

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



Quote from

A Book of Ketogenic Diet — Diet of  
Miracle —

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### 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.