

Lunch for 1,600kcal/Day (2.5 : 1 Ratio, 468 kcal)



Quote from

A Book of Ketogenic Diet — Diet of
Miracle —

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Ingredients

【Japanese Pancake】(和風お焼き)

- Ketone-formula 20g
- Fresh cream 20g
- Egg 15g
- Welsh onion pinch
- Soy sauce & sweet sake to taste
- Salad oil 5g

【Sukiyaki】(すき焼き)

- Beef 30g
- Chinese cabbage 30g
- Konjak 20g
- Tofu 50g
- Japanese soup stock to one's own need
- Soy sauce & sweet sake to taste
- Salad oil 5g

【Bean sprout soup】(もやしのスープ)

- ◆ Bean sprout 20g
- ◆ Japanese honewort pinch
- ◆ Sesame oil 3g
- ◆ Chinese consommé powder & salt to taste

Directions

【Japanese Pancake】

- ① Make dough with Ketone-formula, fresh cream and egg.
- ② Divide dough into 3 sections, and pour salad oil into a frying pan and fry dough.
- ③ Spread Soy sauce & sweet sake on fried dough.

【Sukiyaki】

- ① Pour salad oil into a frying pan and fry beef, Chinese cabbage, konjak and tofu.
- ② Pour Japanese soup stock, Soy sauce and sweet sake.

Notes

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