

Creamy Taco Soup



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NUTRICIA
KetoCal® 4:1 LQ
Unflavored
Recipes

INGREDIENTS:

- 120 g (about half a tetra box) of KetoCal 4:1 LQ Unflavored
- 2 g chicken bouillon granules, dissolved in 1 tbsp (15 g) water
- 16 g olive oil
- 10 g tomato paste
- 10 g pepper, diced
- 5 g red onion, diced
- 10 g avocado, diced
- 1 g cilantro, chopped
- ¼ tsp chili powder
- ¼ tsp cumin
- ¼ tsp paprika
- ¼ tsp oregano

COOKING INSTRUCTIONS:

1. Heat olive oil in a pan on low
2. Add green peppers and onions to oil and sauté until slightly tender (about 5-10 minutes)
3. Add bouillon (dissolved in the 1 tbsp water) and KetoCal LQ, blend together
4. Add tomato paste, stir well
5. Add spices (1/4 tsp each of chili powder, cumin, paprika, and oregano); Note- This may be spicy for little ones so consider adding 1/8 tsp only, or adding to taste)
6. Stir well over low heat until ingredients are well blended (do not overheat on higher temperatures or cook too long, this alters the texture)
7. Pour soup into a bowl, top with diced avocado and chopped cilantro

Nutrition Information:

Ketogenic Ratio	Calories (kcal)	Fat, g	Protein, g	Carbohydrate, g
4:1	358	35.9	5.1	3.8

Mock Baked Potato Soup



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NUTRICIA
KetoCal[®] 4:1 LQ
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INGREDIENTS:

- 120 g (about half a tetra box) KetoCal 4:1 LQ Unflavored
- 50 g cauliflower, measured raw, then steamed and mashed (or pureed if you have a food processor); Add a small amount of water if needed
- 2 g chicken bouillon granules, dissolved in 1 tbsp (15 g) water
- 19 g olive oil
- 3 g cheddar cheese, shredded
- 4 g green onions (scallions), chopped
- 4 g bacon, cooked crisp
- Poultry seasoning and black pepper to taste

COOKING INSTRUCTIONS:

1. Add KetoCal, oil, pureed cauliflower and bouillon (dissolved in water) to a pot on low heat
2. Cook bacon to crisp in microwave, add half (2 g) to soup mixture and save other half for garnish
3. Add black pepper and poultry seasoning, if desired
4. Let simmer for 10-15 minutes to allow to thicken slightly
5. Just prior to serving, top with shredded cheese, chopped green onions and remaining (2 g) of bacon

Nutrition Information:

Ketogenic Ratio	Calories (kcal)	Fat, g	Protein, g	Carbohydrate, g
4:1	398	39.8	7.1	2.9

Creamy Chocolate Ice Pops



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This recipe is in a 4:1 ketogenic ratio. Amounts of cocoa, milk, and Liquigen can be adjusted to accommodate different ratios and diet types.

INGREDIENTS:

- 13 g cocoa, unsweetened
- 60 g Milk, 1% lowfat
- 100 mL (97.1 g) Liquigen
- Carb-free artificial sweetener if desired

COOKING INSTRUCTIONS:

1. In a pitcher, mix milk, cocoa powder, Liquigen and sweetener (if desired) and stir
2. Pour into popsicle bags or molds. Freeze and enjoy!

Makes approximately 3 popsicles

Nutrition Information:

Ketogenic Ratio	Calories (kcal)	Fat, g	Protein, g	Carbohydrate, g
4:1	173	17.3	1.5	2.7