

NEW!
Tasty Smoothie Recipes



KetoCal[®] 4:1 LQ Recipes



Try our simple and delicious KetoCal LQ Smoothie recipes as a convenient meal or snack!

Important – Please Read: This flyer features recipes for the ketogenic diet in two different formats – **Classical** and **Modified Atkins**. It is important that you follow the recipe format that has been prescribed to you or your child. All of the following recipes have been verified in the KetoCalculator[®] program for nutritional accuracy. Please note that KetoCalculator assesses carbohydrate value as the total carbohydrate count minus the fiber.

Tip: Each of these recipes can be frozen as popsicles for a fun, cold treat! Popsicles can be kept in the freezer for a maximum of one week.

KetoCal 4:1 LQ – Smoothie Recipes for the **CLASSICAL DIET**

Chocolate Smoothie, Classical Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
458	3.1 g	45.9 g	8.2 g	4:1

- 4 grams Hershey's (unsweetened) cocoa
- 1 carton (240 g**) KetoCal 4:1 LQ
- 10 grams olive oil

Instructions:

- Pour KetoCal LQ into blender then add oil and cocoa. Blend for several seconds until smooth.
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.
- To make hot cocoa, warm beverage on stove or in microwave. Do not boil.



Strawberry Smoothie, Classical Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
455	3.8 g	45.6 g	7.6 g	4:1

- 33 grams strawberries (frozen, unsweetened)
- 1 carton (240 g**) KetoCal 4:1 LQ
- 10 grams olive oil

Instructions:

- Pour KetoCal LQ into blender then add oil and strawberries. Blend for several seconds until smooth
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.



Raspberry Smoothie, Classical Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
447	3.4 g	44.8 g	7.8 g	4:1

- 35 grams raspberries (fresh)
- 1 carton (240 g**) KetoCal 4:1 LQ
- 9 grams olive oil

Instructions:

- Pour KetoCal Liquid into blender then add oil and raspberries. Blend for several seconds until smooth.
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.



Blueberry Smoothie, Classical Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
457	3.9 g	45.7 g	7.5 g	4:1

- 26 grams blueberries, frozen, unsweetened
- 1 carton (240 g**) KetoCal 4:1 LQ
- 10 grams olive oil

Instructions:

- Pour KetoCal Liquid into blender then add oil and blueberries. Blend for several seconds until smooth
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.



* Liquid sweeteners such as Sweet 10, Sweet'n Low, or Stevia

** 1 tetra pak of KetoCal LQ is equivalent to 237 mL when measured by volume and 240 g when measured by weight



For product information, free starter kits, and resources, visit www.MyKetoCal.com or call (800) 365-7354 (877) 636-2283

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NUTRICIA KetoCal 4:1 LQ Recipes



Try our simple and delicious KetoCal LQ Smoothie recipes as a convenient meal or snack!

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Tip: Each of these recipes can be frozen as popsicles for a fun, cold treat! Popsicles can be kept in the freezer for a maximum of one week.

KetoCal 4:1 LQ – Smoothie Recipes for the **MODIFIED ATKINS DIET**

Chocolate Smoothie, Modified Atkins Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
372	3.5 g	36.0 g	8.4 g	3:1

- 1 teaspoon Hershey's (unsweetened) cocoa
- 1 carton (237 mL**) KetoCal 4:1 LQ

Instructions:

- Pour KetoCal Liquid into blender then cocoa. Blend for several seconds.
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.
- To make hot cocoa, warm beverage on stove or in microwave. Do not overheat or boil.



Strawberry Smoothie, Modified Atkins Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
370	5.0 g	35.6 g	7.6 g	2.8:1

- 1/3 cup strawberries, frozen, unsweetened
- 1 carton (237 mL**) KetoCal 4:1 LQ

Instructions:

- Pour KetoCal Liquid into blender then add strawberries. Blend for several seconds.
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.



Raspberry Smoothie, Modified Atkins Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
368	3.7 g	35.8 g	7.9 g	3:1

- 1/3 cup raspberries (fresh)
- 1 carton (237 mL**) KetoCal 4:1 LQ

Instructions:

- Pour KetoCal Liquid into blender then add raspberries. Blend for several seconds.
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.



Blueberry Smoothie, Modified Atkins Diet

Calories (Kcal)	Carbohydrates	Fat	Protein	Ratio
373	5.2 g	35.8 g	7.6 g	2.8:1

- 1/4 cup blueberries, frozen, unsweetened
- 1 carton (237 mL**) KetoCal 4:1 LQ

Instructions:

- Pour KetoCal Liquid into blender then add blueberries. Blend for several seconds.
- Optional; add a few drops of carbohydrate-free sweetener.* Blend again.
- Serve over ice or blend again with ice chips before serving.



* Liquid sweeteners such as Sweet 10, Sweet'n Low, or Stevia

** 1 tetra pak of KetoCal LQ is equivalent to 237 mL when measured by volume and 240 g when measured by weight