Dinner for 1,600kcal/Day (2.5 : 1 Ratio, 593 kcal)

Quote from
A Book of Ketogenic Diet — Diet of Miracle —
Dr. Hiroshi Maruyama
Published by Daiichi Shuppan Co., Ltd. Tokyo JAPAN
Published on January 15, 2010

Ingredients

【Japanese noodle with deep-fried tofu】（きつねうどん）
- Ketone-formula 20g
- Fresh cream 40g
- Egg 15g
- Carrot 5g
- Deep-fried tofu 5g
- Welsh onion pinch
- Japanese soup stock to one’s own need
- Soy sauce & sweet sake to taste

【Fried salmon】（鮭のチーズフライ）
- Salmon 40g
- Salt & pepper to taste
- Parmesan cheese & parsley pinch
- Ketone-formula 5g
- Tomato 20g
- Mayonnaise 7g

【Tofu steak】（豆腐ステーキオクラのせ）
- Tofu 30g
- Sesame oil 3g
- Okra 10g
- Soy sauce to taste

Directions

【Japanese noodle with deep-fried tofu】
1. Mix Ketone-formula, fresh cream and egg, and make a paper-thin omelette.
2. Slice the paper-thin omelette into noodles, and put in a bowl.
3. Put fried carrot and deep-fried tofu on noodles, and pour soup, soy sauce & sweet sake. As a finishing touch, put Welsh onion on top.

Notes
- Ketone-formula is made by Meiji Co., Ltd. as 3:1 powder formula for ketogenic diet.