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

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 consomme 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.