

# ketoclassic

## ketoclassic bar

although all of our products are ready to eat without preparation or cooking we like to show how our range can go further.

## breakfast

ingredients:

1 ketoclassic bar

60g strawberries

30g double cream

- Chop the ketoclassic bar into smaller pieces and place in a bowl.
- Add the chopped strawberries and the double cream.

ingredients	weight	calories	carbs	protein	fat
strawberries, raw	60g	18kcal	3.7g	0.4g	0.3g
3:1 ketoclassic bar	30g	147kcal	1g	3.2g	13.1g
fresh, double cream	30g	314kcal	0.5g	0.5g	16.1g
	120g	314kcal	5.2g	4.1g	29g

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## pudding

ingredients:

1 ketoclassic bar

22g raspberries

20g blackberries

16g (1tbsp) double cream

1g (pinch) ground cinnamon

- Measure the raspberries and blackberries and place in a small pan. Cook on a low flame.
- Stir for 2-3 minutes until the fruit starts to soften.
- Chop the ketoclassic bar into small pieces.
- Place the berries into a bowl and add the double cream with cinnamon.
- Top with the chopped bar pieces.

ingredients	weight	calories	carbs	protein	fat
3:1 ketoclassic bar	30g	147kcal	1g	3.2g	13.1g
raspberries, raw	22g	5.5kcal	1g	0.3g	0.1g
blackberries, raw	20g	5kcal	1g	0.2g	0.04g
fresh, double cream	16g	79kcal	0.3g	0.3g	8.6g
cinnamon, ground	1g	0kcal	0g	0.04g	0.01g
	<b>89g</b>	<b>237kcal</b>	<b>3.3g</b>	<b>4g</b>	<b>22g</b>

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## chicken flavoured meal

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## chicken fettuccine

ingredients:

1 ketoclassic chicken  
56g courgettes  
9g unsalted butter

- Use a potato peeler to cut the courgettes into strips. Weigh 60g.
- Measure 9g of butter (1 level teaspoon) and add to non-stick pan.
- Heat pan on medium heat.
- Once the butter is melted, add the courgette strips.
- Stir and cook for 2-3 mins
- Add the ketoclassic chicken to the pan and stir.
- Continue cooking on a medium flame for 3-4 minutes.
- Serve warm.

ingredients	weight	calories	carbs	protein	fat
3:1 ketoclassic chicken	135g	293kcal	2.6g	6.9g	29g
courgette, raw	60g	10.8kcal	1.1g	1.1g	0.2g
butter, unsalted	9g	67kcal	0.1g	0.1g	7.4g
	<b>204g</b>	<b>371kcal</b>	<b>3.7g</b>	<b>8g</b>	<b>36g</b>

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## chicken flavoured meal

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## chicken spinach curry

ingredients:

1 ketoclassic chicken

80g spinach

16g double cream

5g ghee

1.9g (1tsp) curry

powder

- Place the ghee in a pan at a medium heat.
- Weigh and wash the spinach and add to the pan.
- Cook on medium heat for 2-3 minutes, until the leaves start to wilt.
- Season with salt and pepper to taste.
- Add the double cream and the curry powder to the pan and mix well.
- Cook and stir often for 1-2 minutes.
- Add the ketoclassic chicken and continue stirring for 3-4 minutes.
- Serve warm

ingredients	weight	calories	carbs	protein	fat
3:1 ketoclassic chicken	135g	293kcal	2.6g	6.9g	29g
spinach, raw	80g	27kcal	1.3g	2.2g	0.6g
double cream	16g	79kcal	0.3g	0.3g	8.6g
ghee	5g	44kcal	0g	0.01g	4.9g
curry powder	1.9g	5.4kcal	0.5g	0.2g	0.2g
	<b>237.9g</b>	<b>448kcal</b>	<b>4.7g</b>	<b>9.61g</b>	<b>43.3g</b>