

NEW!
Tasty Smoothie Recipes

NUTRICIA 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 MODIFIED ATKINS DIET

Chocolate Smoothie, Modified Atkins Diet

Kcal	CHO	Fat	Pro	Ratio
346	2.97	33.7	7.75	3.1:1

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

Instructions:

- Pour KetoCal LQ 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

Kcal	CHO	Fat	Pro	Ratio
350	3.72	34.08	7.25	3.1:1

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

Instructions:

- Pour KetoCal LQ 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

Kcal	CHO	Fat	Pro	Ratio
344	3.27	33.53	7.37	3.2:1

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

Instructions:

- Pour KetoCal LQ 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

Kcal	CHO	Fat	Pro	Ratio
346	4.02	33.48	7.07	3:1

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

Instructions:

- Pour KetoCal LQ 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