

**Keto diet** 









The **Live CT** Culinary Contest celebrates the fusion of science and creativity in nutrition. This recipe book is a collection of innovative dishes crafted by dietitians who combined their expertise and passion to create meals that heal, nourish, and delight.

Each recipe is thoughtfully designed to meet the dietary needs of individuals with specific medical conditions while showcasing the versatility of <code>LiVMCT</code> our key ingredient. These dishes highlight how nutrition can be therapeutic without sacrificing flavor, offering enhanced energy, improved metabolism, and better health outcomes.

More than just recipes, this collection reflects a commitment to patient care and the power of food as medicine. From nutrient-rich breakfasts to indulgent desserts, these recipes balance taste, nutrition, and functionality.

We hope this book inspires you to see food as more than sustenance a tool to transform lives, one meal at a time.



Warm regards, **LiVMCT** Team



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#### Heaven of Smoothie wid the King

#### **Clinical Significance of the Recipe:**

- High Fiber, Calcium, Anti-oxidants & Omega 3
- Low Calories, can use for Lactose intolerance
- Weight reducing Ketogenic person

#### Age Group of the Patients:

14 years and above

#### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Epilepsy
- Ketogenic Diet

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbes (gm)	Protein (gm)	Fats (gm)
1.	Almond Milk	200 ml	84	10	6.8	2
2.	Chia Seeds	15	72.9	6.3	2.55	4.65
3.	LiVMCT Power	20	140	4.7	0.9	14
4.	Chopped Almond	10	57.6	2.2	2.1	4.9

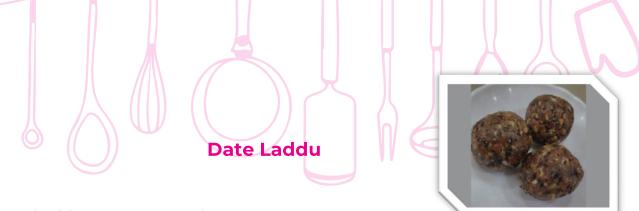
#### Steps-

- 1. Soak chia seeds in water for 20 minutes
- 2. Take a blender jar, add Almond Milk, soaked chia seeds and LiVMCT powder
- 3. Blend until it comes to smooth consistency
- 4. Pour in a glass and add chopped Almond
- 5. Smoothie is ready to serve

Serving Size: 2 glass

Calories	Carbs	Protein	Fats
354.5 kcal	23.2 gm	12.35 gm	25.55 gm





- High in Omega 3 & Omega 6
- High in Protein
- Low in Carbs

#### Age Group of the Patients:

4 years and above

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Ketogenic Diet
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Almond	7.5	50	1.5	3	4
2.	Walnut	4	25	0.75	1.5	2
3.	Flax seeds	1 teaspoon	50	1.5	3	4
4.	Pumpkin Seeds	1 teaspoon	50	1.5	3	4
5.	Chia Seeds	1 teaspoon	50	1.5	3	4
6.	Dates	5 numbers	50	10	-	-
7.	LiVMCT Powder	20	140	4.7	0.9	14

#### Steps-

- Roast Almond, Walnuts, Flax Seeds, Pumpkin Seeds and Chia Seeds in a pan
- 2. Make a coarse powder of all the nuts and seeds
- 3. Mash 4-5 dates and add in the powder along with LiVMCT powder
- 4. Make a dough and roll small laddus from the dough

Serving Size: 3 laddus

Calories	Carbs	Protein	Fats
415 kcal	21.45 gm	14.4 gm	32 gm







- High Calorie, Low Carbs
- Satiety Dense, Low Volume
- Complex Carbs, No added sugar

#### Age Group of the Patients:

• 2 to 59 years

#### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Ketogenic Diet
- Pediatric Recipe
- Patients with Neurological Disorder

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Bottle guard		10	1.6	0.5	0.1
2.	Ghee		63			7.0
3.	Cashew		47	2.0	1.5	3.6
4.	Almonds		30	0.53	1.0	3.0
5.	LiVMCT powder	20	140	4.7	0.9	14
6.	Stevia					
7.	Cardamom					

#### Steps-

- 1. Clean & grate pale green bottle guard
- 2. Make powder of Cashew & Cardamom separately
- 3. Cut small pieces of Almonds
- 4. Take pan, add ghee heat on medium flame, add grated pumpkin seeds and saute for 5 minutes, close with lid & cook till it become soft, on slow flame
- 5. Open lid, add cashew powder, mix it thoroughly, add LiVMCT powder and cardamom, mix well & switch off the gas
- 6. Add stevia or any sweetener at choice
- 7. Arrange on a savory plate & decorate with sliced almond

Serving Size: 100 gm

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats
29. kcal	8.83 gm	3.9 gm	27.7 gm





#### Paneer Nuggets with Pudina Chutney

#### **Clinical Significance of the Recipe:**

- Help in Weight Management
- Help in Controlling Seizures
- Prevent risk of Heart Disease

#### **Age Group of the Patients:**

• 18 to 59 years

#### **Application and Recommended Usage of the Recipe:**

Ketogenic Diet

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Paneer	80	206	10	7	9
2.	Carrot	50	2	3	0.9	0.2
3.	Beetroot	50	18	2	-	-
4.	Curd	100	60	3	3	4
5.	Mint	20	8	0.5	_	-
6.	Coriander	10	3	0.19	-	-
7.	Onion	20	15	2	-	-
8.	Garlic	5	6	-	-	-
9.	Lemon	50	18	3.5	_	-
10.	LiVMCT Powder	10	70	2.3	0.47	7.1

#### Steps-

#### • Paneer Nuggets:

- 1. Take paneer (80gm), carrot(50gm), Beetroot(50gm) and grate them. Mix grated paneer, Paneer, carrot and beetroot in a bowl
- 2. Mix them well. Add salt as per taste
- 3. Add 10 gm of chat masala to enhance taste & mix it well
- 4. Take the small ball size of mixture in hand and give it square shape
- 5. Pan fry it our low flame until it's golden brown

#### Pudina Chutney:

- 1. Take curd (100gm), mint (20gm), coriander (10gm), Onion (20gm), Garlic (5gm), Green Chili (2 numbers) and lemon
- 2. Add LiVMCT to it and Grind it well to make chutney



Serving Size: 2 servings

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats
406	26.49	11.37	20.3







- Better Seizure control
- Easy to digest
- Calorie Dense

#### Age Group of the Patients:

• 4 to 14 years

#### **Application and Recommended Usage of the Recipe:**

- Ketogenic Diet
- Pediatric Recipe

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Egg White	30	15	1	3.1	-
2.	Sugar	50	200	50	-	-
3.	LiVMCT	20	140	4.6	0.8	14.2
4.	Desiccated coconut	20	133	1.6	1.3	13
5.	Cashew	15	100	3	3	8
6.	Rawa	25	83	17.5	2.5	0.5

#### Steps-

- 1. Pre heat oven for 180 degree
- 2. In a bowl, beat the egg white stiff
- 3. Add powdered sugar, fine rawa powder, cashew nut powder, LiVMCT powder, desiccated coconut powder and mix it well
- 4. Scoop out the mixture and arrange 2 inches apart
- 5. Decorate with cherries on top
- 6. Bake at 180 degree for 20 minutes

Serving Size: 4 biscuits

Calories	Carbs	Protein	Fats
671 kcal	76.7 gm	10.7 gm	35.7 gm







- Rich in calorie
- MCT rich

#### Age Group of the Patients:

Above 2 years

#### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Ketogenic Diet
- Pediatric Recipe

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Coconut	150	990	22.95	4.95	43.5
2.	Sugar	200	581	150	0	0
3.	Milk	100	44	5	3	1
4.	LiVMCT powder	20	140	4.6	0.95	14
5.	Classified Butter	15	135	0	0	45

#### Steps-

- 1. Take a pan, add 2 tablespoon of classified butter (10ml)
- 2. Then add sugar syrup of mix it well till sugar get cooked
- 3. Add 100 ml of milk, shake well & wait for 5 minutes
- 4. Add 20gm LiVMCT powder
- 5. Mix properly till lumps get dissolved
- 6. Lastly add 150 gm of coconut
- 7. Keep aside for 4 hours at room temperature then cut it into small pieces
- 8. Coconut bar is ready to serve

Serving Size: 4 cubes

Calories	Carbs	Protein	Fats
1890 kcal	182.55 gm	8.9 gm	103.5 gm







- Enhanced energy, metabolism
- Cognitive, Brain Health (Healthy Fats)
- Weight management, Satiety (High Protein)

#### Age Group of the Patients:

• Above 4 years

#### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Patients
- Ketogenic Diet
- Pediatric Recipe
- Patients with Neurology Disorder
- Diabetes, Obesity

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	LiVMCT powder	10	70	2.3	0.47	7.1
2.	Egg	2 eggs	147	0	13.43	10.5

#### Steps-

- 1. Place the eggs in a pot cover them in water
- 2. Boil the egg over medium high heat
- 3. Let the egg sit for 8-9 minutes
- 4. Transfer the eggs to bowl of ice water to cool
- 5. Once it is cooled, ped the egg and cut it into halves
- 6. Take one scoop (10 gm) of LiVMCT and add water mix it well
- 7. Take a small mixer jar, add boiled eggs, LiVMCT solution, salt, pepper, herbs of your choice as per the taste.
- 8. Grind it well until smooth and creamy
- 9. Enjoy the egg LivMCT spread with vegetable stick or bread stick as a snack or as a midmeal

Serving Size: 1

Calories	Carbs	Protein	Fats
217 kcal	2.3 gm	13.9 gm	17.6 gm



#### **Gourmet Keto Roti**



#### **Clinical Significance of the Recipe:**

- Low Carbs & High Fat
- Calorie Dense & Low GI snack
- Omega-3 rich food

#### Age Group of the Patients:

Above 2 years

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Almond flour	30	180	6	6	16
2.	Avocado	20	29	0.35	0.59	2.77
3.	Ghee	5 ml	45	0	0	5
4.	LiVMCT powder	20	140	4.6	0.95	14.2
5.	Lemon Juice	5 ml	-	-	-	-
6.	Coriander	6-7 leaves	-	-	-	-
	Leaves					
7.	Green Chilies	1/4	-	-	_	-
8.	Salt	As per taste	-	-	-	_

#### Steps-

- 1. Take 30 gm almond flour, add 20 gm mashed avocado to it
- 2. Mix well and add 20 gm of LiVMCT powder
- 3. Add 1 teaspoon lemon juice, some coriander leaves and chopped green chili
- 4. Add salt as per taste
- 5. Mix all ingredients well and knead into a smooth dough using warm water
- 6. Keep aside for 5 minutes & make two parts of the dough
- 7. Roll the dough balls to make a smooth roti of any shape of choice
- 8. Roast both roti on a pan with I teaspoon ghee to make it crispy
- 9. Serve hot with mint chutney

Serving Size: 2



Calories	Carbs	Protein	Fats	
394 kcal	10.95 gm	7.54 gm	37.97 gm	



#### **Robust Cheese Cake**



#### **Clinical Significance of the Recipe:**

- High Calorie
- High Protein
- Probiotic Rich

#### Age Group of the Patients:

• 4 to 59 years

#### Application and Recommended Usage of the Recipe:

- Ketogenic Diet
- Pediatric Recipe

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Plain Oats	10	37.4	6.28	1.36	6.76
2.	Curdled Milk	15	38.6	1.86	2.83	2.22
3.	Hung Curd	15	18	0.9	0.93	1.2
4.	Peanut Powder	15	78.01	2.69	3.55	5.94
5.	Powdered Sugar	15	50	159	-	-
6.	Almonds	3	18.2	0.32	0.62	1.77
7.	Walnuts	2	13.4	0.22	0.3	1.29
8.	Ghee	-	-	-	-	_
9.	LiVMCT	10	70	2.3	0.47	7.1

#### Steps-

#### • For Crust Base:

- 1. Take pan, then on low flame roast the oats, nuts, peanut powder for 5 to minutes
- 2. Let it cool down, then transfer it into mixer, make a powder then add ghee
- 3. Mix this well with the help of spoon
- 4. Then transfer this to grinder and grind to fine paste
- 5. Take a cake setter or a cake mold
- 6. Add this paste in the mold, spread it evenly and keep it to set in fridge for 20 minutes

#### • For Batter:

1. In a bowl, add the hung curd, curdled milk / chena & powdered sugar, mix this well, then add LiVMCT powder, mix it well



- 2. Remove the set crust from the fridge and add batter on the crust, spread evenly all over
- 3. Keep the cake in fridge for set to 2 hours
- 4. After 2 hours remove it and demold it properly

Serving Size: 2-3

Calories	Carbs	Protein	Fats
414 kcal	29.45 gm	10.06 gm	30.28 gm



#### Custard



#### **Clinical Significance of the Recipe:**

- High Protein
- High Calorie
- Vitamin A & Vitamin B rich

#### Age Group of the Patients:

• Above 4 years

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Recipe for Epilepsy
- Diabetes, Hypertension, Thyroid, PCOD

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Milk	500 ml	529.98	41.25	18.48	32.34
2.	Egg	1 number	66.0	0	6.6	4.5
3.	Egg white	2 numbers	31.56	0	7.8	0.04
4.	Celnutra 2.0	50	270	0	20	10
5.	LiVMCT powder	20	140	4.6	0.94	14.2

#### Steps-

- 1. Boil 400 ml milk in a vessel
- 2. In another bowl take 100 ml milk add 2 egg white and one whole egg
- 3. Beat it well
- 4. In the boiling milk add the milk from the bowl
- 5. Keep flame slow and let it simmer
- 6. Keep stirring it
- 7. Once it gets simmer for 5-6 minutes
- 8. Off the flame
- 9. Pour the whole milk in the bowl
- 10. Add 2 scoop LiVMCT & 5 scoop Celnutra 2.0
- 11. Stir well and whisk it
- 12. Now add Mango piece in it
- 13. Allow it to cool in refrigerator for 2 hours
- 14. Then Custard is ready to serve

Serving Size: 100 gm (1 Bowl)

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats
209.68 kcal	14.17 gm	10.764 gm	12.216 gm



#### **Coconut Shorba**



#### **Clinical Significance of the Recipe:**

- High in Energy, High in MCT, Easy to Digest
- Helps in Weight loss, Sugar Control
- Use as Meal Replacement
- Low Carbs, High Fat

#### Age Group of the Patients:

• 14 to 59 years

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Ketogenic Diet for Epilepsy
- Ketogenic Diet

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
٦.	LiVMCT Powder	20	140	4.6	0.8	14.2
2.	Tomato	20	5	1.2	0.2	
3.	Carrot	10	10	2.3	0.1	
4.	Onion	10	10	2.3	0.1	
5.	Oil	5 ml	45	-	-	5
6.	Milk	30 ml	22	1.3	0.9	1.3
7.	Mustard seeds					
8.	Curry leaves					

#### Steps-

- 1. Finely chop tomato, onion, carrot
- 2. Add oil to the pan, add mustard seeds, curry leaves, red chili and roast it well
- 3. Now, add onion and saute it
- 4. Make a mixture of LiVMCT powder with milk. Make sure no lumps formation
- 5. Add this mixture to the pan and mix well
- 6. Now add tomato, carrot, black pepper, salt
- 7. Add water and let boil. Adjust to soup consistency and serve it

Serving Size: 1 bowl

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats
232 kcal	11.7 gm	2.1 gm	20.5 gm



#### **Nutty Keto Affair**



#### **Clinical Significance of the Recipe:**

- High fat, low carbs keto snack to control Seizure
- Rich in fat

#### Age Group of the Patients:

• 4 to 14 years

#### **Application and Recommended Usage of the Recipe:**

• Ketogenic recipe for Epilepsy

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Almond	50	327	5.25	10.4	24.4
2.	Walnut	50	343	5.5	7.8	32.25
3.	Macadamia Nut	50	359	-	4	38
4.	Butter	25	181	-	-	20
5.	Dark chocolate	20	107	-	1.28	6.62
6.	LiVMCT	10	70	2.3	0.47	7

#### Steps-

- 1. Take Almond, walnut & Macadamia nuts 50 gm each and grind all nuts separately
- 2. Melt butter, melt sugar free dark chocolate & mix all ingredients
- 3. Add LiVMCT powder and mix well
- 4. Place the mixture in toffee mold and keep the mold in refrigerator for set properly

#### **Serving Size:**

• For 4-8 years: 2-3 piece

• Above 9 years: 4-5 piece

Calories	Carbs	Protein	Fats
310 kcal	7 gm	6 gm	28 gm



#### **Keto Chicken Salad**



#### **Clinical Significance of the Recipe:**

- Can be use for weight loss
- Good source of protein and Fiber

#### Age Group of the Patients:

• 4 to 18 years

#### **Application and Recommended Usage of the Recipe:**

Ketogenic Diet

#### Ingredients-

Sr. No	Ingredients	Quantity	Calories	Carbs	Protein	Fats
NO		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Chicken	200	336.5	-	43.62	18
2.	Cucumber	100	19.56	3.48	0.71	0.16
3.	Green Capsicum	40	6.5	0.736	0.44	0.136
4.	Red Capsicum	30	5.94	0.642	0.441	0.141
5.	Egg yolk	15	308.31	-	16.13	27.46
6.	Oil	20	180	-	-	20
7.	LiVMCT powder	10	70	2.3	0.475	7.1
8.	Onion	25	14.16	2.895	0.465	1.6
9.	Mustard Sauce	10	6.6	0.5	0.44	0.4

#### Steps-

- 1. Take in a bowl, boiled shredded chicken pieces
- 2. Add chopped cucumber, onion, capsicum (Red & Green) then add homemade mayonnaise
- 3. Mix all ingredients properly
- 4. Add chili flakes & oregano, mustard sauce, lime juice to enhance the taste
- 5. At last add LiVMCT powder and mix it well
- 6. Chicken salad is ready to serve

Serving Size: 2 bowl

Calories	Carbs	Protein	Fats	
946.75 kcal	10.45 gm	62 gm	74.99 gm	



#### LiVMCT en Salad



#### **Clinical Significance of the Recipe:**

- High in protein, minerals & vitamins
- Low in sugar & carbohydrates
- High in fat
- Helps to control seizure in epilepsy

#### Age Group of the Patients:

4 to 14 years

#### Application and Recommended Usage of the Recipe:

Ketogenic Diet for Epilepsy

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Chicken	200	480	-	54	
2.	Carrot	30	15	3		
3.	Cucumber	30	4	0.8		
4.	Tomato	20	6	1.2		
5.	Onion	20	10	2		
6.	Mayonnaise	60	300	14		32
7.	Cranberries	10	5	1.2		
8.	Lemon juice					
9.	Salt & pepper					
10.	Sesame Seed	_				
11.	LiVMCT powder	10	70	2.3	0.475	7.1

#### Steps-

- 1. Prepare chicken salad and dressing in a large bowl
- 2. Mix together the mayonnaise, cranberries & lemon juice
- 3. Add sault & pepper to taste
- 4. Then add chopped carrot, cucumber, tomato & onion to the dressing
- 5. After that mix boiled chicken in the bowl and then add LiVMCT powder and mix it well

Serving Size: 4 bowl

Calories	Carbs	Protein	Fats
890 kcal	24.5 gm	54.475 gm	39.1 gm



#### **Chocolate Oats**



#### **Clinical Significance of the Recipe:**

- High fiber
- High Protein
- Easily Digestible & Fiber will contribute for easy bowel moment & fulfil satiety

#### **Age Group of the Patients:**

14 years and above

#### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Patients with Obesity, ADHD, under weight

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Oats	30	117	20	5	2
2.	Coco powder	10	23	6	1	1
3.	LiVMCT Powder	10	70	2.3	0.4	7
4.	Chia Seeds	10	49	6	-	5
5.	Milk	200 ml	134	8.8	6.4	8.2
6.	Chocolate	20	42	17	1.2	5.7
7.	Apple	30	18	4	-	_

#### Steps-

- 1. In a bowl, add 1 cup oats, 1 tablespoon coco powder, 1 scoop LiVMCT powder & 1 tablespoon chia seeds
- 2. Mix all ingredients thoroughly
- 3. Add 1 glass milk & 1 tablespoon melted chocolate
- 4. Mix it well. Let it rest for 2 hours
- 5. Then add your choice fruits & enjoy the dish

Serving Size: 45 gm

Calories	Carbs	Protein	Fats	
453 kcal	64 gm	14 gm	24 gm	



#### **Satu Dry Fruit Mix**



#### **Clinical Significance of the Recipe:**

- Nutrients dense
- Diabetes Friendly

#### Age Group of the Patients:

4 years and above

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Recipe for Epilepsy
- Patients with Neurological Disorder
- Patients with Compromised Guts like / like Short Bowel Syndrome

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Wheat Flour	5	18.2	3.8	0.5	0.05
2.	Chana Flour	5	19.3	2.9	1.1	0.3
3.	Almonds	5	28.8	1.1	1.0	2.4
4.	Pistachio	5	28.1	1.4	1	2.2
5.	Cashew	5	27.9	0.5	1.5	2.4
6.	Pumpkin seeds	5	22.3	2.7	0.9	0.9
7.	Black raisin	5	14.9	0.9	0.1	0.02
8.	Dry Date powder	5	18	4.6	0.1	-
9.	LiVMCT powder	5	35	1.1	0.2	3.5

#### Steps-

- 1. Roast nuts and seeds, roast wheat flour & Chana flour and let it cool
- 2. In mixer, add roasted nuts & seeds, dry fruits, black raisin and Satu (Wheat & Chana Flour) grind it to make fine powder
- 3. Add dry date powder & LiVMCT and grind it again
- 4. Collect it in clean & dry bowl
- 5. You can add chocolate / cardamom powder as per taste
- 6. Take a glass of milk add 2-3 teaspoon of above Sattu Dry Fruit mix and enjoy it

**Serving Size:** 2

Calories	Carbs	Protein	Fats
130 kcal		-	0.5 gm



#### **Health Millets Nutty**



#### **Clinical Significance of the Recipe:**

- High Calories
- High Protein, Omega 3 Fatty Acid Rich
- Calcium Rich

#### Age Group of the Patients:

• 14 to 59 years

#### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Epilepsy
- Patients with Neurological Disorder

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Ragi Flour	30	98.4	21.6	2.9	0.39
2.	Almond	5	32.7	0.5	1.04	2.94
3.	Cashew	5	29.8	1.1	1.06	2.34
4.	Pistachio	5	31.3	0.8	0.95	0.15
5.	Walnut	5	34.3	0.5	0.78	3.22
6.	Dates	15	47.5	11.3	0.37	0.06
7.	Raisin	10	30.8	7.4	0.18	0.03
8.	Ghee	5	135	-	-	15
9.	Cardamom Powder	1	2.2	0.4	0.10	0.02
10.	LiVMCT powder	10	70	2.3	0.47	7.1
11.	Fig	5	10	0.3	0.06	0.04

#### Steps-

- 1. Roast ragi for 5-10 minutes then add ghee and again roast it
- 2. Roast all dry fruits almond, cashew, pistachio & walnut
- 3. Grind all ingredients dates, raisins, fig in a grinder and grind it well
- 4. Take a bowl, add Ragi flour, dry fruits mixture and mix it properly
- 5. Add cardamom powder and ghee in that mixture
- 6. Add LiVMCT powder in same mixture
- 7. Roll the Nutty balls
- 8. Healthy nutty millest are ready to eat. Sprinkle LiVMCT powder on roll

Serving Size: 30 gm



Calories	Carbs	Protein	Fats
522 kcal	46.2 gm	7.91 gm	31.29 gm



#### **Choco Almond Bites**



#### **Clinical Significance of the Recipe:**

- MCT based, Keto Friendly
- Rich in Vitamin E, Magnesium, Flavonoids
- Calorie Dense, Provide Satiety

#### Age Group of the Patients:

• 2 to 18 years

#### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pediatric Recipe

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Almond	60	365	1.8	11	34.8
2.	Coco Powder	25	102	14.5	4.9	2.7
3.	Coconut Oil	25 ml	225	ı	-	25
4.	LiVMCT Powder	10	70	2.3	0.4	7.1
5.	Stevia	2.5	9	2.2	-	-

#### Steps-

- 1. Mix crushed Almond and coco powder, Stevia & Coconut oil
- 2. Place in micro oven for a minute to melt the oil
- 3. Add LiVMCT powder and stir it well
- 4. Pour the mixture in chocolate mold or ice tray and let it set for an hour

Serving Size: 2 bites

Calories	Carbs	Protein	Fats
771 kcal	20.8 am	16 am	69.6 am



#### **Mango Keto Candy**



#### **Clinical Significance of the Recipe:**

- High Protein
- Help to manage Epilepsy, Alzheimer's Disease

#### Age Group of the Patients:

• 2 to 18 years

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Patients with Neurological Disorder

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Soy Milk	200 ml	60	0	6.4	3.2
2.	LiVMCT Powder	20	140	4.6	0.9	14.2
3.	Mango	20	10	2.5	0	0

#### Steps-

- 1. Add 200 ml Soy milk, 20 gm mango & 20 gm LiVMCT powder into mixer
- 2. And mix it well
- 3. Pour it in to a glass and serve it cold

Serving Size: 1 glass

Calories	Carbs	Protein	Fats
210 kcal	7.1 gm	7.2 gm	17.4 gm



#### **Nutri Boost Smoothie**



#### **Clinical Significance of the Recipe:**

- High in Protein
- Rich in Vitamins & Minerals
- Good source of Healthy Fats

#### Age Group of the Patients:

2 years and above

#### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Diet for Critical care patients
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Almond	3.3	20	0.346	0.686	1.943
2.	Cashew	4.8	27	1.2	0.901	2.16
3.	Walnut	5	33.55	0.507	0.7	3.2
4.	Pistachio	3	16.17	0.4746	0.76	1.27
5.	Fig	20	16.2	3.256	0.4	0.074
6.	Dates	30	93	21.6	0.684	0.105
7.	Paneer	50	146	3.95	6.7	11
8.	Beetroot	50	17.5	3.09	0.975	0.07
9.	Makhana	20	69.4	15.2	1.94	-
10.	Honey	10	100	7.95	0.03	-
11.		40	194	16.8	6.6	10
12.	Apple	50	31	6.5	0.145	0.32
13.	LiVMCT Powder	20	140	4.6	0.94	14.2

#### Steps-

1. Roast 3 almond, cashew, Walnut & soak the, for 2-3 hours, then in another bowl take cashew, 2 fig and dates and soaked them 2-3 hours



- 2. After then blend them in a mixer make fine paste by adding little amount of milk & put this in a glass (1st layer)
- 3. Take paneer, beetroot, honey, LiVMCT powder and grind it well
- 4. Add milk in same part and make a smooth paste and pour it in the same glass (2<sup>nd</sup> layer)
- 5. Then put soaked 3-4 tablespoon sabja in the upper layer and add some apple pieces and garnish with pistachio powder

**Serving Size:** 2 glass

Calories	Carbs	Protein	Fats
903.82 kcal	85.47 gm	21.46 gm	44.34 gm



### **Choco Nuts**



### **Clinical Significance of the Recipe:**

- High in protein
- Safe for Diabetic Patients
- Safe for Weight Loss

### Age Group of the Patients:

Above 18 years

### Application and Recommended Usage of the Recipe:

Ketogenic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Cashew nuts	5.32	31	0.2	0.88	2.4
2.	Walnuts	8	54	0.8	1.18	5.14
3.	Almond	4	24.4	0.08	0.72	2.3
4.	Dates	12	68.6	8.14	0.12	0.04
5.	LiVMCT Powder	20	70	2.3	0.47	7.1
6.	Dark Chocolate	20	111.4	9.78	0.98	6.92

### Steps-

- 1. Grate or blend the powder of cashew nuts, walnuts and almond and saute them on low flame for 5 minutes
- 2. Take overnight soaked black current or dates, prepare its purry by blending in miner jar and then cooking it on flame for 2 minutes
- 3. Now, take 20 gm (2 scoops) of LiVMCT and add prepare dough
- 4. Take some black compound or dark chocolate melt it into fluid consistency
- 5. Prepare balls of dough and dip it in dark chocolate and prepare a proper coat on the balls
- 6. Now freeze it, the chocolate is prepared and can be consumed and store for up to 7 days in refrigerator

Serving Size: 1 Chocolate

Calories	Carbs	Protein	Fats	
111.4 kcal	21.3 gm	4.35 gm	23.9 gm	



### **Mango Coconut Mousse**



### **Clinical Significance of the Recipe:**

- Soft Diet
- High Calories
- High Fat
- Multivitamin Vit A: 2743 μg in 100 gm Mango

### Age Group of the Patients:

• 4 years and above

### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Diet for Critical Care patients
- Ketogenic recipe for Epilepsy
- Pediatric recipes
- Patients with Compromised Guts like Short Bowel Syndrome

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Mango	100	74	16.9	0.6	0.4
2.	MCT Powder	20	140	4.6	0.94	14.2

### Steps-

- 1. Peel the mango (100 gm) and cut into pieces.
- 2. Then blend the mango in a blender.
- 3. Take a kadai, put the blended mango and cook till the paste's water content decreases and consistency becomes smooth and it should not be flowy.
- 4. Once the mango's texture is non-flowy, remove it from the burner, cool down, and transfer to a bowl or cup.
- 5. Then freeze the mango mousse for 15 minutes
- 6. By the time mango is getting frozen, prepare the MCT powder for the topping.
- 7. Take 20 gm of MCT powder and add water little by little till thick non-flowy creamy consistency is formed.
- 8. After 15 minutes, remove the mango mousse and add the MCT as the creamy topping, and freeze it again to form two distinct layers.

Serving Size: 100 gm (1 bowl)

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats
214 kcal	21.5 gm	1.54 gm	14.6 gm



### **White Berry Chia Oats Pudding**



### **Clinical Significance of the Recipe:**

- Weight Management / obesity
- Type 2 diabetes
- Malnutrition

### Age Group of the Patients:

• 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts Like Short Bowel Syndrome

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	White Mulberry	30	36	6.2	1	0.2
2.	Instant Oat Powder	60	240	40	8.8	5.19
3.	Chia seeds	15	68	9	2.8	4.4
4.	Almond Milk	60 ml	12	0.2	0.8	0.8
5.	Cashew	15	85	4.2	2.5	6.1
6.	Almond	15	79	4.7	2.5	-
7.	LiVMCT Powder	20	140	4.6	0.95	14.2
8.	Sugar Free Cookies	2	108	119	2	6
9.	Vanilla essence	¼ teaspoon	-	_	-	-
10.	Dry Dates Powder	3 teaspoons	51	12	0.75	0.01
11.	Cinnamon	¼ teaspoon	1	_	-	_
12.	Elichi powder	1/4 teaspoon	-	_	-	6-

### Steps-

- 1. Take a pan, add almond milk, add powdered oats, add dry dates powder & mix well & cook for 5 minutes
- 2. Add soaked chia seeds, cinnamon powder, Elichi powder & vanilla essence, mix well & switch of the gas
- 3. Add LiVMCT powder mix it well so no lumps formation



- 4. Add soaked & chopped almonds & cashew
- 5. Take a bowl add crushed joylite cookies, mulberry, cashew & almonds chopped
- 6. Add the batter of white mulberry oats chia pudding
- 7. Garnish on top again with white mulberry, almond, cashew chopped
- 8. Let it set for 2 hours or overnight in fridge

Serving Size: 1 bowl

Calories	Carbs	Protein	Fats
869 kcal	776.35 gm	40.37 gm	31.17 gm



### **Oats Bar**



### **Clinical Significance of the Recipe:**

- Protein Rich
- Calcium Rich
- Sugar Free

### Age Group of the Patients:

• 4 years and above

### Application and Recommended Usage of the Recipe:

- Ketogenic Diet
- Pediatric Recipe
- Patients with Compromised Guts like Short Bowel Syndrome
- Anemia, Cardiac, Diabetes

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Dates	50	45	10	0.3	0.1
2.	Almond	15	100	4	3	8
3.	Cashew	15	100	4	3	8
4.	Pumpkin Seed	15	50	4	3	8
5.	Sesame Seed	15	50	4	3	8
6.	Makhana	15	50	4	3	0.1
7.	LiVMCT Powder	20	140	4.6	0.95	14.2

### Steps-

- 1. Soak dates in hot water for 2 hours
- 2. Roast mix nuts & seeds in a pan
- 3. Roast & grind the makhana
- 4. Grind soaked dates into fine paste
- 5. Heat paste till it turn thick add all the nuts & makhana powder along with LiVMCT powder & set it into mold & cool it and cut into bar shaped and Garnish with LiVMCT powder

Serving Size: 20-25 gm

Calories	Carbs	Protein	Fats
535 kcal	34.6 gm	16.25 gm	46.4 gm



### **Bullet Proof Coffee**



### **Clinical Significance of the Recipe:**

- Rich in Flavonoids
- Direct Energy Booster
- Anti-oxidant Rich

### Age Group of the Patients:

• 18 to 59 years

### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Epilepsy
- Ketogenic Diet

### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Coffee Powder	5	5.7	0.15	0.37	0
2.	Ghee	15	135	0	0	15
3.	LiVMCT powder	20	140	4.6	0.95	14.2
4.	Cinnamon	1 pinch	-	-	-	-

### Steps-

- 1. Add coffee to hot water and prepare black coffee
- 2. Add 1 tablespoon ghee, 20 gm LiVMCT powder to it
- 3. Whisk the coffee well to get smooth texture
- 4. Add pinch of cinnamon powder
- 5. Enjoy the delicious bullet proof coffee

Serving Size: 1 serving

Calories	Carbs	Protein	Fats
280.9 kcal	4.75 gm	1.34 gm	29.2 gm



### **Ragi Crumpets**



### **Clinical Significance of the Recipe:**

- Protein Rich, Calcium Rich
- Good in fat
- No added sugar- can be used in diabetic patients

### Age Group of the Patients:

• 4 to 59 years

### Application and Recommended Usage of the Recipe:

- Ketogenic Diet
- Pediatric Recipe
- Diabetic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Banana	2 numbers	50	10	-	-
2.	Coconut Oil	1 tablespoon	121	-	-	13.5
3.	Cardamom & dry fruits powder	1 tablespoon	100	4	3	8
4.	Ragi flour	2-3 tablespoon	100	20	2.1	0.5
5.	Oats	1 tablespoon	38	10	3.3	2
6.	Milk	1 cup	100	7	5	6
7.	LiVMCT Powder	20	140	4.6	0.94	14.2
8.	Almond	4 pieces	50	2	1.5	4
9.	Raisin	3 pieces	22.5	5	0.2	-

### Steps-

- 1. In a bowl, add 2 bananas, add 1 tablespoon coconut oil, 1 tablespoon cardamom and dry fruits powder, 2 tablespoon peanut butter & mix it well
- 2. Add 2-3 tablespoon Ragi flour, 1 tablespoon oats, 1 cup milk
- 3. Add 1 scoop LiVMCT powder and mix it well
- 4. For sweetener you can jaggery as per taste
- 5. Pour this mixture into mold and keep as it is for set
- 6. Garnish it with almond, raisin and nuts as per your choice after 10-15 minutes demold it and sprinkle LiVMCT powder and serve it

Serving Size: 1 piece

Calories	Carbs	Protein	Fats	
180 kcal	15.6 gm	3.58 gm	11.9 gm	



### **Dudhi ka Halwa**



### Clinical Significance of the Recipe:

- Calorie Dense, Low glycemic index
- Rich in fiber, Anti-oxidants & essential nutrients
- Maintain Gut Health

### Age Group of the Patients:

• 2 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Diet
- Pediatric Recipe
- Diabetic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Bottle guard	500	55	8.4	2.65	0.65
2.	Dates	100	286	67.95	1.18	0.41
3.	Raisin	20	60	13.8	0.6	0
4.	Almonds	20	122	0.6	3.7	11.7
5.	Milk	100 ml	107	8.4	3.7	6.6
6.	Cream	100	196	3.7	2.7	19
7.	Kesar	Pinch	-	-	-	-
8.	Elaichi	1 teaspoon	-	-	-	-
9.	LiVMCT powder	20	140	4.6	0.94	14.2

### Steps-

- 1. Take 500 gm bottle guard, wash it properly & peel of the skin & grate it
- 2. Add 100 ml milk & 100 ml cream in the grated bottle guard and mix well
- 3. Add 100 mg dates in the top of grated bottle guard & cook it in pressure cooker for 2 whistles
- 4. Remove pressure cooked dates & mash them well
- 5. Further cook the bottle guard mixture to achieve the halwa consistency
- 6. Add mashed dates, Kesar, raisin & grated almond
- 7. Switch off the flame, while mixing it well, add LiVMCT powder & elaichi powder & mix it well
- 8. Garnish the dudhi halwa with grated almonds & serve hot / cold

Serving Size: 4 bowl

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats	
966 kcal	107.45 gm	15.47 gm	52.56 gm	



### **Keto Smoothie**



### Clinical Significance of the Recipe:

- Good for Digestive Health
- Anti-oxidant Dense
- Low Carbohydrate

### Age Group of the Patients:

• 18 to 59 years

### Application and Recommended Usage of the Recipe:

Ketogenic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Baby Spinach	50	12	٦	1	0.3
2.	Cucumber	50	10	1.5	0.35	0
3.	Avocado	100	144	1.7	2.95	13.8
4.	Ginger	10	-	-	-	-
5.	Lemon juice	1 teaspoon	-	-	-	-
6.	LiVMCT powder	20	140	4.6	0.8	14.2
7.	Cold Water	1 Glass	-	-	-	-

### Steps-

1. Blend all the ingredients until it makes a smooth

2. And the smoothie is ready to serve

Serving Size: 1 glass

Calories	Carbs	Protein	Fats	
318 kcal	9.8 gm	6.1 gm	28.6 gm	



### **Protein Salad**



### **Clinical Significance of the Recipe:**

Help to prevent over eating, promote weight loss

### Age Group of the Patients:

• 14 to 59 years

### **Application and Recommended Usage of the Recipe:**

- Ketogenic Diet
- Patients with Compromised Guts like Short Bowel Syndrome
- Weight Loss

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Onion	50	20	4.5	0.52	0.10
2.	Cucumber	50	15	3.2	0.65	0.11
3.	Tomato	50	9.5	4.0	0.45	0.12
4.	Green Chili	2	2	-	-	-
5.	Lemon	4	10	-	-	-
6.	Paneer	25	62	1.2	9	2
7.	Coriander leaves	4	2.4	1	-	-
8.	Peanuts	20	35	1.3	5	3.6
9.	Green gram	30	42	1.5	8	-
10.	Chick pea	30	45	1.2	9	-
11.	Black salt	1	-	-	-	-
12.	Chat masala	2	-	-	-	-
13.	Black pepper	1	-	-	-	-
14.	Dry mango powder	2	-	-	-	_
15.	LiVMCT Powder	10	70	2.3	0.4	7.1

### Steps-

- 1. Soak chickpea & green gram overnight and drain & keep in muslin cloth
- 2. Take a large bowl, add chickpea seed, green gram, paneer, peanuts, onion, cucumber, tomato, green chili, black salt, black pepper, dry mango powder, chat masala and LiVMCT squeeze the juice of lemon into the bowl and mix till well combined
- 3. Transfer the salad into serving bowls, garnish with coriander leaves and serve immediately



Serving Size: 1 bowl

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats	
312.9 kcal	20.2 gm	33.09 gm	13.03 gm	



### **Yogurt Bites**



### **Clinical Significance of the Recipe:**

- Low in carbs & high in fats
- Kids friendly

### Age Group of the Patients:

• 2 to 18 years

### **Application and Recommended Usage of the Recipe:**

- Ketogenic Recipe for Epilepsy
- Ketogenic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Hung curd	100	100	3	10	4.5
2.	LiVMCT powder	10	70	2.3	0.4	7.1
3.	Mango cubes	1 slice	50	10	0.5	0.5
4.	Almond	4 pieces	10	7	1	2
5.	White Chocolate	25	144	10	2.25	10
6.	Matcha Powder	1/4 teaspoon	8	1.2	0.4	0.17
7.	Sunflower Oil	5 ml	45	1	-	4.5

### Steps-

- 1. Take full fat curd, hung it for overnight in a muslin cloth and you will get thick hung curd
- 2. Take 100 gm of hung curd in a bowl, divided it in two parts, in first part add fine chop mango cubes an
- 3. In remaining part, add other half LiVMCT powder and add chopped almonds into it
- 4. Now scoop out bite sized scoops from both mixtures and shape it round
- 5. Set the bites into fridge and freeze it for 2-4 hours
- 6. Meanwhile, melt the white chocolate, add sunflower oil for the shine and smooth texture, then add Matcha powder until gets the green color
- 7. Now, dip the yogurt bites in our green white chocolate and freeze for another one hour and enjoy it

**Serving Size:** 2 pieces / one portion

Calories	Carbs	Protein	Fats	
427 kcal	27 gm	14 gm	29 gm	



### **Mango Protein Sharbat**



### **Clinical Significance of the Recipe:**

- Pre and probiotic- Improves Gut Bacteria
- Good Fiber & Protein
- Good quality of fats, helps maintain blood sugar levels

### Age Group of the Patients:

• 14 years and above

### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Diet for Critical Care
- Ketogenic Diet

### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Mango	50	25	6.25	-	-
2.	Milk	200 ml	133	8.6	6.6	8
3.	Museli	2 tablespoons	333	7	0.8	0.2
4.	Almond	15	33.3	7.5	0.15	0.4
5.	Celnutra DM 1.5	2 scoops	92	8.2	4.8	4
6.	LiVMCT	10	70	2.3	0.47	7.1
7.	Sabja Seeds	1 tablespoon	-	ı	-	-
8.	Cinnamon	1 Pinch	-	-	-	_

### Steps-

- 1. Blend milk, mango, Museli, cinnamon, almond and celnutra DM 1.5
- 2. Then put it in the glass and now add the LiVMCT powder
- 3. Garnish the sharbat with Sabja seeds, musli & almond and serve it

Serving Size: 1 glass

Calories	Carbs	Protein	Fats
668.3 kcal	39.85 gm	12.82 gm	19.7 gm



### **Butter Garlic Mushroom**



### **Clinical Significance of the Recipe:**

- For ketogenic Diet
- Good source of protein
- Helps in weight loss

### Age Group of the Patients:

• 14 to 18 years

### Application and Recommended Usage of the Recipe:

Ketogenic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Mushroom	200	54.96	3.96	4.36	0.89
2.	Capsicum	100	16	1.84	1.11	0.39
3.	Garlic	10	4.56	2.2	0.675	0.011
4.	Onion	25	14.16	2.895	0.47	1.6
5.	Butter	10	90	-	-	10
6.	Oil	10	90	-	-	10
7.	LiVMCT	10	70	2.3	0.47	7.1

### Steps-

- 1. At the first heat frying pan with butter and oil then add garlic
- 2. When flavours come out from it then cut mushroom pieces in added
- 3. Cover the pan for 2 minutes
- 4. Add onion and capsicum with pinch of salt and black pepper
- 5. Again, cover the pan for few minutes and late them cook properly
- 6. Then uncover the pan and late it cools down
- 7. Put all in the bowl and add LiVMCT powder and mix it well

### **Serving Size:** 1 person

Calories	Carbs	Protein	Fats
346.68 kcal	13.2 gm	10 gm	29.89 gm



### **Blinking Blue**



### Clinical Significance of the Recipe:

- Source of good saturated fat
- Liver support
- Prevent bloating

### Age Group of the Patients:

• 18 to 59 years

### **Application and Recommended Usage of the Recipe:**

Ketogenic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Almond flour	½ cup	358.5	8.4	15.1	29.7
2.	Almond milk	1 cup	17	0.5	0.5	1.5
3.	Egg	1	77	0.6	6.3	5.3
4.	Olive oil	1 teaspoon	40	-	-	4.5
5.	LiVMCT powder	20	140	4.6	0.9	14.2
6.	Monk extract	1 teaspoon	0	4	0	0
7.	Lemon juice	1 tablespoon	3	7	1	-
8.	Cinnamon powder	¼ teaspoon	2	0.5	0	0
9.	Vanilla extract	10 drops	1	1	1	-
10.	Nutmeg	1 piece	-	-	-	-
11.	Soya flour	½ cup	170	20	25	1.3

### Steps-

- 1. Take a bowl, add all dry ingredients, add LiVMCT powder
- 2. In another bowl add I egg and separate white and yolk
- 3. Beat egg white & make it fluffy & frothy & keep it aside
- 4. Take another bowl add almond milk, egg yolk & vanilla extract, beat it until nicely mixed
- 5. Now add olive oil and beat until emulsified
- 6. Now take small batches add the dry ingredients then added beated egg white, lemon juice
- 7. Blinking Blue is ready to serve

Serving Size: 2 serving

Calories	Carbs	Protein	Fats
807.5 kcal	39.6 gm	47.8 gm	56.5 gm



### **Cheesy Garlic Spinach Delight**



### **Clinical Significance of the Recipe:**

- For weight loss
- For better digestive health
- For treatment of seizure, Alzheimer disease, PCOS

### Age Group of the Patients:

• 18 to 59 years

### **Application and Recommended Usage of the Recipe:**

Ketogenic Diet

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Chicken breast	120	166	-	31.08	3.6
2.	Garlic	15	21.7	4.41	0.9	0.01
3.	Oil	20	180	-	-	20
4.	Butter	20	145.8	-	-	16.2
5.	Cheese	20	69.2	1.2	4.8	6.6
6.	Pepper	5	15.2	2.4	0.5	0.3
7.	Spinach	15	3.9	0.4	0.3	0.1
8.	LiVMCT powder	20	140	4.6	0.9	14.2

### Steps-

- 1. Take chicken breast and season it with salt & pepper
- 2. Heat oil in a pan over medium flame & add chicken & cook until golden brown on both sides for 5-7 minutes per side
- 3. Once chicken is cook keep aside and cover to keep it warm
- 4. Then melt butter add chopped garlic saute until golden brown
- 5. Add chili flakes & oregano & stir, then add LiVMCT in water & stir well & add salt & pepper and freshly chopped Spinach
- 6. Return chicken into the pan and cook for 4 minutes
- 7. Add cheese to it and cover the pan until cheese melts, & add chopped coriander leaves and serve it

**Serving Size:** 1 (2 chicken breast)



Calories	Carbs	Protein	Fats	
741.8 kcal	13.01 gm	38.48 gm	61.01 gm	



### Frozemgo



### **Clinical Significance of the Recipe:**

- Anti-inflammatory
- Anti-cancerous
- Easily absorbable

### Age Group of the Patients:

• 18 to 59 years

### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Ketogenic Diet
- Pediatric Recipe

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Mango	60	35	8.2	0.42	0.14
2.	Almond	5 pieces	8	0.84	1.66	4.712
3.	LiVMCT powder	20	140	4.5	0.94	14.2
4.	Saffron	Pinch	-	-		

### Steps-

- 1. Take in mango & almond in a grinder add LiVMCT and grind it well
- 2. Put all the mixture in bowl saffron and mix well & keep this mixture in freezer to set
- 3. After 1 ½ hour take it out and serve it with your favourite fruit

Serving Size: 100 gm

Calories	Carbs	Protein	Fats
227.4 kcal	13.5 gm	3.02 gm	10.05 gm

### **Quinoa Kheer**



### **Clinical Significance of the Recipe:**

- Helps to control blood sugar & cholesterol
- High in fats & minerals
- Controls in malabsorption

### Age Group of the Patients:

4 to 59 years

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- Malnutrition & Non-alcoholic Fatty Liver Disease

### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Quinoa	300	112	20.6	3.9	1.7
2.	Milk	500 ml	335	22	16	20.5
3.	Cardamom	15	34.5	6.3	1.53	0.33
4.	Walnut	15	103.05	1.65	2.34	9.67
5.	LiVMCT powder	20	140	4.6	0.94	14.2

### Steps-

- 1. Boil the milk & stir continuously until the volume is reduced to  $\frac{1}{2}$
- 2. Boil the quinoa for 10 minutes in the milk and after boiling off the gas
- 3. When the kheer to still warm add cardamom & LiVMCT powder and mix it properly so that there is no lumps formation
- 4. Garnish with almonds before serving

Serving Size: 2 bowl

Calories	Carbs	Protein	Fats	
724.55 kcal	55.16 gm	24.71 gm	46.4 gm	





### Clinical Significance of the Recipe:

- Good for the Gut Health in Constipation
- Good for Heart Health
- Antioxidant rich & Boost Immunity
- Controls Blood Sugar & Blood Pressure

### Age Group of the Patients:

18 to 59 Years

### Application and Recommended Usage of the Recipe:

- Ketogenic recipe for Epilepsy
- Pancreatitis & Liver Patients / Compromised Guts

### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No			(kcal)	(gm)	(gm)	(gm)
1.	Carrot	1/2	12.3	3	0.27	0.06
2.	Cucumber	1/2	7.5	1.8	0.35	0.05
3.	Boiled Corn	¹⁄₄ cup	43	9.5	1.6	0.5
4.	Tomato	1/2	7.2	1.56	0.3	0.08
5.	Capsicum	1/2	13	3.01	0.49	0.15
6.	Green Chili	1	18	4.2	0.9	0.09
7.	Onion	1/2	46	11.1	1.01	0.09
8.	Potato	1/2	103	19.52	1.81	2.24
9.	Lemon	½ Tspn	2	0.49	0.03	0.02
10.	Coriander	½ tspn	2	0.31	0.13	0.03
11.	LiVMCT	20	140	4.6	1	14.2

### Steps-

- 1) Take a Bowl
- 2) Add one by one all ingredients
- 3) Then add Lemon Juice & mix it
- 4) Garnish with finely chopped Coriander Leaves
- 5) Lastly add LiVMCT powder & mix it well
- 6) Serve it

**Serving Size:** Serving 2-person 1 full plate





Calories	Carbs	Protein	Fats	
394 kcal	59.1 gm	7.89 gm	17.49 gm	



## Vegetable Khakra & Chocolate Khakra



### Clinical Significance of the Recipe:

- Safe for liver patients
- Keto-friendly vegetables
- Provides Satiety

### Age Group of the Patients:

• 14 to 59 years

### **Application and Recommended Usage of the Recipe:**

- Ketogenic Diet
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipes

### Ingredients-

Sr. No	Ingredients	Quantity	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Bengal Gram Flour	20	65.8	9.2	4.2	1.06
2.	Coco Powder	10	42	3.4	5.7	1
3.	LiVMCT	20	140	4.6	0.8	14.2
4.	Onion	75	42.7	8.62	1.35	0.12
5.	Tomato	100	19	3.2	0.76	0.2
6.	Capsicum	25	4	0.4	0.2	0.07
7.	Paneer	50	129	6.2	9.4	7.2
8.	Dark Chocolate	20	111.4	9.78	0.98	6.92
9	Sugar	50	20	5	-	-
10.	Oil	5.5	50	-	-	5.5

### Steps-

- 1) Take 20 gms of Bengal Gram Flour and add LiVMCT (20gm) and knead a dough new dived it into two parts and add jeera, red chili and salt to one part and corn powder to another part.
- 2) Using rolling pin, roll it into two different really thin chappties and roast it in pan on low flam on both the side two times, then add oil both sides and press it down to gain creamy texture, chopp onion, tomato, garlic
- 3) Now take a pan add onion and saute until golden brown and then add tomato & garlic saute for 2-5 min add sugar, salt, green chili and blend it in mixture, the spread is ready
- 4) Now melt some dark chocolate and grate some panner



- 5) Now chop some onion, capsicum into small piece
- 6) Now take the chocolate khakra add or spread add some onions and capsicum and top it with grated panner and sprinkle sugar powder
- 7) Serve your combination of spicy and sweet fresh

[Note: Tomato & Capsicum can be used after remaining its seeds]

Serving Size: 2 Khakra's

**Nutritional Facts of the Recipe: (Per Serving Size)** 

Calories	Carbs	Protein	Fats
623.9 kcal	53.6 gm	23.39 gm	36.27 gm



### **Coco- Ragi Bliss**



### **Clinical Significance of the Recipe:**

- Epilepsy Seizure Disorder
- Calcium Deficiency
- Pancreatic Insufficiency

### Age Group of the Patients:

• 2 years and Above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Ketogenic recipe for Epilepsy
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patient with Neurological Disorder
- Patients with Compromised Guts

### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Almond Milk	200 ml	32	0.6	1.1	2.7
2.	Ragi Malt	15	48	9.9	1.0	0.2
3.	Cocoa powder	5	19.5	2.45	1.15	0.56
4.	Stevia	2	-	1	-	-
5.	MCT Powder	5	35	1.15	-	3.5
6.	Fitlivon	5	15	2.5	2	0.1

### Steps-

- 1. Take Almond Milk unsweetened 200 ml in a vessel (can make it with raw almond of approximately 20 overnight soaked almonds by grinding & adding 50 ml water)
- 2. Add 15 gm of Ragi malt in it dissolves well so lumps can not be there
- 3. Cook this on low flame, stir continuously, add Stevia 2 gm, Coco powder 5 gm while stirring avoid lump formation
- 4. After continuous cooking for 5-10 min the mixture become thick & gelatinous
- 5. Stop cooking keep for cooling



- 6. When it became warm add LiVMCT powder 5gm & Fitlivon 5 gm and mix well
- 7. Pour this mixture in a different shapes mold
- 8. Keep these molds in a refrigerator
- 9. Coco- Ragi Bliss is ready to eat

Serving Size: 1 person / 200 ml

**Nutritional Facts of the Recipe: (Per Serving Size)** 

Calories	Carbs	Protein	Fats
152.5 kcal	16.6 gm	5.25 gm	7.07 gm



### **Nutty MCT Truffles**



### **Clinical Significance of the Recipe:**

- Helps maintain Ketosis to reduce seizure in epilepsy
- Provide easily digestible fats for Pancreatitis management
- Limits glucose availability to cancer cells and provides efficient energy through MCT

### Age Group of the Patients:

4 years and above

### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pancreatitis & liver Patients / compromised guts
- Pediatric Recipe

### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Almonds	30	91	1.6	3.1	8.8
2.	Coconut Oil	15 ml	134	0	0	14.9
3.	LiVMCT Powder	20	140	4.6	0.9	14.2
4.	Seed Mix	20	100	4.5	4.3	7.6
5.	Walnuts	15	101	1.5	2.2	9.6
6.	Cashew	15	87	3.8	2.8	6.8
7.	Ghee	10	90	0	0	10
8.	Stevia	3 pills	0	0	0	0

### Steps-

#### • Make Almond Butter:

- Dry roast 30 gm of almonds in a pan over medium heat for 4-5 minutes then allow to cool completely
- 2. Grind cooled almonds into a fine powder using a food processor or grinder
- 3. Add stevia (to taste), a pinch of salt and I tablespoon coconut oil to the almond powder. Continue grinding until mixture forms a smooth almond butter
- Combine Ingredients:



- 1. In a mixing bowl, combine 20 gm LiVMCT powder, homemade almond butter, 20 gm of seed mix, 15 gm of walnut and 15 gm of cashew
- Bind the Mixture:
- 1. Add 1 tablespoon ghee to the mixture and mix thoroughly until all ingredients are well combined
- Form Energy Balls:
- 1. Shape the mixture into small balls and garnish each ball with almonds or any nut of choice
- Set of Balls:
- 1. Place the energy balls in the refrigerator and let it cool for 1 hour allow them to set

Serving Size: 1 ball

Calories	Carbs	Protein	Fats
124	2.7	2.2	12



## **Makhana Pudding**



### **Clinical Significance of the Recipe:**

- High in anti-oxidants helps to reduce oxidative stress in Cachexic Patients
- Added dry fruits and MCT powder make the recipe rich in protein and energy both
- Rich in nutrients like Calcium, Magnesium, iron and Phosphorus
- Helps to stabilize blood sugar levels and promote heart health
- Energy dense compact meal

#### **Age Group of the Patients:**

• 2 years and above

#### **Application and Recommended Usage of the Recipe:**

- Oncology Specific
- Diet for Critical Care
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome
- Cachexic Patient

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Milk	200 ml	130	9.5	7.0	7.4
2.	Almond	5	32.8	1.2	1.2	2.8
3.	Raisin	5	14	3.95	0.1	0.02
4.	Makhana	½ cup	52.0	11.5	1.4	0.015
5.	Ghee	1 Teaspoon	45	-	-	5
6.	LiVMCT	20	140	4.6	0.95	14.2

- 1. Add ghee in a pan
- 2. Roast Almond, Raisin, Makhana and crush it well
- 3. Add milk in the pan boil and add saffron
- 4. Add 20 gm of LiVMCT in it
- 5. Add crushed Makhana and boil then add Dry Fruits



- 6. Add ½ teaspoon sugar OR Add Sugar Free for Diabetic Patients
- 7. Is ready to serve

Serving Size: 1 Bowl

Calories	Carbs	Protein	Fats
399.8	30.75	10.65	29.44



## **Mix Dal Soup**



## **Clinical Significance of the Recipe:**

- High Calorie
- High Protein
- Serves- Oral and RT feed as well

#### Age Group of the Patients:

• 2 years and above

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Ketogenic Recipe for Epilepsy
- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Neurological Disorder
- Oral & RT Feed

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LiVMCT	20	140	4.6	0.9	14.2
2.	Green Gram whole	30	95	15.7	7.1	0.4
3.	Lentil	30	94	16	7	0.2
4.	Green Gram	30	87	14	7	0.3
5.	Ghee	20 ml	180	-	-	20
6.	Salt	-	-	-	-	-
7.	Turmeric	-	-	-	-	-
8.	Garlic	-	-	-	-	-
9.	Coriander	_	_	-	-	_
10.	Water	500 ml	_	-	-	_

- 1. Take green gram whole 30 gm, Lentil 30 gm, Green Gram 30 gm wash and boil for 10 minutes
- 2. Mix all three pulses, add water 200 ml, turmeric, salt as per taste, chopped garlic ½ teaspoon, coriander leaves in mixer and grind it till form a smoothie, add 100 ml of water and mix it properly
- 3. Boil it for 3-5 minutes on slow flame
- 4. Add 4 teaspoon ghee to hot soup



5. Lastly garnish with creamy LiVMCT smoothie on soup

[Note: For oral feed Serve Directly & for RT feed Strain Soup]

**Serving Size:** 225 ml & 200 ml

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe

Calories	Carbs	Protein	Fats
596 kcal	50.3 gm	22 gm	35 gm



## **Sprout**



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## **Clinical Significance of the Recipe:**

- Anti-diabetic, Anti-oxidant
- Menstrual Cramps, Anti-carcinogenic
- Stimulate milk production during breastfeeding

#### Age Group of the Patients:

• 14 years and above

#### Application and Recommended Usage of the Recipe:

- Ketogenic Diet
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Compromised Guts like Short Bowel Syndrome

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Fenugreek Seed	15	35.71	1.57	3.8	0.85
2.	Green Gram (whole)	30	88	13.83	6.75	0.33
3.	Tomato	30	5.88	0.8	0.26	0.14
4.	Carrot	50	16.66	2.77	0.47	0.23
5.	Onion	25	11.36	2.32	0.36	0.03
6.	Cucumber	30	5.24	0.84	0.24	0.05
7.	Beetroot	50	17.85	3.08	0.97	0.06
8.	Coriander Leaves	20	6.21	0.38	0.70	0.13
9.	LiVMCT	10	70	2.3	0.47	7.1

#### Steps-

- 1. Soak whole Moong and fenugreek seeds 2 to 3 days
- 2. Sprouting whole moong dal & fenugreek seeds in a bowl add chopped tomato, beetroot, onion, carrot, cucumber and coriander leaves
- 3. To bring taste, add salt, lemon, green chili & black pepper
- 4. Mix all the ingredients and ready to serve

Serving Size: 1 bowl / day

Calories	Carbs	Protein	Fats	
256 kcal	27.89 gm	14.02 gm	8.92 gm	



### **Paneer Coconut Chat**



## **Clinical Significance of the Recipe:**

- High calorie
- High Protein
- Keto-Friendly

#### Age Group of the Patients:

• 14 to 59 years

#### Application and Recommended Usage of the Recipe:

- Diet for Critical Care Patients
- Ketogenic Recipe for Epilepsy
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Paneer	25	64.5	3.11	4.71	3.69
2.	Bengal Gram Flour	10	32.9	4.67	2.15	0.53
3.	Tomato	100	19	3.2	0.76	0.25
4.	Onion	50	28.5	5.79	0.91	0.08
5.	Spinach	50	12	1.02	1.07	0.32
6.	Coconut	50	312.5	12.7	9.3	22.6
7.	Daliya	10	28.7	3.9	1.8	0.5
8.	LiVMCT	20	140	4.6	0.8	14.2
9.	Capsicum	25	4	0.4	0.2	0.07
10.	Oil	5.5	50			5.5
11.	Cabbage	25	5.5	0.8	0.32	0.02

- 1. Chop Paneer in small cubes and then soak it in water for 5-10 minutes
- 2. Now sprinkle some flour (Bengal gram flour) on paneer cubes along with jeera powder, salt, red chili powder, chat masala
- 3. Now take pan add 1-2 teaspoon of MCT oil and then cook until turns into golden brown color and let it rest
- 4. For preparing the gravy, chop, tomato, onion, garlic, green chili and spinach (Boil Spinach)



- 5. Now, take a pan add MCT oil, add tomato, garlic and boiled spinach, add some sugar and salt and blend in a mixer and then heat the gravy for 2-5 minuts
- 6. Now, for another gravy, take some grated coconut add green chili, daliya and LiVMCT powder 20 gm (2 Scoops) and blend it
- 7. Now, take bowl, add paneer cubes, pour both the paneer over it and top it with some sauted or steamed vegetables as per your choice for the crunch

Serving Size: 1 bowl

Calories	Carbs	Protein	Fats
697.6 kcal	40.19 gm	22.02 gm	47.76 gm



## **Healthy Bites**



## **Clinical Significance of the Recipe:**

- Rich in BCAA, MCT, Vitamin A, Vitamin C, Vitamin K and protein
- Anti-inflammatory
- MCT- Reduces risk of NAFLD related Liver Injuries

#### Age Group of the Patients:

• 15 to 60 years

#### **Application and Recommended Usage of the Recipe:**

Pancreatitis & Liver Patients / Compromised Guts

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Green Gram	50	167	28.3	12.0	0.6
2.	Semolina	50	174	37.4	5.2	0.4
3.	Curd	50	30	1	1.5	2.0
4.	Cabbage	50	14	1	1	
5.	Carrot	50	24	5.3	-	-
6.	Tomato	50	12	1	-	-
7.	Bottle guard	50	40	20	1.2	-
8.	Coriander	10	4	1	0.03	-
9.	Turmeric	5	1	1	1	-
10.	Ajwain	10	36	5.0	1	1.7
11.	Sesamum	10	56	3	1.8	4.3
12.	Green Chili	-	1	1	1	-
13.	Salt	-	-	-	-	_
14.	LiVMCT	10	70	-	0.4	7.1
15.	Butter	5	35	-	-	-

- 1. Soak green Gram overnight, tie in muslin cloth for sprouting. Put green gram, semolina, turmeric, curd and green chili in a blender
- 2. Grate cabbage, bottle guard, tomato, carrot
- Mix green gram batter, veg sesamum seed, curd, ajwain, salt, LiVMCT powder 10 gm
- 4. Steam in idli maker or dhokla stand
- 5. Let it cool for 5-10 min



- 6. Put small amount of butter in non-stick pan, put healthy bites on it shallow fry on golden brown color
- 7. Serve with Dates chutney or mint chutney

**Serving Size:** 5-6

Calories	Carbs	Protein	Fats
662 kcal	99.3 gm	22.13 gm	16.1 gm



## **Iron Rich Truffle**



#### Clinical Significance of the Recipe:

- Promote healthy digestion
- Improve cognitive function
- Natural source of Energy

#### Age Group of the Patients:

• 14 years and above

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome
- Diabetic Patients & applicable for all Patients in moderate

## Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LiVMCT	20	140	4.6	0.9	14.1
2.	Coco Powder	40	154.4	20.48	8.72	4.28
3.	Dates	100	277	74	3	0.4
4.	Nuts	10	70	-	2.5	6

- 1. Soak the pitted dates in warm water for 10 minutes and then drain
- Blend Ingredients:
- In a food processor, blend the dates, 40 gm of coco powder and 20 gm of LiVMCT powder until smooth and sticky
- From Truffles:
- Scoop mixture with a tablespoon and put in into molding tray add nuts and dry fruits
- 2. Keep the truffle in refrigerator for 1.5 hour to firm
- 3. Garnish the truffle with coco powder

Serving Size: 6

Calories Carbs		Protein	Fats	
641.4 kcal	94.48 gm	14.22 gm	24.88 gm	



## Oil free Chicken Starter



## **Clinical Significance of the Recipe:**

- Hepatic Care, Renal Care
- Helps in weight loss
- Good for Diabetic Care (Any Stage)

#### Age Group of the Patients:

• 4 years and above

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pancreatitis and Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome
- Diabetes Management, Thyroid, Hypertension, Weight Management

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Chicken	150	165		34.6	1.86
2.	Onion	40	21	5.06	0.46	0.04
3.	Chili powder	5	16	2.73	0.61	0.84
4.	Turmeric	2	7	1.3	0.16	0.2
5.	Coriander powder	10	2	0.37	0.37	0.05
6.	Black pepper powder	5	13	3.24	0.55	0.16
7.	Salt	To taste	-	-	-	-
8.	Coriander leaves	10	2	0.37	0.37	0.05
9.	Fenugreek leaves	2	6	1.17	0.46	0.13
10.	Lemon	½ number	1	0.45	0.02 /	0
11.	LiVMCT powder	20	140	4.6	0.94	14.2

- 1. Wash the chicken thoroughly in fresh water 2-3 times
- 2. Add the spices like chili powder, turmeric, coriander powder, black pepper powder, cumin powder and some salt to taste



- 3. Slice cut the onion and add to it. Add water (1 cup) to the container, mix well and pressure cook for 2-3 whistles on simmer
- 4. Allow the pressure cooker to cool
- 5. Now heat the pan, without oil and add the boiled chicken with the remaining curry. Cook well and allow the water in the curry to dry
- 6. Add the LiVMCT powder to the chicken and mix well for allowing it to cook only for 2-3 minutes
- 7. Add fresh coriander leaves, dried fenugreek leaves and a lemon juice and mix well
- 8. Oil free MCT based chicken starter is ready to serve

#### **Serving Size:**

Calories	Carbs	Protein	Fats
373 kcal	19.2 gm	38.5 gm	17.5 gm



## **Chocolate Pan Pops**



### **Clinical Significance of the Recipe:**

- Anti-fungal, Antiseptic, anti-microbial, Boost Guts, relieve tooth ache,
   Reduce gastric ulcer, Anti-inflammatory
- Epilepsy, Stimulate the central Nervous System, helps acid reflux
- Raises HLDL and lower LDL from oxidation, improve brain function, heart disease risk

#### Age Group of the Patients:

• 14 to 59 years

#### Application and Recommended Usage of the Recipe:

- Ketogenic Recipe for Epilepsy
- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Betel Leaves	2.5	3.5	-	0.01	0
2.	Gulkand	4	30	8.5	0.08	0.1
3.	Fennel Seed	3	10	0.5	0.95	0.3
4.	Mint coated fennel	3	10	0.5	0.95	0.3
	seeds					
5.	Almond	2	50	1.3	2.2	4.3
6.	Dates	3	30	1.5	0.45	0.15
7.	Tutti fruity	3	4.5	1.5	0.75	0.45
8.	Desiccated coconut	4	50	0.28	0.2	4.5
9.	Dark chocolate	10	50	5.7	0.6	3.3
10.	LiVMCT powder	10	70	2.15	0.1	7

- 1. Grind small cut betel leaves with desiccated coconut
- 2. Add the LiVMCT to the mixture
- 3. Combine betel leaves, desiccated coconut and LiVMCT
- 4. Meanwhile, use a double boiler to melt the dark chocolate to an exact consistency

- 5. Mix together all the ingredients (Gulkand, Fennel Seeds, Mint-coated fennel seeds, Almond, Tutti-fruity and dates)
- 6. Make medium sized pops from the mixture and coat them with melted dark chocolate
- 7. Sprinkle the pops with mint-coated fennel seeds
- 8. Refrigerate for 2 hours
- 9. Ready to serve the delicious chocolate pan pops

Serving Size: 1 pop

Calories	Carbs	Protein	Fats
281 kcal	21.9 gm	6.29 gm	20.3 gm



## Satu Delight



#### Clinical Significance of the Recipe:

- High Protein with MCT
- Helps in COPD, Burns, Cancer, Convulsion
- Post-surgery & RT feeds in critical conditions

#### Age Group of the Patients:

2 years and above

#### Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical care Patients
- Ketogenic Recipe for Epilepsy
- Ketogenic Diet
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients Compromised Guts like Short Bowel Syndrome
- Hormonal Balance

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Satu	2 tablespoons	85	10	7	1.66
2.	Water	200 to 250 ml	-	ı	-	_
3.	Dates Paste	1 tablespoon	23	8.2	0.26	-
4.	Almond	2 numbers	14	0.5	0.5	1.4
5.	Pumpkin	5 to 7 numbers	2	1.0	2	1
6.	LiVMCT powder	10	70	2.3	0.41	7.1

- 1. Take 2 tablespoon of Satu powder in bowl
- 2. Add water approximately 200-250 ml mix it well. Make sure there are no lumps
- 3. Pour it in a glass to serve
- 4. Add 1 tablespoon date paste and mix well
- 5. Add 1-2 almonds crushed and few pumpkin seeds
- 6. Serve chilled or at normal room temperature
- 7. Add 1 scoop approximately 10 gm of LiVMCT powder



Serving Size: 200-250 ml

Nutritional Facts of the Recipe: (Per Serving Size) Nutritive Value of the

Recipe 🔵

Calories	Carbs	Protein	Fats	
194 kcal	22 gm	10.23 gm	11.16 gm	







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