want 5 g CHO = $5 \times 1.7g = 9g$ of food If you want 10 g CHO = $10 \times 1.7g = 17g$ of food In a similar way, you may also want to start working out your own protein and fat choices from food labels.

BREADS AND BISCUITS	Amount to give 5g CHO		
Plain bagels	9g		
Brown bread	12g		
White Danish bread	11g		
Granary bread	11g		
Naan bread	10g		
Pitta bread	9g		
Wheatgerm bread	13g		
White French stick	9g		
White hamburger bun	10g		
White sliced bread	11g		
White bread toasted	9g		
Wholemeal bread	12g		
Wholemeal bread toasted	10g		
Chapatis made without fat	11g		
Cream crackers	7g		
Crumpets toasted	11g		
Oat cakes	8g		
Scones plain retail	9g		
Scotch pancakes	12g		
Shortbread	8g		

Note: Livlife Low carbohydrate bread contains 4g CHO per slice



10g FAT CHOICES

NB. Avoid 'Low fat' or 'Reduced Fat' products:

FOOD	Amount of food providing 10g Fat		
Butter (Not reduced fat)	12g		
Vegetable oils e.g. olive, sunflower	10g		
Mayonnaise (Not reduced fat)	13g (Hellman's data)		
Calogen (prescribed fat emulsion)	20g		
Double cream	21g (based on average retail products*) (This also contains 0.5g CHO = ½ of a 1g choice)		
Mascarpone cheese	22g (This also contains 1g CHO = 1 x 1g choice)		

Those foods marked by an * may vary in composition depending on the retailer: please check the nutritional information on the side of the package.

Other foods that can also be used as fat choices include avocado pear and a range of nuts and seeds. These are listed on the following pages as they also contain carbohydrate which can be counted as part of your diet.





PROTEIN CHOICES

Please include a protein choice at each of your meals - see examples in table below.

- Cook or serve with fat portions e.g. cook in oil, butter, add double cream to make a sauce or serve with mayonnaise.
- Check the labels of any processed meats, fish, and eggs e.g. battered fish, fish or meat in sauces, sausages, pate, scotch eggs etc. as they are likely to have added carbohydrate.
- Avoid 'Low Fat' versions of products.

MEATS	POULTRY	
Beef	Chicken	
Lamb	Duck	
Pork	Goose	
	Turkey	
FISH	EGGS	
Cod	Hard boiled e.g. egg mayonnaise	
Haddock	Omelettes	
Mackerel	Scrambled	
Salmon	Fried	
Sardines		
Shellfish (all)		
Trout		
Tuna		
Fried		

CHEESES

Brie and Camembert

Cheddar

Full fat cream cheese e.g. Philadelphia-type*

Gouda

Mozzarella

Parmesan

Processed cheese*

Roquefort, Stilton and other blue cheeses.

Swiss

NOTE: Cheese is also an excellent source of fat and calcium

QUORN: Quorn is a good source of protein but also contains some carbohydrate. E.g. Quorn pieces provide approximately 1g carbohydrate in a 90g portion. Please check the carbohydrate information on the product label and allow for this when adding up the total carbohydrate value for your meal.

^{*} These cheeses may contain some carbohydrate. Please check your 'Carbohydrate Choices' list or the nutrition label on the food packaging.

MISCELLANEOUS FOOD CHOICES CONTRIBUTING FATS & CARBOHYDRATES

FOOD	Amount g	CHO g	Fat g	
Avocado Pear raw	25g	0.5g	5g	
MILK PRODUCTS				
"Total" Cow's Milk Greek Yogurt *(full fat variety)	26g	1.0g	1g	
Semi skimmed milk	100g	4.8g	1.8g	
Alpro light soya milk*	100g	0.1g	1.2g	
Alpro soya plain yoghurt *	100g	2.1g	2.3g	
Alpro unsweetened almond milk*	100g	0.1g	1.1g	
Co Yo yoghurt plain or vanilla*	52g	2g	10g	
Philadelphia cheese *	47g	1.9g	10g	
NUTS AND SEEDS				
Almonds	9g	0.6g	5g	
Brazil nuts	7g	0.2g	5g	
Desiccated coconut	8g	0.5g	5g	
Flaxseed (Linwoods, milled variety)	11g	0.2g	5g	
Hazel nuts	8g	0.5g	5g	
Macadamia nuts	6g	0.3g	5g	
Peanuts plain	11g	1.4g	5g	
Peanuts roasted & salted	9g	0.6g	5g	
Pecan nuts	7g	0.4g	5g	
Pine nuts	7g	0.3g	5g	
Pistachio nuts	9g	0.7g	5g	
Sesame Seeds	8g	0.1g	5g	
Walnuts	7g	0.2g	5g	
OTHER FOODS				
Heinz Beans * Reduced Sugar and Salt	50g	5g	0.1g	
Cocoa Powder Bournville*	1tsp	0.3g	0.6g	

Those foods marked by an * are manufactured and may be subject to small changes in composition please check the nutritional information on the side of the package.

LOW CARBOHYDRATE RECIPE BOOKS FOR IDEAS & INSPIRATION



The Real Meal Revolution and The Real Meal Revolution Low-Carb Cooking (2018)

By Prof Tim Noakes, Jonno Proudfoot and Sally Ann Creed
Inspirational recipe books introducing lower carbohydrate, higher fat eating.
Very helpful!



Super Food for Superchildren

By Prof Tim Noakes, Jonno Proudfoot, Bridget Surtees

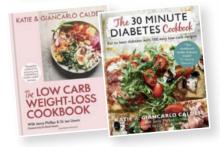
Lovely colourful pictures & lots of fun ideas for a low carb, higher fat lifestyle - great section on packed lunches.



Keto Kitchen* and Lazy Keto Kitchen*

By Monya Kilian Palmer

Really helpful starter books for the basic ketogenic diet principles - and a full range of practical meal ideas to take you through your days. UK based too. All recipes counted for carbohydrate, protein, fat and calories.



The Low Carb Weight-Loss Cookbook* and The Diabetes Weight-Loss Cookbook* and The 30 Minute Diabetes Cookbook

By Katie Caldesi, Giancarlo Caldesi

UK based information on a low carb/ higher fat lifestyle and lots of practical food ideas. All recipes counted for carbohydrate, protein, fat, fibre and calories.



The New Mediterranean Diet Cookbook

By Martina Slajerova & team

Blending key science behind the Mediterranean Diet and ketogenic diets. Lovely inspirational recipes and pictures. Production is USA styled. Includes detailed nutrition data. This team also have a very helpful website https://ketodietapp.com

Many of the above books repeat similar themes so please just try one (or maximum two) to start with. Too much inspiration can be overwhelming!

*Please note that many of these books talk about weight loss alongside health & wellbeing. However, you do not have to lose weight on a ketogenic diet unless you wish to. Eating enough fats/ oils with your meals is key. Contact your keto team if you have any concerns.



This booklet has been written by Susan Wood RD and Val Aldridge from the Matthew's Friends clinics and charity and the recipes have gone through our ketokitchen and are tried and tested by our ketocook Mo. All information was correct at the time of writing.

Medical Ketogenic therapies should only be undertaken with strict medical supervision by an experienced ketogenic team.





Post:

Matthew's Friends St. Piers Lane, Lingfield, Surrey RH7 6PW

Telephone (Office): 01342 836571

Support-line Number: 0788 4054811

Website: www.matthewsfriends.org

© E-mail: enq@matthewsfriends.org







Ketocollege is a training course for Medical Professionals working with Medical Ketogenic Therapies, for further information please contact

ketocollege@mfclinics.com