

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.

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

Kcal	CHO	Fat	Pro	Ratio
436	2.97	43.7	7.75	4:1

- 4 grams Hershey's (unsweetened) cocoa
- 1 carton KetoCal LQ (equivalent to 225 grams by weight)
- 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

Kcal	CHO	Fat	Pro	Ratio
433	3.69	43.34	7.09	4:1

- 33 grams strawberries (frozen, unsweetened)
- 1 carton KetoCal LQ (equivalent to 225 grams by weight)
- 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

Kcal	CHO	Fat	Pro	Ratio
425	3.27	42.53	7.37	4:1

- 35 grams raspberries (fresh)
- 1 carton KetoCal LQ (equivalent to 225 grams by weight)
- 9 grams olive oil

Instructions:

- Pour KetoCal LQ 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

Kcal	CHO	Fat	Pro	Ratio
435	3.83	43.47	7.06	4:1

- 26 grams blueberries, frozen, unsweetened
- 1 carton KetoCal LQ (equivalent to 225 grams by weight)
- 10 grams olive oil

Instructions:

- Pour KetoCal LQ 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



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