

## KETOFLEX 12/3

The first part of this diet refers to a 'ketogenic lifestyle' which is optimal for improved cognitive function. In simple terms this is a diet which will switch your body from burning sugar (carbs & glucose) for energy, to burning fat (ketones). When carbohydrates and glucose are low, the liver produces ketones by breaking down fat. Ketones are a highly efficient fuel source for the body and brain. Ketones are more efficiently absorbed and a much cleaner fuel source which means reduced oxidative damage and fewer free radicals. Ketones provide neuroprotective properties and promote brain-derived neurotrophic factor (BDNF) which enhances growth and maintenance of brain cells. Ketones will be produced by reducing refined carbohydrates and increasing healthy fats, vegetables and protein. Daily exercise is also important.

The second part of this diet refers to a period of fasting between the last meal of the day and breakfast (minimum 12 hrs, ideally 14-16hrs). Another important factor is to have at least 3 hours after your evening meal and going to bed. This will stop blood sugar and insulin levels from increasing before bedtime, allowing the body to detoxify, rest and repair. This routine can be achieved by eating 3 meals a day and avoiding snacking. This is not an easy task and you may suffer cravings and hunger until you have optimised insulin sensitivity. Just remember that every time you eat, regardless of whether it is a biscuit or a carrot, your blood sugar and insulin levels spike. Chronically elevated insulin levels leads to higher levels of sugar in the bloodstream putting a huge stress on the body. In our Westernised diet, unfortunately this is a common, chronic pattern which has led to an epidemic of metabolic disorders including obesity, diabetes, insomnia, fatigue ..... and Alzheimer's.

### **So.....what can you eat??????**

Good news!! This is a varied and flexible diet. Although mainly **plant based**, some poultry, meat and fish are permitted, although the quality of the produce is key. **Protein** is essential for body function but excess amounts of protein are metabolised into carbohydrates – this is what we want to avoid. Limit protein to 1g per kilogram of body weight, or slightly less, i.e. if you weigh 75kg you should consume no more than 75g of protein per day. Remember, many vegetables, legumes and pulses also contain protein. **Fats** are an important part of this diet but they must be from good sources and most definitely not the heavily refined oils or trans fats, often found in baked goods and processed food. **Avoiding** simple carbohydrates, processed foods, gluten and dairy are important parts of this protocol. These can lead to 'leaky gut' (gastrointestinal permeability) and systemic inflammation, and reducing these things is vital for preserving brain health. A plant based diet will improve insulin sensitivity and optimise nutrient content and fibre. Wholefoods are the mainstay of this diet – if the food is in a package with a list of ingredients then it has been processed and should be avoided.

## FRUIT AND VEGETABLES

VEGETABLES	CRUCIFEROUS	FRUIT	HERBS/SPICES
Artichokes	Bok choy	Apple	Bay leaves
Asparagus	Broccoli	Avocado	Chives
Aubergine	Broccolini	Blueberries	Cinnamon
Beetroot*	Brussels sprouts	Blackberries	Coriander
Carrots*	Cabbage	Blackcurrants	Cumin
Celery	Cauliflower	Cherries	Ginger
Courgette	Collard greens	Olives	Lavender
Cucumber	Dandelion leaves	Pear	Marjoram
Chicory	Horseradish	Plum	Mint
Endive	Kale	Raspberries	Oregano
Fennel	Rocket	Strawberries	Parsley
Garlic	Watercress	Tomatoes	Rosemary
Green beans			Saffron
Leeks			Sage
Lettuces			Tarragon
Mushrooms			Thyme
Onions			Turmeric
Peas*			
Peppers			
Sea vegetables			
Shallots			
Sugarsnap peas			
Spinach			
Squash			
Sweet Potato*			

All of the above should be eaten freely however those marked with a \* should be limited or eaten raw (carrot & beetroot) to reduce blood sugar increase. Include as much range and variety as possible (see 'Eat the Rainbow' info. sheet) and include leafy greens and cruciferous vegetables daily. These are very nutrient dense and provide many brain health nutrients. Cruciferous vegetables and alliums (onion, garlic, leeks, shallots) support optimal detoxification, protection from free radicals and blood sugar balance. Fruit should be limited to 2 portions a day and aim for 8 vegetables per day. AIM for organic where possible (see Dirty Dozen/Clean Fifteen info. sheet)

## PREBIOTIC / PROBIOTOC FOODS

The health of the brain is directly linked to the health of the gut so optimising beneficial bacteria is key. **Fermented foods** such as sauerkraut, kimchi, miso soup and coconut kefir are probiotic foods. Prebiotic foods (which feed the good bacteria) include the allium family as mentioned above and also resistant starches such as green banana, sweet potato, turnip, wholegrain brown rice and quinoa. The starches in these plants/grains are digested by beneficial bacteria and the by-products support the health of the gut and provide ketones and short chain fatty acids as fuels. *These must however be limited initially as they may spike glucose levels.* To optimise a healthy microbiome a pre/probiotic supplement may be beneficial.

## ANIMAL PROTEIN & FISH

<b>FISH</b>	<p>Omega-3 fatty acids, especially DHA, are critical for brain function. DHA promotes new brain cell growth, supports neuronal structure and protects existing brain cells. Some fish can contain toxic levels of mercury and plastics so avoid tuna, shark and swordfish. Focus on cold water fatty fish which are wild caught NOT farmed:</p> <p>Salmon Mackerel Anchovies      Remember <b>SMASH!!!</b> Sardines Herring</p>
<b>MEAT</b>	<p>As mentioned previously keep protein to a maximum of 1 gram per kg of body weight per day. As with plant produce and fish, quality is of great importance here:</p> <p>Organic chicken Organic beef, ideally grassfed Organic lamb</p> <p>Regard meat as the side dish as opposed to the main meal. Eat small amounts a few nights per week but this should not be the mainstay of your diet.</p>
<b>EGGS</b>	<p>A wonderful source of protein and also choline – an essential brain micronutrient. As with other fresh produce aim for organic, pasture raised NOT factory raised.</p>

## FATS

The change from burning carbohydrates to burning fat as the main source of fuel can be challenging. This is where carbohydrate cravings and hunger pangs can kick in, however these should reduce within a short period of time.

During these initial stages MCT oils (medium-chain triglycerides) can be helpful. Medium-chain fats are digested easily and increase ketone levels – the molecules which provide the best source of brain fuel and also improve fat burning as opposed to fat storing. MCT oil and coconut oil can be used to induce ketosis.

Thereafter it is best to prioritise with **Extra Virgin Olive Oil (EVOO), avocado, olives, nuts and seeds and omega-3**. Small amounts of organic grass fed butter or ghee are also acceptable.

Buy the best quality of EVOO you can, ideally organic. Use to finish food and as a dressing, but do not cook at high temperatures as it will become damaged and generate free radicals.

REMEMBER: avoid trans fats which are highly processed synthetic hydrogenated fats, e.g. look out for 'partially hydrogenated oils' on food packaging. Also avoid polyunsaturated cooking oils such as sunflower and rapeseed oil as they are usually heat extracted and oxidised on purchase. Avocado oil, coconut oil, butter, ghee and lard have a high smoking point and are a safer option to cook with, or use olive oil, but ideally keep cooking temperatures low to avoid oxidation and minimise loss of nutrients.

### NUTS & SEEDS

Nuts and seeds are a great addition to the Ketoflex 12/3 protocol. They are packed with nutrition and healthy fats and can easily be added to smoothies, soups, porridge and salads, or enjoyed on their own as a satiating snack if required.

Unfortunately raw nuts and seeds contain levels of lectins, phytates and enzyme inhibitors which are substances that interfere with the body's ability to absorb nutrients, and can cause digestive issues and even 'leaky gut'. The best way to avoid this is to soak and dehydrate nuts and seeds. This is not complicated but does take a little bit of time. The end result however is a far better option than shop bought commercially roasted nuts.

1. Fill a bowl or jar with 4 cups of warm water (cooled from kettle is fine) and add a tablespoon of salt and let dissolve.
2. Add the nuts or seeds, making sure they are completely submerged in the water.
3. Leave uncovered on the counter (not the refrigerator) for at least 7 hours, preferably overnight.
4. Rinse in a colander and spread on a baking sheet. Bake in the oven at the lowest temperature (70-80C) until completely dry, turning periodically. This step is important, as any remaining moisture in the nuts or seeds can cause them to mould. Keep an eye on them when in oven – larger nuts will take longer to dry out than a batch of seeds.

Store in fridge or freezer to preserve freshness. Try tossing nuts and seeds in paprika, cumin or sea salt prior to drying in oven to create great flavour.

Look out for the following as excellent sources of omega-3 oils, protein and antioxidants: **macadamias, walnuts, flaxseeds, chia seeds, hemp hearts, almonds, pumpkin, sunflower, sesame and chia seeds, quinoa and cacao nibs.**

Remember portion control – a couple of tablespoons per day is ideal. *(If you are unable to soak and dry nuts and seeds as above, please still include them in your diet, however limit to a couple of times a week.)*

## LEGUMES

An excellent source of protein, fibre and minerals, however as with nuts and seeds, legumes contain anti-nutrients which can cause inflammation and impair digestion/absorption. An easy way around this is to soak dried beans and pulses overnight before boiling, or buy pre-cooked in tetra pak containers. Always rinse.

## DRINKS

Staying hydrated is essential on this plan so be sure to consume approx 1.5 – 2 ltr of water a day. The following drinks are also fine while on the protocol:

**Tea** - herbal teas, green tea, black tea

**Coffee** – drink black, as long as it does not interfere with sleeping patterns

**Alcohol** – ideally avoid as it affects insulin levels in the same way as sugar. A single small glass of red wine once or twice a week however is fine for most people

**Bone broth** – full of nutrients and excellent for healing leaky gut, can be added to stews, soups or as a warm drink between meals (more info in recipe section)

**Nut milks** – almond, coconut, cashew, soy – aim for unsweetened and tetra pak NOT tinned.

As with all produce in this plan, try to choose the best quality, ideally organic tea and coffee. Good quality tea and coffee are full of antioxidants and polyphenols which are beneficial to health.

**AVOID** fruit juices which are very high in fructose and will negatively affect blood sugar.

**BREAKING FAST:** to break an overnight fast, when hungry, drink a glass of water (tepid or warm) with lemon and ginger or a cup of green tea or detoxifying herbal tea. During a period of fasting, between meals for example, it is fine to drink herbal tea or a cup of coffee, along with water.

## GETTING STARTED

Try to make it as easy as possible at the beginning and avoid getting overwhelmed! This protocol can be a huge change and will take time and adjustment for both your mind and body. Go slowly and be aware of your response. If digestion is an issue when you suddenly start eating 8-10 portions of veg a day and increasing fats, consider using a digestive enzyme. Your body will adjust in time. Good luck!

*All the following recipes are for 1 person (unless stated otherwise). Season according to your personal taste with Himalayan rock salt, pepper, herbs & spices, lemon/lime juice, EVOO, apple cider vinegar, tamari (GF soy sauce) etc.*

## BREAKFAST

### Mushroom, Leek & Spinach Omelette

(1 cup mushrooms, 1 small leek finely chopped, 2 cups raw spinach, 2-3 large eggs, 3 tbsp EVOO)

- Warm oil in a frying pan on low/medium heat
- Add leek and sauté until softened, add mushrooms and fry for a minute, add spinach until wilted
- Whisk eggs and add to make an omelette

### Sardines, Spinach & Peppers

(tin of sardines in olive oil, 2 cups raw spinach, red pepper, 2 spring onions, EVOO)

- Chop pepper and spring onions and sauté in EVOO
- Add spinach until wilted then serve with sardine and squeeze of lemon juice

### Breakfast Salad

(2 large eggs, 1 x grated carrot or beetroot, 2 cups kale, 2 cups mixed salad leaves, 1 x courgette, 1 x pepper, 1 x red onion, 1 x avocado, ¼ cucumber, 6 baby tomatoes, garlic clove)

- Chop and sauté kale, red onion, courgette, pepper and garlic clove in EVOO
- Grate carrot or beetroot and add to bowl with salad leaves, avocado, chopped cucumber and tomatoes
- Poach eggs
- Serve sauteed veg with eggs on top and salad on side

### Smoothie

(½ ripe avocado, ½ small banana, small handful blueberries, small handful spinach, tsp almond butter, tsp coconut oil (optional), 3cm cucumber, 300ml coconut milk)

- Put some ice in blender along with all ingredients and blend

### Keto Porridge

(3tbsp hemp hearts or cooked quinoa, 1 teaspoon chia seeds, 1 tablespoon chopped walnuts, 3 tbsp coconut milk, 1 tsp cinnamon, small handful blueberries or raspberries)

- Mix in all the ingredients (minus the blueberries) with a spoon until thoroughly combined and store in a sealed jar or container overnight in fridge.
- Top with blueberries and enjoy.

### Eggs

Eggs are a great start to the day. Have 2 eggs cooked to your preference and serve with loads of veggies, either sautéed or raw. This is where kimchi is delicious and I highly recommend Laurie's range of fermented vegetables which are available in health food stores <http://www.lauriesfoods.co.uk/products/>

### **Cauliflower Kedgeree** (*feeds 4, also good for lunch or dinner*)

(1 cauliflower, 500g smoked salmon or smoked mackerel, 1 onion, 2 leeks, 2cm ginger grated, 1 red chilli, 1 clove garlic crushed, 2 tsp curry powder, 100g cooked peas, fresh parsley, 4 soft boiled eggs, 2tbsp toasted flaked almonds, 2tbsp EVOO)

- Blitz cauliflower florets in food processor or on a fine grater until they resemble couscous. Flake the fish into pieces.
- Heat oil on low-medium in large pan. Cook chopped onion and leeks until soft, add garlic, ginger and chilli for 2 mins then tip in cauliflower and curry powder.
- Stir well and cook for another 5 minutes, fold in peas, fish and parsley and heat through.
- Serve with halved boiled eggs, toasted flaked almonds and squeeze of lemon.
- Season as required.

### **Keto Flax Bread** (*for when you really fancy a sandwich!*)

(800g macadamia nuts or blanched almonds ground to fine flour, 250g flaxseeds or linseeds ground to fine flour, 1tsp bicarbonate of soda, 1tsp each thyme & oregano, ½ tsp salt, zest of 1 lemon, 500g butter or coconut oil, melted, 2tbsp apple cider vinegar, 100ml water)

- Preheat oven to 150C.
- Put all dry ingredients into a bowl and mix well, then add water, vinegar and butter.
- Knead to a firm dough and spread onto parchment paper, about 2 cm in thickness.
- Bake for approx. 60 minutes, but adjust to your preference for crispy or softer crust.

(<https://patriciadaly.com/egg-free-low-carb-bread/>)

### **Blueberry Muffins** (*makes 12-14, handy to freeze or also for snacks*)

(100g melted coconut oil, 4 eggs whisked, 2 tsp vanilla extract, 85ml almond milk, 200g almond flour, 2tsp baking powder, ½ tsp salt, 1tsp cinnamon, zest of 1 lemon, 100g blueberries frozen or fresh)

- Heat oven to 180C.
- Grease muffin tray with butter or line with paper cups.
- Sieve all dry ingredients and mix, then whisk all wet ingredients together and stir into dry mixture.
- Fold through blueberries and add a tablespoon of mixture into each section of muffin tray then bake in oven for 15-20 mins. Cool before serving.

**Aim to delay breaking fast (*breakfast*) until at least 10am. By all means have tea or warm water with lemon but make breakfast a proper meal, meaning you are less likely to feel like snacking before lunch which should be around 2pm.**

## LUNCH

### **Red Pesto** *(can be used as a sauce, dip or spread and stored in fridge/freezer)*

(30g pumpkin seeds, 20g fresh basil, 2 cloves garlic, 120ml EVOO, 1tbsp balsamic vinegar, 120g sundried tomatoes, ½ tsp salt, ½ tsp cayenne pepper)

- Soak pumpkin seeds overnight, rinse, put all ingredients in blender and whizz.  
(Patricia Daly)

### **Nutty Seed Loaf** *(makes great toast and keeps for about a week)*

(50g pumpkin seeds, 50g sunflower seeds, 50g sesame seeds, 100g almond flour, 100g buckwheat flour, 100g gluten free oats, 50g flaxseeds, 4 tbsp ground chia seeds, 50ml EVOO, 1 tbsp honey, 500 ml water, 1tsp salt)

- Heat oven to 170C and toast sunflower, pumpkin and sesame seeds on a baking tray for 10mins until lightly browned – place in bowl to cool. Mix with flaxseeds, oats and chia seeds.
- Mix wet ingredients with salt and whisk together. Add to dry ingredients and mix thoroughly.
- Pour mix into 2lb (23cmx13cm) loaf tin lined with baking parchment and flatten down with spatula. Cover and leave to rest overnight in fridge.
- Heat oven to 200C, take tin out of fridge to come to room temp and bake in oven for approx. 1 hour. Leave on cooling rack until completely cool before taking out of tin. Keep in sealed container.

### **Salad Wraps**

(6 large lettuce leaves, 1 raw grated carrot, 10 chopped olives, 1 sliced avocado, cup of thinly sliced cucumber, 2 x finely chopped spring onion, thinly sliced red or yellow pepper, 2 tbsp red pesto, 2 cups chopped raw spinach, 1tsp smoked paprika, salt & pepper)

- Mix carrot, olives, cucumber, onion and pepper with red pesto, paprika and seasoning.
- Put a scoop of mix onto each of the lettuce leaves along with avocado and spinach and wrap up.

(some sliced organic chicken/turkey breast or cooked wild salmon could be added to this for a more substantial meal)

### **Speedy Broccoli and Brussel Sprout Soup**

(Head of broccoli, 6-10 Brussels sprouts, 1 x avocado, ½ pint chicken stock or bone broth. Seasoning options: chilli flakes, basil, coriander, parsley, nutritional yeast, salt & pepper, lemon/lime juice, natural yoghurt)

- Chop and steam broccoli for 3-4 mins (1pt of steaming water) and cook chopped sprouts in steaming water at same time.
- Blend broccoli, sprouts and avocado with steaming water and stock to reach desired consistency.
- Warm through and add in preferred seasoning options.

### **Sardines on Toast**

(1 x tin sardines in olive oil, 1tsp wholegrain mustard, squeeze lemon juice, salt & pepper, chopped spring onion)

- Drain most of oil from sardines and place into a blender with all other ingredients. Whizz to form a pate.
- Serve on toasted nutty seed loaf (as above) with large side salad or bowl of soup.

### **Pesto Courgetti with Roasted Vegetables**

(1 red pepper, 1 yellow pepper, 1 red onion – chopped and tossed in 2tbsp olive oil (not EVOO) & seasoning, 2 courgettes, cut into long thin strips with veg peeler, or spiralized, small bunch shredded basil leaves, 50g cooked petit pois, 2 cups raw spinach leaves, 1tbsp EVOO, 3tbsp red pesto or enough to coat courgettes)

- Heat oven to 150C and slowly roast peppers and onion until soft –approx 40mins (add a sprig of thyme or rosemary if to your liking).
- Gently heat EVOO in large pan and add courgette spirals/strips and sauté for 4-5 minutes then add spinach and cooked peas for another 2-3 mins.
- Add basil and pesto and mix well until warmed through and serve with roasted vegetables.

### **Spanish Omelette**

(4 large eggs whisked, 1 red pepper, 1 onion, 1 sweet potato, 1 crushed garlic clove, 3 tbsp EVOO, small bunch chopped fresh parsley, packet of asparagus or tenderstem broccoli)

- Thinly slice pepper, onion and sweet potato and sauté in olive oil on low-medium heat with garlic, until all veg softened. Season with salt & pepper. Use a small to medium frying pan.
- Add in whisked eggs and cook until base is set. Then place under grill to set top of omelette (pan handle can remain out of grill if not ovenproof).
- Meanwhile either steam broccoli for 3-4 mins or steam sauté asparagus in 1tbsp EVOO and 1tbsp boiling water on medium heat.
- Serve tortilla with vegetables, and add seasoning, kimchi, sauerkraut etc.

### **Soups and Bone Broth**

Using a slow cooker to make a chicken stock makes a very mineral dense soup base or warm drink. Use *organic bones of 1-2 chickens with onion, carrot and celery stick, all cut into quarters, 10-12 black peppercorns, 1tbsp apple cider vinegar, 1tsp salt, bay leaf or other herbs* if you have them, cover with water and bring to boil. Transfer into slow cooker for up to 24hrs or simmer on stovetop for at least 8-12 hrs. The longer the better! Strain and store in fridge for up to 4 days or freeze in portions. Use for soup stock or just to drink. Soup is fantastic for lunch or dinner but be mindful not to use too many starchy root vegetables. If you want to thicken a soup try a carton of haricot beans or butter beans which blend beautifully into soups.

## DINNER

### **Roasted Butternut Squash with Avocado Salad** *(serves approx 4 people)*

(medium butternut squash, 2tsp ground cumin, 2 tsp ground coriander, ½ tsp ground turmeric salt & pepper, 3tbsp olive oil (not EVOO), 6 cups raw spinach, rocket, watercress or mixed leaves, 1 avocado sliced, 2 cups sliced cucumber, 20 chopped olives, 10 cherry tomatoes halved, vinaigrette *(made with 2tsp wholegrain mustard, 2tsp black pepper ground, pinch rock salt, 1 crushed garlic clove, 4tbsp apple cider vinegar, 8tbsp EVOO, 4tsp lemon juice – BLEND!)*)

- Preheat oven to 170C.
- Cut squash in half lengthways and remove pulp and seeds with spoon, then cut each half into four slices (lengthways) to make 8 pieces.
- Mix the spices with olive oil and rub over squash until coated and place in roasting dish. Cook for 45-60mins until soft, turning half way through cooking.
- Serve with mixed avocado salad and vinaigrette

### **Creamy Cashew & Chicken Courgetti** *(serves 4)*

(100g cashew nuts soaked overnight in cold water, 250ml chicken stock, 2 cloves garlic crushed, 2tbsp EVOO, 1 lemon, zest & juice, 100g shredded cooked chicken, small bunch chopped basil and parsley leaves, 750g courgettes in spirals or thin strips, salt & pepper)

- Drain and rinse cashews and blend with chicken stock until smooth.
- Saute garlic in EVOO over low-medium heat with courgette strips until softened.
- In another pan gently cook cashew sauce with lemon juice & zest, chicken, basil and parsley until warmed through.
- Toss courgette strips in sauce, season and serve with large mixed salad or veg.

### **Wild Salmon Stir Fry** *(serves 2)*

(2 fillets of sockeye salmon, 4 spring onions, 1 red pepper, 1 yellow pepper, bok choy bulb, 2 garlic cloves crushed, 3 tbsp olive oil (not extra virgin), sugarsnap peas, baby corn, red chilli, 2 courgettes in thin strips, 2 tsp tamari, juice of lime, salt & pepper)

- Season salmon and cook skin side down in 1 tbsp olive oil on medium heat, turning half way through. Cook through but leave pink in middle and set aside to rest.
- Chop all vegetables and chilli and sauté in 2 tbsp olive oil on medium heat stirring regularly. Add splash of boiling water to steam fry. When slightly softened add in courgette strips and cook for a further few minutes.
- When cooked add in tamari, lime juice & seasoning and serve with flaked salmon.

*(Alternatively, serve with small portion (2tbsp) of cooked brown basmati rice)*

### **Garlic and Lemon One Pot Chicken** (serves 4)

(8 pieces of chicken – thighs or legs, 25g butter, 10 peeled garlic cloves, 250ml chicken stock (Kallo cube), 2 lemons, zest & juice, 2 bay leaves, 2 sprigs thyme, handful chopped fresh parsley, salt & pepper)

- Heat butter in heavy based pan and brown chicken on all sides for about 5 minutes until skin is golden brown. Do in batches if required. Season well.
- Add garlic, chicken stock, lemon zest and juice, thyme and bay leaves and mix thoroughly. Lower heat to medium to low and cook with lid on for approx. 40mins. If it starts to stick add a few splashes of water.
- To serve sprinkle with parsley and have with sautéed green vegetables or large salad.

### **Shepherd's Pie** (serves 4)

(2 onions, 4 garlic cloves, 1 stick celery, 1 red chilli, 2cm knob of ginger, 1tsp each of ground coriander and cumin, 2tbsp olive oil, 500g lamb mince, 2tbsp tomato puree, 200ml vegetable stock, splash Worcestershire sauce, 1kg celeriac, 50g butter, 1tsp nutmeg)

- Finely chop onions, garlic, celery, chilli & ginger and sweat on low heat in olive oil with coriander and cumin, until onions softening. Season with salt & pepper.
- Add minced lamb, break up and mix well for a few minutes. Add tomato puree and heat for a further few minutes before adding hot stock and Worcestershire sauce. Simmer with lid on over low-medium heat for 45mins-1hr.
- Meanwhile chop celeriac into chunks and cook in salted boiling water until soft. Drain, put back into pot on very low heat until steam evaporates. Add butter, nutmeg, salt & pepper and mash.
- When mince is cooked pour into a gratin dish, cover with mashed celeriac and bake in preheated oven (180C) for approx 30mins. If topping starts to burn cover with foil.
- Serve with steamed savoy cabbage, Brussels, sautéed broccoli, spinach salad or such like.

### **Poached haddock with Egg** (serves 2)

(2 smoked haddock fillets, 20ml milk, 2 eggs, seasoning)

- Bring some water and the milk to boil in frying pan. Add the haddock fillets and turn off heat. Leave for 10 minutes in cooking liquid until cooked.
- Poach or fry eggs and serve on top of cooked haddock with some nutty seed loaf and baby spinach or watercress.

## **RESOURCES**

- The Ketogenic Kitchen, Domini Kemp and Patricia Daly (*A super book!*)
- [www.patriciadaly.com](http://www.patriciadaly.com)
- [www.dietdoctor.com](http://www.dietdoctor.com) (*This is a very useful website with lots of information for beginners!*)
- **Food Delivery Boxes:**
  - East Coast Organics fruit & veg boxes [www.eastcoastorganics.co.uk](http://www.eastcoastorganics.co.uk)
  - Organic meat [www.peelham.co.uk](http://www.peelham.co.uk)
  - Organic meat, bone broth etc [www.coombefarmorganic.co.uk](http://www.coombefarmorganic.co.uk)



If you have any questions or need support in implementing the diet, I would be happy to help. Contact me at:

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