

Oncology









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 *LiVMCT* 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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MCT - Protein Rich Pulao



Clinical Significance of the Recipe:

- High Protein
- High Fiber

Age Group of the Patients:

2 to 18 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Rice	15	50	12.5	1.5	0.25
2.	Moong	15	50	8.5	3.5	2.5
3	Matki	15	50	8.5	3.5	2.5
4.	Paneer	15	50	0.5	4	2.4
5.	Coriander	20	-	-	-	-
6.	Pudina	3.5	-	-	-	-
7.	French Bean	10	5	1	-	-
8.	Carrot	10	5	1	-	-
9.	Ghee	5	45	-	-	-
10.	LivMCT	10	70	-	0.4	7.1

Steps-

- 1. Boiled plain Rice (Ambemohor). Boiled sprouts with Fibre rich tomato, carrot, French beans, soute paneer (Without LivMCT Powder)
- 2. First take 1 Tablespoon of desi cow ghee with sauté sprouts and Paneer sauté with LivMCT powder, tomato, carrot, French beans.
- 3. Just add a pinch of salt and mix it well in kadhai.
- 4. Add some Pomegranate, coriander leaves and Pudina for Antioxidents.
- 5. Dish is ready to serve for not only kids but adults also.

Serving Size: 30 Gms



Calories	Carbs	Protein	Fats	
325	29.5	12.9	10	



Powerhouse Smoothie



Clinical Significance of the Recipe:

- Antioxidants & pends rich, this helps in improving Cardiac Health.
- Protein from Curd is a way to bare strengthening.
- Potassium & Magnasium rich because of fruits like Banana, & Strawberry this is beneficial in controlling high blood pressure.

Age Group of the Patients:

• 18 to 59 years

Application and Recommended Usage of the Recipe:

- Oncologic Specific
- Patients who is known care of Hypertension.

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	1 Cup Chopped	100	44	9.8	0.7	0.2
	Strawberry					
2.	Banana	100	116	27.2	1.2	0.3
3.	Greek Yoghurt	100	120	6.4	5	8
4.	Almonds	5	32.75	0.52	1.04	2.54
5.	LiVMCT	120	140	4.6	0.94	14.2

Steps-

- 1. To make tangy Yoghurt smoothie, combine strawberry, banana, Greek Yoghurt and ice cubes together.
- 2. Combine all the ingredients in the mixer.
- 3. Add LivMCt (20 Gms) 70% MCT powder and blend until smooth & creamy.
- 4. Blend till the mixture is smooth and frothy.
- 5. Serve chilled with desiccated almonds and strawberry.

Serving Size: 2

Calories	Carbs	Protein	Fats
452	49	9	25.24



Motihari Aam



Clinical Significance of the Recipe:

- Rich in Calories and Full of Nutrients.
- Mango is high in Polyphenols, which may have Anti-Cancer Properties.
- Coconut is rich Fiber and MCT and also provides carbs and Protein along with many essential minerals such as manganese and copper, iron and Sodium.

Age Group of the Patients:

14 to 59 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pregnant Women
- Anemia

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbes	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Mango	300	222	50.7	1.8	1.2
2.	Coconut	100	662	18.4	6.8	62.3
3.	Condensed Milk	50 MI	151	29.2	4.2	1.9
4.	Cashew Powder	10	59.6	2.2	31	0.05
5.	Raisin	10	22.9	2.2	0.31	0.05
6.	Ghee	1TSP	45	-	-	5
7.	LivMCT	20	140	4.6	0.94	14.2

Steps-

- 1. Take the Mangoes and prepare Puree.
- 2. Heat the frying pan on low flame, pour one tea spoon of ghee into the pan and heat it up.
- 3. Add obe cup of desiccated coconut powder and roast it on low flame, stir it continuously to prevent burning.
- 4. After one minute of cooking, add mango puree and mix it with coconut powder.
- 5. Then add half cup of condensed milk and mix it well.
- 6. Cook on medium flame for 6-7 minutes until the mixture is formed.
- 7. Remove from heat, pour into a plate and let it cool.

- 8. Once cooled, mix 20 Gms of LivMCT Powder.
- 9. Shape into round balls and roll them in cashew nuts dust.
- 10. Raising are used to garnish all the Laddoos.
- 11. The Motihari Aam is prepared and ready to be served.

Serving Size: 5 No (Medium Size)

Calories	Carbs	Protein	Fats
130	10.7	1.6	8.9





Healthy Cabbage Momos

Clinical Significance of the Recipe:

- High in fiber which helps to lower Cholesterol, Diabetes Mellites and Obesity.
- Low in Carbohydrate
- Improves Digestion

Age Group of the Patients:

• 14 to 59 Years

Application and Recommended Usage of the Recipe:

- Patients with Compromised Guts like Short Bowel Syndrome
- Diabetes Mellites and Obesity

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Cabbage	1 Cup	12.5	0.75	2.1	0.1
2.	Carrot	½ Cup	12.5	2.1	0.75	0.1
3.	Paneer	½ Cup	50	0.5	3.5	4
4.	Olive Oil	1TBPS	22.5	-	-	2.5
5.	Tomato	½ Cup	3.75	0.25	0.75	0.1
6.	Black paper	1/4 TBPS	-	-	-	-
7.	Salt	½ TBPS	-	-	-	-
8.	Chili Flex	1/4 TBPS	-	-	-	-
9.	LiVMCT Powder	20	140	4.6	0.22	14.2
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Steps-

1. Boil the water amd boil Cabbage in it for 5 minutes. Keep it aside.

• To make Momos' Stuffing:

- 2. Add Oilve Oil in pan.
- 3. Add vegetables like carrot, Cabbage and then Paneer.
- 4. Add Spices like Chili Flex, Black Paper, Salt.
- 5. Fill the stuffing of Cabbage leaves and fold it properly.
- 6. Stir fry in pan and steam the momos for few minutes.
- 7. Make a Chutney for the momos Add Chili, tomato puree and LiVMCT in it.
- 8. Serve hot with a glass of chia seeds and mint leaves water.



Serving Size: 4 Momos

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

Recipe 🙏

Calories	Carbs	Protein	Fats	
241	8.2	7.9	13.8	



Ragi Chilla



Clinical Significance of the Recipe:

- To prevent Cachexia
- Ragi is good source of calcium, magnesium and iron.
- The recipe is rich in Protein and fat which is very good for Oncology Patients.

Age Group of the Patients:

Above 4

Application and Recommended Usage of the Recipe:

Oncology Specific

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Ragi Flour	100	455	75	7.3	1.3
2.	Carrot	50	21	4.8	1.2	0.1
3.	Capsicum	25	8	6.9	0.2	0.1
4.	Beans	20	69	13	4	0.2
5.	Onion	50	21	5.06	1	0.3
6.	Ginger	5	3	0.89	0.09	0.04
7.	LivMCT	20	140	4.6	0.04	14.2
8.	Salt	To taste	-	-	-	-
9.	Oil	5 ml	41	-	-	5

Steps-

- 1. To prepare Ragi Chilla, take 100 Gms of Ragi Flour.
- 2. Add Chopped onions, carrot, beans, capsicum grated ginger in it.
- 3. Now add 1 Cup of water and make it into smooth batter.
- 4. Add Salt to taste and 20 Gms of LivMCT powder and mix it well.
- 5. Rest it for 10-15 minutes.
- 6. Now, heat the pan and add 5 ml of oil into it.
- 7. Pour the batter and spread it and cover it for 2-3 minutes.
- 8. Check the chilla if it is cook properly then flip it and cook the opposite side properly.
- 9. Once it is prepared, serve it with Green chutney /tomato chutney.

Serving Size: 2

Calories	Carbs	Protein	Fats	
758	110.25	13.83	21.24	



Drumstick & Red Cream Soup



Clinical Significance of the Recipe:

- Better immunity and Hemoglobin
- Stronger bones, gums and better eyesight
- Energy dense, improves appetite.

Age Group of the Patients:

• 14 years & above

Application and Recommended Usage of the Recipe:

- Oncology specific
- Diet for Critical Care Patients
- Patients with Compromised Gut like Short Bowel Syndrome

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LivMCT	10	70	2.3	0.47	7.1
2.	Drumstick	150	39	5.55	3.75	0.15
3.	Red Gram Dal	15	50.25	8.64	3.34	0,25
4.	Onion	150	50	11.1	1.2	0.4
5.	Tomato	100	20	3.6	0.9	0.2
6.	Garlic	10	14	2.98	0.6	0.01
7.	Ginger	10	6.7	1.2	0.23	0.09
8.	Oil	2.5	22.5	-	-	2.5
9.	Lemon Juice	-	-	-	-	-
10.	Moringa Leaves	-	-	-	-	-
11.	Salt	-	-	-	-	-
12.	Black Paper	-	-	-	-	-
13	Turmeric	-	-	-	-	-

Steps-

- 1. Heat in a pressure cooker.
- 2. Soute onion. Add ginger garlic and cook for 2 minutes.
- 3. Add Tomato, turmeric, and pepper powder.
- 4. Add red gram dal, drumstick pieces and soute for 1-2 minutes.
- 5. Add 2 cups of water and salt.
- 6. Pressure cook over 4-5 whistles.
- 7. Let it cool completely and transfer it to blender.



- 8. Blend well.
- 9. Strain the liquid with strainer to remover fibrous pot.
- 10. Ass $1-1\frac{1}{2}$ cup of hot water to adjust the consistency.
- 11. Transfer to a pan, bring to a gentle boil and adjust the taste with salt and pepper.
- 12. Add in few springs of moringa leaves/powder.
- 13. Add lemon juice before serving.
- 14. Serve hot.

Serving Size: 1

Calories	Carbs	Protein	Fats
272.45	35.37	10.49	10.70



Fit Fudge



- Gluten Free
- Good for people with diabetes and heart disease
- Rich in dietary fiber and easy for digestion

Age Group of the Patients:

• 2 years & Above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipes
- Patients with neurological disorders
- Diabetes
- Weight management

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LivMCT	20	140	4.6	0.95	14.2
2.	Nachani Flour	216	763.2	144	15.12	3.6
3.	Milk	1/4 Cup	43.8	2.94	1.95	2.7
4.	Date Pulp	30	84.6	22.5	-	-
5.	Mixed Dryfruit	½ Cup	200	2.0	10	17.0
6.	Ghee	15	135	-	-	15.0

Steps-

- 1. In a non-stick pan heat the ghee on the medium-low flame.
- 2. Add Nachani Flour and mix nicely.
- 3. Cook for 5-7 minutes and stir continuously.
- 4. This will ensure that there is no raw smell in nachani flour.
- 5. Add chopped dry fruits and stir for another 2 minutes.
- 6. Mix 20 Gms of LivMCT in ¼ Cup of milk and stir it well.
- 7. Mix the above mixture and milk in the pan.
- 8. Add date pulp and mix properly.
- 9. Keep stirring the mixture on low-medium flame. It will take another 3-4 minutes and the mixture will start releasing the ghee.





- 10. At this point the mixture will be like a dough and will move together. (it will not stick at the wall of pan now.)
- 11. Pour this mixture in a greased pan and let it cool down at room temperature.
- 12. Keep it in refrigerator for 15-20 minutes to set it and cut into small pieces or as desired

Serving Size:10

Calories	Carbs	Protein	Fats
273	35.2	5.6	10.5



Oats Smoothie with refreshing Coffee Flavour



Clinical Significance of the Recipe:

- High Calorie
- High Protein
- High Fibre

Age Group of the Patients:

• 18 years and above

Application and Recommended Usage of the Recipe:

- Oncology specific
- Patients with Neurological disorders
- Weight management
- Diabetes management

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LivMCT	20	140	4.6	0.94	14.2
2.	Milk	200	184	9.6	7.2	13
3.	Oats	20	76.4	13.8	2.7	1.2
4.	Makhana	10	35	7.77	0.97	0.05
5.	Almonds	5	30.45	0.15	0.92	2.92
6.	Cashew	5	29.13	1.27	0.94	2.26
7.	Pistachio	5	26.97	0.80	1.16	2.12
8.	Dates	30	90	21.8	0.71	0.1
9.	Coffee	1.1	-	-	-	-

Steps-

- 1. Weight all the ingredients
- 2. Roast oats & makhana in pan separately and make powder of them.
- 3. Grate dry fruits Almonds, Cashew, Pistachio & Dates.
- 4. In Shaker firstly add some milk and then add Makhana powder and stir well.
- 5. Again, add little milk, oats powder and mix well.
- 6. Now add grated dry fruits and nuts dates, almonds and cashew.
- 7. Add remaining milk and shake well.

- 8. In glass pour some smoothie and layer it with LivMCT & Coffee Powder.
- 9. Garnish with grated Pistachios.

Serving Size: 1

Calories	Carbs	Protein	Fats
148.05	29.90	7.78	17.93







Clinical Significance of the Recipe:

- The Amaranth is Gluten free and Easy to digest and gain 90% digestible because of its ease of digestion.
- The Amaranth contains a significant amount of Protein (13-14%) of its total weight.
- Lysine and Amino Acids that is either an impressive Nutrient resume and like grains it has a high level of Linoleic Acid and is made of 77% unsaturated fatty acid.
- Other Pseudocereal is a Protein powerhouse. High in calcium and significant level of Magnesium Phosphorus, Potassium and Iron .
- Phytosterols Is are a dietary staple with a wealth of Cholesterol lowering the effects.
- The risk of getting Cardio-Vascular disease and Cholesterol is both decreased by Amarnath.
- Various Anti-oxidants & other nutrients such as the Peptide Lunasin found in Amaranth are known for their anti-inflammatory and Cancer prevention Properties.

Age Group of the Patients:

Adults

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Cardiovascular Disease

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Amaranth Seeds	50	178	30.73	6.64	2.78
2.	Milk (Low Fat)	100 MI	67	4	3.3	4
3.	Banana (1/2)	60	66.4	14.97	0.75	-
4.	Almonds	10	60.92	1.05	2.08	5.89
5.	Walnuts	10	67.14	1.01	1.49	6.43
6.	Dates Puree	20	64.05	14.98	0.49	0.07
7.	Pomegranate	10	5.47	1.16	0.13	
8.	LivMCT Powder	20	140	4.6	0.94	14.2
9.	Water	100 MI	- /	Y-A		



Steps-

- 1. Put the Amaranth in a Pan and roast ot for 1-2 minutes.
- 2. Pour the water and put in over medium heat for 20-25 minutes. Stir mixture frequently.
- 3. Pour milk and let the mixture on simmer over medium heat for approx.. 30 minutes or till the milk is reduced to half the quantity. Stir the mixture frequently.
- 4. Since the mixture is even add dates puree and stir well.
- 5. As the mixture is completely woked add chopped walnuts and almonds.
- 6. Take the pudding off the heat and let it cool.
- 7. Then add LivMCT powder.
- 8. Add Chopped Banana, pomegranate and mix well.
- 9. Garnish as per your choice.

Serving Size: 2

Calories	Carbs	Protein	Fats
645	73	16	34







Clinical Significance of the Recipe:

- High in Protein & Fiber
- Rich in Calcium hence helps in bone development
- Calorie dense snack

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Makhana	30	104	22.8	2.9	3
2.	Coriander	5	2	-	-	-
3	Dates	10	29	6.8	0.25	-
4.	Peanuts	10	52	1.7	2.3	3.9
5.	Chana (Dry)	10	29	3.9	1.8	0.5
6.	Chana (Boiled)	20	29	3.9	1.8	0.5
7.	Sev	50	-	-	-	-
8.	LivMCT	20	140	4.6	0.94	14.2

Steps-

- 6. In a bowl, add makhana, roasted peanuts, dry chana, coriander chutney, dates chutney chaat masala and LivMCT Powder.
- 7. Mix well and top it with sev.
- 8. Your quick, calorie dense snack is ready which is high in Protein.

Serving Size: 1

Calories	Carbs	Protein	Fats	
385	43.7	9.99	22.1	



Biscuit Bhakri with Masala Hummus



Clinical Significance of the Recipe:

- Cereal pulse combination with high Protein
- Nutrition and healthy as prepared with Whole wheat flour and very little oil unlike normal biscuits.
- Incorporate with healthy fats like sesame seeds, olive oil.

Age Group of the Patients:

14 years and above.

Application and Recommended Usage of the Recipe:

- Oncologic Specific
- Pediatric recipe
- Patients with neurological disorders

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Wheat Flour	45	150	31.5	3.7	0.7
2.	Semolina	15	50	10.5	1.2	0.2
3.	Oil	10	90	ı	-	10
4.	Crushed Jeera	10	-	-	-	-
For F	lummus:					
1.	Chickpea (Soaked)	60	200	34	14	1
2.	Sesame Seeds	30	200	17	7	12
3.	Olive Oil	15	124	-	-	14
4.	Garlic	5	-	-	-	-
5.	LivMCT Powder	20	140	4.6	0.94	14.2

Steps-

For Biscuit Bhakri:

- 6. Take $\frac{1}{2}$ cup of wheat flour approximately 45 Grams with $\frac{1}{4}$ cup Semolina in a mixing bowl.
- 7. Add little crushed jeera and 2 Tablespoon oil, salt and water.
- 8. Knead into a stiff dough.
- 9. Now take a small portion and roll it into a round biscuit.
- 10. The biscuit should be a little thick.
- 11. The biscuit should be a little thick.

- 12. Poke the biscuit with a fork.
- 13. Place the biscuit bhakri on a hot pan and cook it evenly from both sides till become brownish. The flame should be low.
- 14. Your biscuit bhakri is ready.

For Masala Hummus:

- 1. Take I cup-soaked chickpea and boil them till soft in enough water.
- 2. In a blender add chickpea, roasted white sesame seeds, 9-10 garlic cloves, 1 tablespoon lemon juice, 1 tablespoon olive oil, salt, 1 tablespoon chili powder and chickpea water.
- 3. Blend it until becomes smooth.
- 4. Add 20 gms of LivMCT powder and mix it well.
- 5. Drizzle some olive oil while serving with biscuit bhakri.
- 6. Your masala hummus is ready!

Serving Size: 2-3 biscuits

Calories	Carbs	Protein	Fats
954	97.6	26.84	52.1



Green Smoothie



Clinical Significance of the Recipe:

- Natural energy booster.
- Low carb, high fat and high fiber
- Rich in anti-oxidants

Age Group of the Patients:

• 2 to 59 Years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Curd	80	48	2.9	2.9	3.2
2.	Cucumber	20	4	0.7	0.14	0.03
3.	Pineapple	40	17	3.7	-	-
4.	Banana	20	21	4.68	0.3	0.07
5.	Orange	15	6.6	1.2	0.2	0.02
6.	LivMCT	20	140	4.6	0.95	14.2

Steps-

- 9. Take half cup sliced cucumber, 5 slice of pineapple, half peeled banana, half orange and keep aside.
- 10. Take 80 Gms curd and whisk.
- 11. Out of 5 slices of pineapple, boil 2 slices and make a puree.
- 12. In a blender, mix all the ingredients and add 20 Gms LlvMCT Powder.
- 13. Sprinkle Lemon zest for flavor.
- 14. Blend well and pour in a glass.
- 15. Chill and serve!

Serving Size: 200 ml

Calories	Carbs	Protein	Fats
236.6	17.78	4.49	17.52



Power Packed Protein Roll AKA – p3 Roll



Clinical Significance of the Recipe:

- High in Nutrients Protein, Fiber, Vitamins and Minerals
- Heart health
- Weight Management
- Blood Sugar Control
- Increased satiety

Age Group of the Patients:

• 14 to 60 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Sprouted Moong	25	8	1.5	0.8	0.1
2.	Broccoli	20	6.8	1.3	0.5	0.07
3.	Cauliflower	20	4.5	0.4	0.4	0.09
4.	Carrot	20	7.6	1.3	0.2	0.09
5.	Shredded Chicken	50	84	-	10.9	4.5
6.	Paneer Cubs	50	129	6.2	9.4	7.3
7.	Fresh Coriander	15	4.6	0.2	0.5	0.1
8.	Onion	20	9.6	1.9	0.3	-
9.	Fine Cut Ginger	½ Inch	1.6	0.2	0.07	0.03
10.	Lemon Juice	1-2 Tbs	1.8	0.3	0.02	0.04
11.	Turmeric Powder	1	2.8	0.4	0.08	0.05
12.	LivMCT Powder	20	140	4.6	0.94	14.2
13.	Salt	½ Tbs	-	-	-	
14.	Wheat Flour	30	96.1	19.2	3.17	0.4
15.	Oil	1 Tbs	45	-	-//	5
16.	Hung Curd	15	9	0.45	0.47	0.6



Steps-

• Fillings:

- 10. In a non-stick pan put 1 tablespoon oil with chopped broccoli, cauliflower, carrot and sprouted moong.
- 11. Soute until it is tender crispy in texture.
- 12. Poarch or grill the chicken and shred it into bite sizes pieces.
- 13. In a bowl, combine the sprouts, cooked vegetables, shredded chicken, cubed paneer, coriander leaves, onion, ginger, lemon juice, cumin powder, turmeric powder, LivMCT Powder and salt as per taste.
- 14. Mix it well.
- 15. Make the wheat flour roti and cook it.
- 16. Spread the layer of yogurt on the roti.
- 17. Spread the fillings over the roti and roll the roti tightly starting from one long edge.

Serving Size: 1

Calories	Carbs	Protein	Fats
550	33.35	27.61	32.57



Aliv MCT Laddoo



- Rich in iron especially in women and children.
- Lactation Support to enhance milk production
- Hormonal imbalance managing balancing hormones
- Inti-inflammatory with Antioxidants.

Age Group of the Patients:

• 14 – 60 years

Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric recipe
- Lactating mothers, anemic patients.

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Halim Seeds	1 Cup	16	2.8	1.3	0.4
2.	Jagagry	½ Cup	90	20	-	-
3.	Dates	5 Units	70	18	0.43	
4.	LivMCT Powder	10 Gms	70	2.3	0.49	7.1

Steps-

- 15. Pre-Heat the pan, add the Halim Seeds.
- 16. Roast the Halim Seeds for few seconds till you hear some crackle sound.
- 17. Separate the roasted Halim seeds to different bowl.
- 18. Add some water to the Halim seeds and soak it for few minutes.
- 19. Prepare the LivMCT Powder mixture (10 Gms of LivMCT Powder in 30 ml water).
- 20. Add the soaked Halim seeds into the PAN and cook it for few seconds.
- 21. Add Jaggery powder as per the taste.
- 22. Add LivMCT Powder mixture and mix it well.
- 23. Add Eliachi powder.
- 24. Transfer the Halim dough to a bowl and allow it to cool.
- 25. Once cooled, divide into small lemon size laddoos.
- 26. Garnish with few fine chopped nuts.

Serving Size: 1-2



Calories	Carbs	Protein	Fats
246	43	2.2	7.5







Clinical Significance of the Recipe:

- High protein and high calorie.
- Rich in fiber, calcium, Antioxidants and Probiotics.
- Suitable for patients having dysphagia

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric Recipe
- Patients with Neurological disorders
- Dysphagia Patients

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Ragi Flour	30	96	20	2.1	0.6
2.	Soy Flour	30	113	3	11.3	5.8
3.	Dates	1-2 Units	31	7	0.23	0.03
4.	Apple	50	31	6.5	0.14	0.32
5.	Moong Dal	15	44	7	3.3	0.5
6.	LivMCT	20	170	4.6	0.94	14.1
7.	Curd	150	90	4.5	4.5	6

Steps-

- 1. Take all the ingredients (Ragi flour, Soy Flour, Dates, Apple, boiled yellow lentils, curd & LivMCT powder).
- 2. Dry roast the ragi & soy flour on a pan.
- 3. Put the roaster flour along with the other ingredients in a blender jar.
- 4. Add LivMCT to the blender.
- 5. Add water and blend it into a smooth texture.
- 6. Here nutritious soy ragi smoothie is ready using LIVMCT.

Serving Size: 1

Calories	Carbs	Protein	Fats
575	52.6	22.51	27.35







Clinical Significance of the Recipe:

- Nutrient Dense High in calories and protein, also contains carbs.
- Rich in Micro Nutrients like Calcium and Iron helping in bone development and increasing Hemoglobin
- Rich in Fat-soluble vitamins, contain Omega 3 boosting immunity.
- Anti-inflammatory
- Contain MCT-based Fat provide instant energy.

Age Group of the Patients:

• 2 to 60 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Sunflower Seeds	20	117	1.3	4.7	10.3
2.	Watermelon Seeds	25	157	1.1	8.5	13.1
3.	Pumpkin Seeds	25	144	3.6	7.4	12.2
4.	Pistachios	20	108	3.1	4.6	8.5
5.	White Sesame Seeds	20	104	2.1	4.3	8.6
6.	Almond	30	183	3.1	6.2	17.6
7.	Cashew	30	175	7.6	5.6	13.5
8.	Dates	125	358	85	1.4	0.5
9.	Poppy seeds	20	84	2.4	4	6
10.	Jaggery	20	106	25.4	0.5	-
11.	Ghee	220 (4 Tbsp)	180	-	-	20
12.	LIVMCT	20	140	4.6	0.9	14.2

Steps-

- 1. Chop Almonds, Pistachios and Cashew nuts only.
- 2. Heat 2 tablespoons of ghee in a pan.
- 3. Add chopped nuts, Sunflower Seeds, Pumpkin Seeds, Watermelon Seeds and white sesame seeds.
- 4. Roast slightly for 3 minutes.
- 5. Transfer the roasted mixture to the bowl.



- 6. Again heat 2 tablespoons of ghee in the pan.
- 7. Add deseeded dates and cook until they melt.
- 8. Add jaggery to the melted dates and mix well.
- 9. Add LivMCT powder (20 Gms) and mix thoroughly.
- 10. Add the roasted mixture back into the pan and mix everything. Turn off the flame.
- 11. Sprinkle poppy seeds on the chopping board.
- 12. Roll the nuts mixture on the chopping board so that poppy seeds stick to the nuts mixture.
- 13. Cut the roll into small circles.
- 14. Enjoy delicious, energy-packed perfect for any time!

Serving Size: 6

Calories	Carbs	Protein	Fats
309	23	7.8	20.6







Clinical Significance of the Recipe:

- High Protein
- Lactose Free
- Easy to digest (Diarrhea)
- High Calories

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric recipe
- Useful in Diarrhea

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Soya Milk	200 ml	69	3.5	6.4	3.3
2.	Rice	30	100	21	2.2	0.5
3.	LivMCT Powder	20	140	4.6	1	14.2
4.	Almond	15	100	3	3	8
5.	Sugar	5	20	5	-	-
6.	Banana	50	50	13	-	-

Steps-

- 1. Rinse the rice thoroughly and soak 30 gms of rice in water 10 15 minutes.
- 2. Boil soaked rice in $\frac{1}{2}$ cup (50 ml) of water for 5 minutes / till the rice is half cooked.
- 3. Add 200 ml soya milk (Unflavored) in a pot and simmer till it reduces to half.
- 4. Add a small mashed banana, 20 gms LivMCT Powder and 1 tablespoon sugar (if needed) and cook it well for 2-3 minutes.
- 5. Add cardamom powder and chopped nuts.
- 6. Serve warm or chilled kheer in a bowl.

Serving Size: 1



Calories	Carbs	Protein	Fats
479	50.1	12.6	26



Rice Kanji



- High Carb
- Easy to digest

Age Group of the Patients:

• 2 years and above.

Application and Recommended Usage of the Recipe:

- Oncology specific
- Diet for Critical Care patients
- Pediatric recipe
- Patients with neurological disorders
- Patients with Compromised Guts like Short Bowel Syndrome
- Useful for Oral and RT Feed

Ingredients-

Sr. No	Ingredients	Quantity	Calories	Carbs	Protein	Fats
		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LivMCT	20	140	4.6	0.94	14.2
2.	Rice	20	70	16	1.5	0.05
3.	Ghee	10 ml	90	-	-	10
4.	Salt	1gm	-	-	-	-
5.	Jeera		-	-	-	-

Steps-

- 1. Roast rice.
- 2. Grind it into fine powder.
- 3. In a pan take water and boil it.
- 4. Now add jeera, rice powder and salt to taste.
- 5. Cook it properly.
- 6. Strain the rice kanji.
- 7. Lastly add LivMCt paste into Rice Kanji.

Serving Size: 200 MI

Calories	Carbs	Protein	Fats
300	20.6	2.44	24.25





Clinical Significance of the Recipe:

- High Protein
- Rich in Calcium

Age Group of the Patients:

• 2 to 18 years

Application and Recommended Usage of the Recipe:

- Oncology specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Rice	1 Cup	311	69	6.8	0.9
2.	Ragi Flour	½ Cup	49	10.8	1.1	0.2
3.	Curd	½ Cup	30	1.5	1.5	2.0
4.	Capsicum	10	2	0.5	0.1	-
5.	Corn	10	9	1.9	0.3	0.1
6.	Sesame Seeds	5	28	1.3	0.9	2.2
7.	Oil	10ml	90	-	-	10
8.	Salt	1/4 Tbsp	0	- 1	-	-
9.	LivMCT	20	140	4.6	0.9	14.2

Steps-

- 1. Soak washed rice for 8-10 hours.
- 2. Add the soaked rice to the blender.
- 3. Add $\frac{1}{2}$ cup Ragi flour, $\frac{1}{2}$ cup curd, and salt as per taste and blend them to a thick consistency.
- 4. Add 20 Gms LivMCT powder and water to adjust the consistency.
- 5. Lightly brush the Pan with oil and Pour the make the Ragi minis (Ragi Uttapam)
- Top them with Capsicum, Corn, and Sesame seeds (Or toppings of kids' choice) and let it cook.
- 7. Serve it with curd or Sambar.

Serving Size: 3

36

No of Servings per day: 2

Calories	Carbs	Protein	Fats
659	89.6	11.6	29.6







Clinical Significance of the Recipe:

- High Fiber
- Nutritionally balanced
- Easy to digest

Age Group of the Patients:

• 4 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe
- Patients with Neurological disorders

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Moong	40	140	25	9.5	0.5
2.	Oats	10	38	6.3	1.4	0.7
3.	Carrot	15	6	1	0.2	-
4.	Capsicum	15	2	0.2	0.1	-
5.	Onion	15	6	1.2	0.2	-
6.	Tomato	15	2	0.3	-	-
7.	Coriender	10	3	0.2	0.3	-
8.	Oil	10 ml	90	-	-	10
9.	LivMCT	20	140	4.6	0.94	14.2

Steps-

- 1. Take soaked Moong, Oats, Fresh Coriander, Cumin Seeds Cumin Powder, Ginger, Chili and Salt in the mixer grinder and grind it all together.
- 2. Then add LivMCT Powder and grind it again.
- 3. Place everything in a container.
- 4. Now add finely chopped carrot, onion, tomato, capsicum, and fresh coriander and mix it well to make the batter of smooth consistency.
- 5. Take a Dosa pan, sprinkle ½ tablespoon oil, and add batter to it to make it into chillas.
- 6. Serve with Green Chutney.

Serving Size: 2



Calories	Carbs	Protein	Fats	
427	38.8	12.64	25.4	



Sushi



- Fiber Rich
- Healthy Fats
- Calorie Dense

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Rice	30	100	22	2.2	0.5
2.	Avocado	20	29	0.35	0.59	2.77
3.	Cucumber	20	4	0.7	0.14	0.03
4.	Sesame Seeds	To Sprinkle	ı	ı	-	-
5.	LivMCT	20	140	4.6	0.94	14.2
6.	Salt	As per taste	-	-	-	-

- 1. Take 30 Gms of raw quantity of Rice and boil in water.
- 2. Simmer Rice until tender.
- 3. Use the boiled Sushi Rice to make the mixture.
- 4. Add a pinch of Salt and 20 Gms of LivMCT Powder to the rice and mix gently.
- 5. Lay down a Sushi Mat (Bamboo Mat) and use wet hands to spread a thin layer of the rice mixture on it.
- 6. Arrange Cucumber and avocado slices in the center of the rice in a line. (Can also add other vegetables of choice such as pickled ginger, carrots can be added as Fish fillets.)
- 7. Lift one end of the mat and roll it tightly over the filling to make a complete roll.
- 8. Use a wet sharp knife to cut the roll into 4-6 slices.
- 9. Sprinkle Sesame Seeds on the top.
- 10. Serve with soy sauce.





Serving Size: 4-6 Pieces

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

Recipe

Calories	Carbs	Protein	Fats	
273	23	3.73	17.5	



Plant Powered Sesame Oats Bliss



Clinical Significance of the Recipe:

- Fiber Rich
- Healthy Fats
- Calorie Dense

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Sesame	100	565	25.7	18	48
2.	Oats	100	380	68	12.8	7.2
3.	Raw Cocoa Powder	50	20	3	1	-
4.	LIVMCT	30	210	6.9	1.425	21.3
5.	Dates	50	141	27.5	1.5	-
6.	Dried Figs	50	100	26	1	-
7.	Cashew	6-8 pieces	23.5	1.29	0.78	0.08
8.	Vanilla	½ Tbsp	-	-	-	-
9.	Pumpkin Seeds	2 Tbsp	126	15.2	5.3	5.5
10.	Baking Powder	1/4 Tbsp	-	-	-	-

- 1. Make Tahini by grinding sesame and making it of the required consistency.
- 2. Soak (6-8 Cashew Milk) remove Cashew milk by grinding it and add around 100 ml water.
- 3. Grind rolled oats into powder.
- 4. Grind dates and dried figs paste.
- Mix dry ingredients like oats powder, raw cocoa powder, and LivMCT powder.
- 6. Mix wet ingredients like Tahini, Cashew milk, Dates, and dried fig paste by gently mixing it. Make a pouring consistency.
- 7. Now mix both dry and wet ingredients. Thoroughly mix it well. Add baking powder.



- 8. Grease the cake tin.
- 9. Pour the batter in it. Sprinkle Pumpkin seeds.
- 10. In a preheated oven bake the cake tin at 180'C for 30 minutes.
- 11. Allow it to cool.
- 12. Unmold it and cut it into pieces

Serving Size: 8

Calories	Carbs	Protein	Fats
195.69	21.70	5.23	10.26



Jamun Sarbat



Clinical Significance of the Recipe:

- Rich in Micronutrients like Vitamin A and Potassium.
- Fiber Rich
- Boosts immunity

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe
- Patients with neurological disorders.

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Jamun	10	5	1.06	0.09	0.06
2.	Banana	14	15	3.5	0.22	0.05
3.	Coconut Cream	4 ml	17	0.48	0.14	1.64
4.	LIVMCT	20	140	4.6	0.95	14.2

Steps-

- 1. Blend Banana, Jamun, Coconut Cream, and MCT Powder in a blender to make a smooth and lump-free texture.
- 2. Pour into a freezer-proof container and freeze until firm.
- 3. Enjoy the tasty and colourful Jamun Sarbat.

Serving Size: 1

Calories	Carbs	Protein	Fats
177	9.6	1.4	15.9



Tulsi Kalakand



Clinical Significance of the Recipe:

- It provides healthy snacks as it contains proper carbohydrates and protein ratio along with fats.
- It boosts up the immune system (Tulsi leaves have antioxidants and antiinflammatory properties.)
- It prevents seasonal diseases like cold, flue, sore throat.

Age Group of the Patients:

• 4 to 18 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Milk	500 ml	310	24.40	13.2	20.5
2.	Tulsi Leaves	1 Bunch	2.2	1.30	-	0.3
3.	Sugar	4 ml	387	99.40	-	-
4.	Lemon	1 Pc	16.8	5.41	0.64	0.2
5.	Cashew	4 Pc	35	1.33	1.27	2.81
6.	Pista	4 Pc	22	0.64	0.79	2.14
7.	LIVMCT	20	140	4.6	0.95	14.2

- 1. At first boil 250 ml of full cream milk.
- 2. As it starts boiling remove it from heat and add lemon juice.
- 3. The milk will be curded. Now drain the water and wrap it in a clean cotton cloth to remove the excess water.
- 4. Make the paste of Tulsi leaves. Extract the water part from the solid part. Keep them separate.
- 5. Take 200 ml of milk from heat add sugar and make it cool.
- 6. Mix the solid part of Tulsi leaves with the Chenna to make the greencolored paste.
- 7. Now add the paste with the milk, add LivMCT powder and the Tulsi leaves extract, and mix it well.
- 8. Keep it for some time.



9. Then shape it as Kalakand Sandesh.

Serving Size: 1

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

Recipe

Calories	Carbs	Protein	Fats	
228	34	4	10	



Nutri



- High Calorie
- High Protein
- Easy to digest

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Pediatric recipe
- Patients with Neurological disorders

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LIVMCT	20	140	4.6	0.95	14.2
2.	Rice	20	70	16	1.5	0.05
3.	Moong Dal	20	65	11	4.7	0.27
4.	Soya Chunks	5	17	1.6	2.6	0.02
5.	Ghee	10 ml	90	-	-	10
6.	SMP	10	41	5.5	3.5	0.5
7.	Cardamom	1	-	-	-	-
8.	Milk	150 ml	89	7.5	4.5	4.5
9.	Sugar	10	40	10	-	-

- 1. Take 20 gms Raw rice and roast on low flame for 2-3 minutes in a Pan.
- 2. Take Green Gram Dal 20 Gms and roast on low flame for 2-3 minutes.
- 3. Take Soya granules 5 Gms and roast it for 2-3 minutes on high flame.
- 4. Let the roasted items to cool at room temperature then add 1–2 cardamoms and grind the mixture.
- 5. Take 150 ml of boiled milk.
- 6. Make a paste of multigrain powder by adding water, sugar and SMP.
- 7. In pan take 150 ml of milk and add prepared thin paste.
- 8. Stir well while cooking for 5-6 minutes on low flame.
- 9. Add 10 ml water to 20 Gms LivMCT and make a paste.





10. Add LivMCT paste to Nutri while serving.

Serving Size: 2 Small Bowl

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

Recipe

Calories	Carbs	Protein	Fats
552	56.2	17.74	29.54



Dates Roll



Clinical Significance of the Recipe:

- Nutrient dense
- Digestive Health
- Anti-inflammatory and anti-oxidants

Age Group of the Patients:

- 2 to 4 years
- 18 to 60 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Dates	50	75	20.3	3.4	1.3
2.	Almonds	5	19.3	2.9	1.1	0.3
3.	Pista	5	28.1	1.4	1	2.2
4.	Cashew	5	27.9	0.5	1.5	2.4
5.	Pumpkin seeds	5	22.3	2.7	0.9	0.9
6.	LivMCT	5	35	1.1	0.2	3.5
7.	Ghee	10	130	-	-	0.5
8.	Melon seeds	5	14.9	0.9	0.1	0.2
9.	Walnut	5	10.1	1.5	1.2	0.5
10.	flaxseeds	2.5	3.4	0.4	0.1	0.01

- 1. Remove the seeds from the dates and blend them into a paste.
- 2. Dry roast all the seeds and nuts properly.
- 3. Into a bowl, add dates puree with ghee and roast it for 2 5 minutes till it gets smoother.
- 4. Then add all the seeds and nuts and mix them properly.
- 5. In a bowl mix all the mixture and roll using butter paper.
- 6. Keep the rolls in the refrigerator for 30-45 minutes.
- 7. After that cut the rolls in medium size and apply LivMCT powder or sprinkle on it and serve.



Serving Size: 4-5

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

Recipe

Calories	Carbs	Protein	Fats
91.50	7.93	2.38	2.95



Nutri Laddoo



Clinical Significance of the Recipe:

- Calorie dense
- Rich in essential fatty acids.
- Easy to prepare.

Age Group of the Patients:

• 2 to 4 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Almonds	50	333	28.3	11.6	20
2.	Figs	20	67.8	16.2	0.6	0.2
3.	Pumpkin Seeds	15	100	8.5	3.5	6
4.	Ghee	10	90	-	-	11
5.	LivMCT Powder	10	70	2.3	0.4	7.1

Steps-

- Take the Almonds 50 Gms, Figs 20 Gms, Pumpkin Seeds 15 Gms, Ghee
 2 Tea Spoon and LivMCT powder 10 Gms.
- 2. Fine chop the almonds and figs.
- 3. Now roast almonds, figs, and pumpkin seeds separately on low flame until golden brown.
- 4. Add ghee to the nuts and now roast for a while.
- 5. Cool the above ingredients and grind it in a mixture till you get a fine paste and the nuts leave the outer shell.
- 6. Add LivMCT powder and grind it for another few seconds (till they blend).
- 7. Remove the mixture in a plate and roll out laddoos of the same.

Serving Size: small 12 Nos. (4 servings)

Calories	Carbs	Protein	Fats
55.07	4.61	1.34	3.69





Beetroot Matsoni Fusion

Clinical Significance of the Recipe:

- It improves cardiovascular health.
- It helps manage blood sugar.
- It improves cognitive function.

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Patients with Neurological disorders
- Patients with compromised Guts like Short Bowel Syndrome
- Anemia
- Kidney Disease
- Diabetes

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Beetroot	1	44	9 – 10	1-2	0.2 – 0.3
2.	Yogurt	3 Tbps	45	8 – 10	4-5	1-2
3.	Salt	1 Tbsp	1	-	-	-
4.	Sugar	1 Tbsp	3	0.5 – 0.6	-	-
5.	LivMCT	1 Tbsp	70	2.3	0.475	7.1
6.	Oil	3 Tbsp	180	-	-	20 – 21
7.	Mustard Seeds	1 Tbsp	10	1.6 – 2	0.6 – 0.7	0.7 – 0.8
8.	Cumin Seeds	1 Tbsp	10	1.4 – 1.7	0.5 – 0.6	0.5 – 0.6
9.	Curry Leaves	5-6	2	0.5 – 0.7	0.2 – 0.3	0.1 – 0.2
10.	Green Chilis	2-3	6	1.5 – 2.5	0.5 – 0.7	0.2 – 0.3
11.	Coriander	5-6	1	0.5 – 0.7	0.2 – 0.3	0.1 – 0.2
12.	Asafetida	1 Tbsp	1	0.1 – 0.2	0.01 – 0.02	0.01 – 0.02

- 1. First take the grated beetroot in a small bowl.
- 2. Then add 3 tablespoons of Yogurt in it.
- 3. Then add 1 tablespoon LivMCT powder in it.



- 4. Then add a pinch of Salt in it.
- 5. Then add 5-6 molecules of Sugar. (Sugar is optional).
- 6. Now for tempering, heat 2 tablespoons of oil, put a pinch of asafetida, and add 1 tablespoon of Mustard Seeds, 1 tablespoon of cumin seeds, 2 -3 fine chopped green chilis, 5 -6 curry leaves, and finely chopped coriander leaves in oil.
- 7. Finally put all this mixture on Beetroot and Matsoni (Yogurt).
- 8. Mix all this mixture very well and put some coriander leaves as a topping.
- 9. And here we are ready with Beetroot Matsoni Fusion.

Serving Size: 1 Small Bowl

Calories	Carbs	Protein	Fats
373	29.3	8.476	29.91



Choco Dates Pudding Bites



Clinical Significance of the Recipe:

- Calorie Dense
- More suitable for the Pediatric and Geriatric population
- Easy to prepare & Cost effective.

Age Group of the Patients:

• 4 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care patients.
- Pediatric Recipe
- Patients with Neurological disorders

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Milk	200 ml	124	9.32	6.6	6.7
2.	Dates	40	113	30.01	0.98	0.16
3.	Cocoa Powder	10	23	5.4	1.9	1.3
4.	Corn Starch	5	19	4.5	-	-
5.	LivMCT	20	140	4.6	0.94	14.2

Steps-

- 10. Boil the 200 ml milk.
- 11. Make a smooth paste of the dates by grinding.
- 12. Add dates paste, and cocoa powder to boiling and stir well.
- 13. Add water to the cord flour to make a slurry and add this to milk while stirring.
- 14. Stir till it gets thick in consistency.
- 15. When it gets thick consistency, switch off the gas and let it cool.
- 16. Add 15 Gms of LivMCT Powder and mix well.
- 17. Without lump make a smooth batter.
- 18. Add this batter to a container and refrigerate for 15 minutes.
- 19. After it gets set, make pudding bites out of it.
- 20. Dust the remaining 5 Gms LivMCT Powder on the top of the pudding.

Serving Size: 30 Gms (2 Bites Cubs).

Calories	Calories Carbs		Fats	
93	11.8	2.2	4.8	



Nuts and Seeds Dip



Clinical Significance of the Recipe:

- Calorie Dense
- High Protein
- High fiber.

Age Group of the Patients:

• 2 to 60 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Nuts	30	200	17	7	16
2.	Curd	200	140	8.8	6.4	5
3.	Seeds	30	200	17	7	16
5.	LivMCT	20	140	4.6	0.94	14.2

- Mixed Seeds 30 Gms (Almonds, Cashews, Walnuts)
- ½ Tablespoon Cumin Seeds
- ½ Tablespoon Coriander Powder
- ½ Tablespoon Fennel Seeds
- 1 Garlic clove
- Lemon to squeeze

- 1. 4-5 cashew nuts, 2-3 almonds, 1 walnut, and 15 Gms of mixed seed powder. Roast them together.
- 2. Add Cumin, coriander powder, and coriander seeds and roast them for 10 minutes.
- 3. Keep 200 Gms curd hung overnight.
- 4. Take all the roasted nuts and seeds mixture and blend it.
- 5. Add 2 tablespoons of LivMCT powder and garlic and squeeze the lemon juice.
- 6. Stir the Yogurt in the mixture.
- 7. We can spread this on sandwiches or pizza or use it as a dip with Salad.



Serving Size: 0.25 Cup

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

Recipe

Calories	Carbs	Protein	Fats
680	47.4	21.34	51.2





Clinical Significance of the Recipe:

- Easy to digest
- Provide carb, fat, and protein
- Used for oral and tube feeding

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical care patients
- Pediatric Recipe
- Patients with Neurological disorders
- Mother care
- Malnourished patients.

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LivMCT	20	140	4.6	0.94	14.2
2.	Chapati	15	48	9.6	1.5	0.22
3.	Milk	150 ml	89	7.5	4.5	4.5
5.	Sugar	10	40	10	-	-
6.	Cardamom	1	-	-	-	-

Steps-

- 1. Take 1 Chapati and blend it in a mixer till it becomes powder.
- 2. Now take a little milk in the shaker
- 3. Add LivMCT powder and shake well.
- 4. Now add powdered sugar and cardamom.
- 5. Then add blended chapati and the remaining milk.
- 6. Healthy BCM is ready to eat with a creamy coconut flavor.

Serving Size: 1 Glass

Calories	Carbs	Protein	Fats
317	31.7	6.94	18.92







Protein Packed Chocolate pudding

Clinical Significance of the Recipe:

- Supports in growth and development
- Boosts a healthy immune system
- Maintains nutritional status
- Prevents loss of muscle mass during Chemo/ radiation therapy/

Age Group of the Patients:

2 to 18 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Paneer	150	375	28	19	22
2.	Milk	60 ml	40	3	2	2.8
3.	Honey	50	160	40	-	-
4.	Cocoa Powder	40	163	23	1	4
5.	Dark Chocolate	60	375	24	-	27
6.	LivMCT	20	140	4.6	0.94	14.2

Steps-

- 1. Cut paneer into small pieces
- 2. In a blender, combine pieces of paneer, milk, honey, cocoa powder, dark chocolate, and LivMCT powder.
- 3. Blend it well till it becomes a smooth paste.
- 4. Pour it in one serving dish and refrigerate it overnight or for 6 to 8 hours to set.
- 5. Ready to serve with either cut fruit pieces on top or dry fruits.

Serving Size: 4

Calories	Carbs	Protein	Fats
299	5	30	17







Clinical Significance of the Recipe:

- Fiber rich promotes good gut health.
- Prevents constipation (Contains Complex Carbohydrates)
- No preservatives added
- Rich in Vitamins A, C & B Complex.

Age Group of the Patients:

• 4 to 60 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe
- Patients with Neurological disorders

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Jowar Flour	45	150.35	30.45	4.48	0.77
2.	Sliced Onion	37	9.46	1.10	0.76	0.09
3.	Sliced Carrot	25	8.30	0.46	0.27	0.11
4.	Capsicum	37	6.01	1.38	0.23	0.09
5.	Cabbage	37	7.95	1.20	0.50	0.04
6.	Spring Onion	25	6.39	0.74	0.51	0.06
7.	Tomato	25	4.72	0.8	0.19	0.06
8.	Green Chili	1 unit	0.77	0.14	0.05	0.01
9.	Ginger	5	2.74	0.44	0.11	0.04
10.	Garlic	5	6.15	1.09	0.34	0.008
11.	Black Paper	1.25	0.27	0.45	0.12	0.03
12.	Oregano	1.25	3.40	0.93	0.31	-
13.	LivMCT	20	140	4.6	0.94	14.2
14.	Salt	1.5	-	-	-	
15.	oil	10	90	-	- 2	10

- 1. In a mixing bowl add 1 cup of jowar flour. To this flour add $\frac{1}{2}$ tablespoon salt. mix the ingredients well.
- 2. Now in a cup add 20 Gms LivMCT powder and 60 Ml water.



- 3. Add 65 Ml more water. Now add this water when it is Luke warm to jowar flour and kneed it into a soft dough. Give a cylinder shape to the dough.
- 4. Take a sev mold with big holes and grease it with oil.
- 5. Also grease a big plate with a little oil.
- 6. Place the cylinder-shaped jowar dough into the mold and close the lid.
- 7. Press the mold and draw the noodles in a circular motion on the greased plate.
- 8. Apply some oil to the drawn noodles.
- 9. Boil some water in the vessel and place the plate inside it for 15 minutes and steam it.
- 10. After 15 minutes, open the lid and let it cool for around 5 minutes.
- 11. Once cooked, remove the noodles from the plate and gently separate them with your hands.
- 12. Now, add 2 tablespoons of oil in the kadhai and heat on the medium to high flame.
- 13. Add 1 tablespoon of Garlic paste and ginger paste each, 1 split green chili, 37 Gms sliced onion and sauté everything together for around a minute.
- 14. Add 25 Gms sliced carrot, 37 Gms sliced capsicum, 25 Gms spring Onion, 25 Gms tomato and sauté on medium flame

Serving Size: 261 Gms

Calories	Carbs	Protein	Fats
436.51	43.78	8.81	25.5



Nutri Charge Smoothie



Clinical Significance of the Recipe:

- Energy boosting
- Good for overall health except for CKD patients.
- Nutrient-rich and Anti-oxidant packed.

Age Group of the Patients:

• 4 to 60 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients.
- Pediatric Recipe

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Cashew	30	178	6.69	6.36	14.07
2.	Almonds	30	196.5	3.15	6.24	17.67
3.	Walnuts	30	206.1	3.3	4.68	19.35
4.	Raisins	20	61.6	14.92	0.36	-
5.	Figs	30	11.1	2.28	0.3	-
6.	Chia seeds	10	72.9	6.3	2.55	-
7.	Milk	236 MI	80	10	6.8	0.12
8.	LivMCT	20	140	4.6	0.94	14.2

Steps-

- 1. Soak the Cashews, Almonds and walnuts in water for 5 hours.
- 2. Soak Raisins and figs in another bowl for 5 hours.
- 3. Add 2 tablespoons of Chia seeds in $\frac{1}{2}$ glass of water and let it rest.
- 4. Now remove the skin of soaked almonds and walnuts.
- 5. Grind all the soaked ingredients in a mixer jar and make a fine paste.
- 6. Add milk along with 20 Gms of LivMCT powder and blend it.
- 7. Lastly add soaked Chia seeds in the smoothie and garnish it with Kesar and fresh Mint.
- 8. Refreshing, Healthy and nutritious 'Nutri Charge' Smoothie is ready.

Serving Size: 50.75 Gms



Calories	Carbs	Protein	Fats	
118	5.88	3.52	13	



Mango Patishapta



Clinical Significance of the Recipe:

- Rich in Vitamin A & C
- Calorie dense
- Rich in protein

Age Group of the Patients:

• 14 years above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Mango pulp	60	36	8.98	0.24	0.31
2.	Cottage Cheese	60	50	2.04	4.8	3.2
3.	Maida	9	31	6.6	0.98	0.07
4.	Oats Flour	3	11.4	2.04	0.39	0.19
5.	Semolina	3	10.2	2.12	0.36	0.04
6.	Rice Flour	2	6.8	1.52	0.15	0.02
7.	Sugar	2	8	2	-	-
8.	Refined Oil	5	4.5	-	-	5
9.	LivMCT	4	14	0.46	0.94	1.42

Steps-

• For Patishpta:

- 1. Mix refined flour, oats flour, semolina, and rice flour.
- 2. Make the batter by soaking them in a little amount of water.
- 3. Leave the batter for 30 Minutes.
- 4. Now start pouring lukewarm milk into the batter and whisking it until you have a batter that is the consistency of slightly thick.
- 5. Add salt and sugar to taste.
- 6. Heat the frying pan over moderate heat. Brush it with oil.
- 7. Ladle some batter into the pan roasting the same, to move the mixture around for a thin and even layer.
- 8. Peel all the mangoes. Take out the pulp.



- 9. Blend it into smoother mixture.
- 10. Keep some fresh Cottage Cheese aside today.
- 11. Now mix the cottage cheese into the Mango Pulp with the help of spatula in a mixing bowl.
- 12. Pour the LivMCT powder into the mixture.
- 13. Fold it gently from 2 sides like a wrap.
- 14. The Patishapta is ready to serve.

Serving Size: 1-2 Portions (50 Gms)

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

Recipe

Calories	Carbs	Protein	Fats
171.9	25.76	7.86	10.25



Chia Pudding

Clinical Significance of the Recipe:

- High Protein
- Anti-oxidants
- High fiber and Fat

Age Group of the Patients:

• 14 years above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe

Ingredients-

Sr.	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
		(9)	(i tooli)	(9,	(9)	(9)
1.	Chia Seeds	30	147	13	5	9
2.	Coconut milk	240 ml	530	14	5.5	52
3.	Water chestnuts	30	28	6	0.2	0.1
4.	Honey	10	30	8	-	-
5.	Rose Syrup	5	18	4.6	-	-
6.	Tapioca Flour	5	19	4	-	-
7.	Lemon Grass	Few	-	-	-	-
8.	LivMCT	20	140	4.6	0.95	14.2
9.	Mint	few	-	-	-	-

Steps-

- 1. Cook the coconut milk Lemon Grass.
- 2. In a bowl mix the Chia seeds, coconut milk and LivMCT powder.
- 3. Mix it well and refrigerate it for at least 2 hours or overnight.
- 4. Coat the Water chestnut seeds with Rose syrup & tapioca flour.
- 5. Cook the water chestnuts in boiling water for 2-3 minutes.
- 6. Once they float, let them boil for another one minute.
- 7. Then put the water chestnuts in ice cold water, keep it for few minutes. Then keep it aside.
- 8. Once the pudding is thick, ass the chestnuts on the top.
- 9. Garnish with mint leaves.

Serving Size: 2 (100 Gms)





Calories	Carbs	Protein	Fats
456	27.1	5.825	37.65







Clinical Significance of the Recipe:

- Treating Malnutrition among critically ill patients.
- Post-surgical nutrition management
- Energy boosting capacity.

Age Group of the Patients:

• 14 years above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical care patients
- Pediatric Recipe
- Patients with Neurological disorders
- Patients with compromised Guts like Short Bowel Syndrome.
- Surgical patients.

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Suji	30	100	22	4	0.3
2.	Milk	250 ml	150	13	9	5
3.	Sugar	15	58	15	-	-
4.	Milkmaid	2 Tbsp	90	17.6	2.6	1.2
5.	LivMCT	20	140	4.6	0.95	14.2
6.	Almonds	5 pcs	58	2	2	5

Steps-

- 1. At first add the measured amount of Suji in a dry pan for dry roast for ample of minutes.
- 2. Then add milk in it and stir it well.
- 3. After that add sugar and 2 tablespoon of milkmaid in it and mix well. And cook for 8-10 minutes.
- 4. Add a 20 Gms sachet of LivMCT in it and mix it well in low flame.
- 5. MCT Rava Kheer is ready to serve.
- 6. Before serving add some Almond slices on it to make the kheer more nutritios and alternative to patient and also for children.

Serving Size: 200 Gms



Calories	Carbs	Protein	Fats
596	74.2	18.55	25.7



Healthy Banana Cake Fortified with LivMCT



Clinical Significance of the Recipe:

- Rich in Dietary Fiber
- Good source of potassium, vitamins, and minerals as well.
- Energy boost.

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical care patients
- Pediatric Recipe
- Patients with Neurological disorders

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Banana	270	210	56	2	0
2.	Egg	1	78	0.56	6.2	5.3
3.	What Flour	1 Cup	339	270	3	0.10
4.	Sugar	½ Cup	200	50	-	-
5.	Oil	½ Cup	180	-	-	14
6.	Milk	½ Cup 2 Tbsp	27	3	2	2
7.	Cocoa Powder	1 tbsp	-	-	-	-
8.	Corn flour	1 Tbsp	-	-	-	-
9.	Baking powder	1 Tsp	-	-	-	-
10.	Baking soda	½ Tsp	-	-	-	6 -
11.	Almonds	5 pcs	-	-	- /	-
12.	Cashew	5 Pcs	-	-	- ~	92-
13.	Raisins	5 Pcs		-		
14.	LivMCT	20	140	4.6	0.94	14.2

- 1. At first take 2 Pcs of Banana and mash it in in a bowl.
- 2. Add $\frac{1}{2}$ cup sugar powder and mix it.



- 3. Add one whole egg and mix it properly with the help of a spatula.
- 4. Take another bowl and add I cup of properly stained wheat flour.
- 5. Add 2 tablespoons of cocoa powder, 1 tablespoon of corn flour, 1 tablespoon of baking powder, and $\frac{1}{2}$ tablespoon of baking soda.
- 6. Mix all the ingredients and strain it properly.
- 7. Add 10 Gms of LivMCT Powder.
- 8. Add smashed banana $\frac{1}{4}$ cup of milk and $\frac{1}{4}$ cup of oil along with some dry fruits.
- 9. Mix the ingredients and pour the ready cake batter in an 8" pan greased with oil.
- 10. Bake the batter at 170 degrees Celsius for 35 45 minutes in a preheated oven.
- 11. Healthy nutritious Banana Cake fortified with LivMCT is ready to serve!

Serving Size: 1

Calories	Carbs	Protein	Fats
1174	384.16	14.14	35.6



Lemon Rice



Clinical Significance of the Recipe:

- Vitamin C is an antioxidant, that protects the cells from change.
- Peanuts are a source of mono-unsaturated fatty acid.
- Chickpeas have a low glycemic index.

Age Group of the Patients:

• 4 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe
- Patients with Neurological disorders

Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Rice	50	178	39	4.51	0.41
2.	Peanuts	10	34.5	6	2.2	0.25
3.	Chickpeas	10	34.5	6	2.2	0.25
4.	Oil	10ml	90	-	-	-
5.	Lemon juice	1-2 tbsp	-	-	-	-
6.	Turmeric powder	½ Tsp	-	-	-	-
7.	Curry leaves	9-10	-	-	-	-
8.	Mustard seeds	½ Tsp	-	-	-	-
9.	Dry red chili	1	-	-	-	-
10.	LivMCT	20	140	4.6	0.94	14.2

- 1. Cook the measured rice and set it aside
- 2. Take 2 tablespoons oil in a preheated pan.
- 3. Add $\frac{1}{2}$ tablespoon mustard seeds, 1 dry red chili, 9 10 curry leaves, 1 teaspoon peanuts, and 1 teaspoon chickpeas in the pan.
- 4. Add the cooked rice in the fried ingredients.
- 5. Add $\frac{1}{2}$ teaspoon turmeric powder and salt as per the taste.
- 6. Sauté for 2-3 minutes.
- 7. Add 1-2 tablespoons Lemon juice in the rice and mix it well.
- 8. Turn off the gas and let it cool.



9. Add the livMCT powder to the rice.

10. Lemon rice with LivMCT powder is ready to serve.

Serving Size: 105 Gms

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

Recipe

Calories	Carbs	Protein	Fats
477	55.6	9.85	15.11



Phool Makhana Kheer



Clinical Significance of the Recipe:

- Calorie dense
- Protein rich
- Rich in Calcium
- Low Glycemic Index
- Galick Acid and Chlorogenic acis are some beneficial antioxidant substances found in Makhana play a role in reducing the risk of heart disease, cancer.

Age Group of the Patients:

14 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pediatric Recipe
- Pregnant women

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Double toned milk	500 MI	217.5	22	15.5	7.5
2.	Makhana	60	315	69	9	0.09
3.	Sugar	2 ½ Tbsp	150	31.5	-	-
4.	Ghee	1 Tsp	45	-	-	5
5.	Cardamom Powder	1 Tsp	12.45	2.10	0.51	0.11
6.	Cashew	4-5 Pcs	29.8	1.11	1.06	2.34
7.	Raisins	8 Pcs	5.98	1.58	0.062	0.01
8.	Almonds	4-5 Pcs	32.75	0.52	1.04	2.94
9.	LivMCT	20	140	4.6	0.94	14.2

- 1. Firstly, roast Makhana and a few cashews in a pan with a tablespoon of ghee in a pan for 3-4 minutes by stirring constantly till they become light brown and then transfer in a grinder. Grind them into a fine paste.
- 2. Now place the milk in a vessel to simmer. Add a fine paste of Makhana and Cashews in the vessel as the milk starts boiling. Mix and cook the kheer in the open till it becomes thick.



- 3. After 10 minutes add sugar and crushed cardamom in the kheer and mix thoroughly.
- 4. At last, add some whole Makhana to the vessel. Makhana Kheer is ready. Turn off the flame and transfer the kheer into the serving bowl to cool down.
- 5. After cooling add LivMCT powder.
- 6. Garnish the Kheer with Raisins, Cashews and Almonds pieces.

Serving Size: 3

Calories	Carbs	Protein	Fats
316.16	44.14	9.37	10.73



Salted Nachini Porridge



Clinical Significance of the Recipe:

- Rich Source of Calcium, Iron & Vitamin D... (Ragi Flour)
- Great for gut health & Rich in Protein... (Yogurt)
- Good Source of Anti-oxidants & natural flavors.... (Spices)

Age Group of the Patients:

All age groups

Application and Recommended Usage of the Recipe:

- a) Oncology
- b) Diet for Critical Care
- c) Pancreatitis & Liver Patients / Compromised Guts
- d) Pediatric Diet
- e) Patients with Neurological Disorder
- f) Patients with Compromised Guts like Short Bowel Syndrome
- g) Other- All Kind of Patients including mechanical issue like chewing or swallowing issues

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Ragi Flour	15	55	15	0.7	0.1
2.	Curd	50	50	3	3.5	1.5
3.	Ginger	2	1	1	-	-
4.	Mustard Seeds	2.5	25	0.9	0.9	1.1
5.	Curry Leaves	10	5	0.6	0.6	0.1
6.	Coriander Leaves	10	10	0.8	1.2	0.1
7.	Oil	2.5	22	-	-	2.5
8.	LiVMCT	20	140	4.6	1	14.2
9.	Salt	-	-	-	-	-
	Total		307	24.8	7.9	19.6

- 1. Take Ragi flour in a pan and add $\frac{1}{2}$ cup of water to flour and whisk it well till there are no lumps.
- 2. Now heat the pan & let Ragi cook on medium low flame, stir continually until mixture thick and glossy. Now remove the pan from heat and set it aside to cool down completely.



- 3. Meanwhile prepare the buttermilk with curd and add it to the cooled Ragi mixture along with salt and whisk well to combine.
- 4. Temper the spices. Then add the tempering to the prepared Ragi Porridge and stir.
- 5. Add LiVMCT powder and stir well.
- 6. Garnish with finely chopped coriander leaves. Salted Ragi Porridge is now ready to be served.

[Note: Salted Ragi Porridge is a rich source of Carbs, Protein, Micro & Macro Vitamins, Minerals due to the ingredients in it. The only lack nutrient is Fat which has been fortified by LiVMCT powder that makes this recipe complete balanced nutritious food.]

Serving Size: 25 ml

Calories	Carbs	Protein	Fats
307 kcal	24.8 gm	7.9 gm	19.6 gm







Clinical Significance of the Recipe:

- Weight Gain
- Gut Friendly
- Supports Heart Health

Age Group of the Patients:

All

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis and Liver Patients / Compromised Gut
- Pediatric Recipe
- Patient with Neurological Disorder
- Patient with Compromised Gut like Short Bowel Syndrome

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Elichi Banana	30	35	8	0.4	-
2.	Rolled Oats	30	123	20	3.6	3.0
3.	Milk	30 ml	19	1	0.9	1.1
4.	Fat	5	45	-	-	5.0
5.	LiVMCT	20	140	5	1.0	14.2
	Total	115	362	34	5.9	23.3

- 1. In an empty bowl put an Elichi Banana and mash it well
- 2. Add rolled oat powder and mix it well
- 3. Add milk and mic lump free
- 4. Mix the battle before pouring
- 5. Pour battle onto a pre-heated Pan
- 6. Spread gently. Top it with a spoon of ghee
- 7. Cook until the battle starts to form little bubbles and you can easily turn the pancake with spatula
- 8. Let pancake cool to a room temperature
- 9. Sprinkle LiVMCT powder on pancakes

Serving Size: 1

Nutritional Facts of the Recipe: (Per Serving Size)

Calories	Carbs	Protein	Fats
362 kcal	34 gm	5.9 gm	23.3 gm



Sweet Potato Barfi



Clinical Significance of the Recipe:

- Digested Health: Dietary Fiber from Sweet Potato's & pre-probiotic properties of LiVMCT powder support gut health
- Energy Boost: Balanced mix of Nutrients & MCT provide sustained and quick energy
- Immune Support: Rich in Vitamins, antioxidants & anti-inflammatory compounds enhancing overall immunity

Age Group of the Patients:

All

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care
- 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.	Sweet Potato	75	94.5	15.64	1.52	3.08
2.	Ghee	10	90	-	-	10
3.	Jaggery powder	159	53.06	12.73	0.28	0.02
4.	Elaichi	3	13.53	2.63	0.33	0.14
5.	Mava	30	61.8	7.71	6.69	0.48
6.	Milk	200 ml	145	9.88	6.52	8.96
7.	MCT powder	20	140	4.6	0.94	14.2
	Total	297	597	53.19	16.28	36.88

- 1. Clean the sweet potato thoroughly & peel them
- 2. Grate all the sweet potato finely
- 3. Heat up a pan on low flame
- 4. Add 2 teaspoon of ghee to the pan
- 5. Roast the grated sweet potato in the ghee on a slow flame until they are soft & slight golden
- 6. Warm the milk separately and add it to the roasted sweet potato, mix it well



- 7. Add the jaggery powder & mava to the mixture
- 8. Cover the pan & let it cook for 10-15 min on a low flame
- 9. Grease a tray with a little ghee & pour the mixture into the tray spreading a evenly
- 10. Allow the mixture to set for 2-3 hr at room temperature
- 11. Once it has cooled down Sprinkle LiVMCT powder over the top
- 12. Ensure it is at Room temperature to maintain the pre & probiotic properties of MCT Powder
- 13. Cut the set mixture into small pieces of your favorite shapes

Serving Size: 3-4

Nutritional Facts of the Recipe: (Per Serving Size)

Calories	Carbs	Protein	Fats
597 kcal	53.19 gm	16.28 gm	36.88 gm



Coco- Ragi Bliss

Clinical Significance of the Recipe:

- Epilepsy Seizure Disorder
- Calcium Deficiency
- Pancreatic Insufficiency

Age Group of the Patients:

• 2 years to 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.	Coco powder	5	19.5	2.45	1.15	0.56
4.	Stevia	2	-	-	-	-
5.	MCT Powder	5	35	1.15	-	3.5
6.	Fitlivon	5	15	2.5	2	0.1
	Total		152.5	16.6	5.25	7.07

- 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



Vegetable Shorba





- Rich in Anti-oxidants
- Fiber rich, Helpful for cold, cough & sore throat
- Low Calorie appetizer & easy to cost effective

Age Group of the Patients:

• Any patient- 1 Year and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome
- Other: enteral Feeding / Chylothorax

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Tomato	32	7	0.9		
2.	Carrot	30	10	1.7		
3.	Onion	13	9	1.5		
4.	Pure Ghee	2.5 ml	23	-		
5.	Garlic Cloves	2-3 no	-	-		
6.	Cinnamon	½ inch	-	-		
7.	Coriander	-	-	-		
8.	Lemon	1 teaspoon	-	-		
9.	Sugar	2.5	10	2.5		
10.	Salt	¼ teaspoon	-	-		
11	MCT powder	10	70			6
	Total		129		/	

- 1. In a pressure pan, take $\frac{1}{2}$ teaspoon pure ghee & heat
- 2. Add 4-5 Garlic cloves & 1-inch cinnamon stich & saute for half minute





- 3. Then add onion, tomato, carrot in mentioned amount & saute for 1-2 minute again
- 4. Now, add 1 glass of water (200ml) with $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon sugar & pressure cook upto 3 whistles
- 5. After cooking, grind all the ingredients in mixer to form a smooth mixture
- 6. Then add LiVMCT powder 10 gm after the soup gets cooled for 3-4 minutes
- 7. Squeeze lemon, add coriander in the soup & serve

Serving Size: 200 ml

Nutritional Facts of the Recipe: (Per Serving Size)

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



Oats chilla with Curd



Clinical Significance of the Recipe:

- Good Source of Fiber
- Rich in protein
- Gut Healthy

Age Group of the Patients:

• 14 & above age group

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Diabetes Patients & Dialysis Patients

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Oats	30	112.2	18.84	4.08	2.28
2.	Egg	1	86.5	-	6.6	6.6
3.	Curd	160	76	6.0	8.0	2.2
4.	Milk	100 ml	35	5.0	3.0	0.03
5.	Oil	½ teaspoon	22.5	-	-	2.5
6.	Carrot	20	9.6	2.12	0.18	0.04
7.	Onion	25	14.75	3.15	0.45	0.02
8.	Tomato	25	5	0.9	0.22	0.05
9.	Beans	15	7.2	1.08	0.6	0.1
10.	Capsicum					1
11.	LiVMCT					

- 1. Add 2 tablespoon of Oats in a bowl
- 2. Then add 1 Egg, Milk (double toned) 100 ml, Salt and mix it properly
- 3. Then add all the vegetables in it and again mix it well
- 4. Heat the cooking pan well, when it is hot enough, add ½ teaspoon of oil, Regulate the heat to medium flame and pour I ladle full of batter and spread it with light hand and cover it for 4-5 minutes in between flip it with spatula
- 5. Cook well on both sides and serve oats chili in a plate with 100 gm of sore cure mixed with LivMCT



6. This preparation is nutritious and delicious savory breakfast menu or lunch time

Serving Size: 2 pieces

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

Recipe

Calories	Carbs	Protein	Fats
338	37	23	13.8







Clinical Significance of the Recipe:

- High in Protein, Fat (MCT)
- High in Fiber, Anti-oxidants
- High in Vitamins, Minerals, Calorie dense

Age Group of the Patients:

• Above 14 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Neurological Disorder

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Mixed Dry Fruits	30	117	31.14	1	0.16
2.	Nuts	30	182	6	6	16
3.	LiVMCT	20	140	4.6	0.94	14.1
4.	Milk Powder	30	133.8	133.34	6	4.5

Steps-

- 1. Add all nuts in pan and roast them on medium flame for 1 minute
- 2. Remove it in a bowl and cool it and grind it well and keep aside
- 3. Now deseed the dates, pour it to grinder, add raisin and nut paste and grind it
- 4. Then add LiVMCT powder (10gm) in above mixture to make a dough
- 5. From the dough make small size balls or give any shape as require
- 6. For lolly insert toothpick at the middle of the lolly

• White Sauce:

- 1. Take a bowl, add 2 tablespoon of milk powder and gradually add luke warm water to make creamy texture like sauce
- 2. Dip the Liv lolly balls and sprinkle crusted nuts over it

Serving Size: 4

Calories	Carbs	Protein	Fats	
572.8	59.08	13.95	34.76	







Clinical Significance of the Recipe:

- Good Source of probiotic & prebiotic, Lactose Free
- Rich in Calorie and Protein
- Provide many vitamins & minerals like iron, Calcium

Age Group of the Patients:

• 2 years to above age group

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Banana	50		14	0.89	0.2
2.	Curd	100		-	3	1.5
3.	Ground Nut	5		0.85	1.2	2
4.	Dates	10		7.2	0.23	0.03
5.	LiVMCT	20		4.6	0.94	14.1

Steps-

- 1. In a grinding jar, add homemade curd from double toned milk, deseeded dates, unsalted ground nuts, banana and water as required
- 2. Add LiVMCT into it
- 3. Grind it well and curd banana smoothie is ready to serve

Serving Size: 1

Calories	Carbs	Protein	Fats
293	26.65	6.26	17.93



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 to above age group

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:

- 1. 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 1 tablespoon coconut oil to the almond powder. Continue grinding until mixture forms a smooth almond butter

• Combine Ingredients:

 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 I 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	



Flaxseed-Peanut-Sesame Laddu



Clinical Significance of the Recipe:

- Flax seed are plant-based source of omega 3 and play important role in heart health
- Peanut contain vitamin E is a powerful anti-oxidant reduce risk of cancer & sesame seeds are full of magnesium improve blood pressure
- Jaggery is rich source of iron that helps to prevent anemia
- LiVMCT contains prebiotic & probiotics hence it helps to maintain gut flora

Age Group of the Patients:

• 4 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis Recipe for Epilepsy
- Pediatric Recipe
- Patients with compromised Guts like Short Bowl Syndrome
- Cardiovascular Disease

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Flax Seed	50	267	14.5	9	21
2.	Peanut	100	567	16	26	49
3.	Sesame Seed	50	268	11.5	9	25
4.	Jaggery	200	766	-	0.8	0.2
5.	LiVMCT	20	140	4.6	0.94	14.2

- 1. Dry roast all the ingredients in a cooking pan & let them cool
- 2. Grind it to get a little chunky powder
- 3. Boil $\frac{1}{2}$ cup of water, ass jaggery, mix until jaggery dissolves completely
- 4. Add all the roasted ground ingredients into the jaggery syrup and mix nicely. Can add cardamom powder also (Optional)
- 5. Then make small nutritious ball after mixing it with the LiVMCT powder
- 6. And store it in air tight container



Serving Size: 20

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

Recipe 🙏

Calories	Carbs	Protein	Fats
95.6	2.21	2.17	5.20



Quinoa Buttermilk Veggie Delight



Clinical Significance of the Recipe:

- Enhancing Digestive Health
- Good Source of Protein and gives Satiety
- Anti-inflammatory

Age Group of the Patients:

• 4 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for critical care patients
- Pancreatitis & Liver patients / compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- Patients with Compromised Guts like Short Bowel Syndrome
- In weight management

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Quinoa	50	188.8	33.9	6.5	3
2.	Potato	25	15.25	3.22	0.33	0.05
3.	Chawli Beans	6	21	4	1.3	0.05
4.	Carrot	20	6.6	1.1	0.19	0.09
5.	Buttermilk	200 ml	112	13.6	10	1.6
6.	Oil	15 ml	45	-	-	15
7.	Jeera	3	9.12	0.67	0.41	0.49
8.	Turmeric	1	2.81	0.49	0.07	0.50
9.	Coriander	2	5.96	1.04	0.25	0.36
10.	Chili	1	0.42	0.58	0.23	0.07
11.	Curry Leaves	1	0.64	0.45	0.74	0.10
12.	LiVMCT powder	10	70	2.3	0.47	7.1
13.	Coconut	40	140	6.08	1.4	13.2

- 1. Cook the Quinoa in medium saucepan bring 2 cups of water to boil & ass rinsed Quinoa to it
- 2. Reduce the heat to low, cover with lid and simmer for about 15 minutes



- 3. In other vessel, add mixed vegetable (1 cup) with enough water and cover them.
- 4. Add pinch of salt and turmeric powder. Cook until vegetables are tender
- 5. After the vegetable and quinoa is cooked, heat I tablespoon oil over medium heat
- 6. Add cumin seeds, curry leaves, chili (Optional) and I teaspoon coriander powder
- 7. Add the cooked vegetables, stir gently & then add cooked quinoa and cook for 5 minutes
- 8. Add grated coconut and turn off the flame off the flame & let the mixture cool
- 9. After the mixture is cold, add buttermilk (low fat), which is mixed with LivMCT powder 1 scoop, stir well
- 10. Garnish with coriander

Serving Size: 3 servings

Calories	Carbs	Protein	Fats
235.8	22.47	7.29	13.87







Clinical Significance of the Recipe:

- It is lactose free & Gluten free
- It can be used in GI upset patients & anemia
- It is rich in Protein, Fiber, Good Gut, Vitamins minerals

Age Group of the Patients:

• 4 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patient wit Neurological Disorder

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Oats	30		20	3	0.5
2.	Homemade Chena	50		6	9	4.5
3.	Almonds	50		0.15	1	3
4.	Dates	10		7.5	0.25	0.003
5.	LiVMCT	20		4.6	0.94	14.1

Steps-

- 1. Make the chena from double toned milk & strain the mater
- 2. Smash it well
- 3. Cook it in a pan for some time
- 4. Take oats, chena, almond, dates, LiVMCT in a grinding jar
- 5. Grind it well, give defined shape & let it cool
- 6. Ready to serve
- 7. It can be stored in Refrigerator

Serving Size: 5 serving (10 pieces)

Calories	Carbs	Protein	Fats
415	38	14	23



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

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

Recipe

Calories	Carbs	Protein	Fats
399.8	30.75	10.65	29.44







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	-	ı	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			







- Low carb, No Fat
- Heart healthy, Gluten Free, Renal Free
- Low Sodium, Soft on Gut

Age Group of the Patients:

• Above 2 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Pancreatitis & Liver Patients / Compromised Guts
- 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.	Ash Guard	60	11	1.7	0.5	0.06
2.	Chana Dal	10	33	4.6	2.1	0.5
3.	Curd	70	42	2.1	2.2	2.8
4.	Jaggery	2	8	2	ı	-
5.	LiVMCT powder	10	70	2.3	0.4	7.1
6.	Green Chili	4-5 chili				
7.	Ginger	1 inch				
8.	Coriander	2 tablespoons				
9.	Hing	1/8 tablespoon				
10.	Turmeric	1 teaspoon				
11.	Salt	½ teaspoon				
12.	Jeera	1 teaspoon				

- 1. In a pan, take 300 ml of water & add ash guard pieces (Ash Guard should be peeled & roughly cut)
- 2. Add $\frac{1}{2}$ teaspoon turmeric, Hing, salt, and mix it well
- 3. In a blender, add soaked chana dal, buttermilk (200 ml), green chilies, ginger, coriander, ½ teaspoon turmeric, jeera and blend till smooth



- 4. Once the ash guard is cooked, add the blended masala and cook on low to medium flame. Add jaggery
- 5. Cook till curry starts to boil & then add remaining curd. Simmer the curry for 4-5 minutes only
- 6. Make sure to not let the curd curdle
- 7. Cool the curry a little then add 10 g of LiVMCT powder
- 8. Consume the Majjige Huli with rice or roti

Serving Size: 250 ml

Calories	Carbs	Protein	Fats
164 kcal	12.79 gm	5.89 gm	10.49 gm







Clinical Significance of the Recipe:

- Low fat / fat free
- Gluten Free
- Calcium Rich

Age Group of the Patients:

• 14 to 50 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Skimmed Milk Powder	30 gm	170	24	17	0.4
2.	Skimmed Milk	30 ml	10.2	1.5	1	0.02
3.	LiVMCT	20	140	4.6	0.94	14.1
4.	Garlic	-	-	-	-	-
5.	Ragi	30	100	21	2.5	-
6.	Amaranth	30	100	21	2.5	-
7.	Salt	-	-	ı	-	-

Steps-

• Creamy Dip:

- 1. Take 30 g Skimmed Milk Paneer
- 2. Add skimmed milk paneer, 2 garlic cloves, 2 tablespoon skimmed milk in a grinder
- 3. Add 20 gm LiVMCT powder and grind well

• Amaranth Cracker:

- Take 30 gm of Ragi flour, 30 gm of Amaranth seed flour and salt for taste and knead dough
- 2. Roll it flat and roast the cracker until golden brown

Serving Size:

- Cracker 3 small size
- Dip 2 tablespoons

Calories	Carbs	Protein	Fats
520	72.14	23.94	15.6



Iron Rich Truffle



Clinical Significance of the Recipe:

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

Age Group of the Patients:

• 14 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

Steps-

- 1. Soak the pitted dates in warm water for 10 minutes and then drain
- Blend Ingredients:
- 1. 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	Calories Carbs		Fats	
641.4 kcal	94.48 gm	14.22 gm	24.88 gm	







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 to above years

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



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 to above years

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	-	-	-	-
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	٦
6.	LiVMCT powder	10	70	2.3	0.41	7.1

Steps-

- 1. Take 2 tablespoon of Satu powder in bowl
- 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 I 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





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



Moringa-Mushroom Soup



Clinical Significance of the Recipe:

- Good for Hypertension, Heart Health
- Power house of anti-oxidants, fights cancer, boost immunity as having anti-microbial & anti-bacterial properties
- Good for Digestion, Gut Health, promote healthy Skin, Improves Sleep
- Good for Brain Health, Relieves Depression
- Comfort Anemia

Age Group of the Patients:

• 18 to 50 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Neurological Disorder
- Diabetes, Hypertension, Heart Health, Anemia, Depression

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Ghee	½ teaspoon	56	0	0	6.5
2.	Cumin	½ teaspoon	2	0	-	-
3.	Green Chili	1 number	18	4	0.8	0.2
4.	Garlic	2 number	37.4	1.8	0.2	0
5.	Ginger	½ teaspoon	1	0.2	0	0
6.	Onion	½ number	14	3.5	0.4	0.5
7.	Tomato	½ number	8	1.75	0.4	0.1
8.	Drum stick leaves	½ cup	18.5	4.2	1.05	0.1
9.	Mushroom	25	5.5	0.8	0.7	0.07
10.	LiVMCT powder	20	140	4.6	0.95	14.2

Steps-

- 1. Heat ghee in a sauce pan or cooker. Add cumin & green chili let it sizzle
- 2. Add grated and finely chopped garlic, ginger and saute for a minute
- 3. Add onions and carrot
- 4. Add tomato and cook till it turns mushy
- 5. Add the boiled slice of mushroom and saute it for 3-4 minutes
- 6. Add drumstick leaves and saute it for 4-5 minutes
- 7. Add water and cook for 5 minutes for 3-4 whistle



- 8. Add accordingly to taste salt and pepper
- 9. Add 2 teaspoon of LiVMCT powder (20 gm) and mix it well

Serving Size: 400 ml (for 2 person)

Calories	Carbs	Protein	Fats
300 kcal	20.8 gm	4.5 gm	21.67 gm







Clinical Significance of the Recipe:

- Low Calorie, High Protein, High Fiber and Complex Carbs
- Low GI, Healthy Fats, No added Sugar, Jaggery, Honey syrup
- Vegetarian Friendly- Hypoallergenic and mineral rich with low sodium and potassium

Age Group of the Patients:

• 2 to above years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Pancreatitis & Liver Patients / Compromised Guts
- Pediatric Recipe
- Patients with Neurological Disorder
- PCOD & MAFLD

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LiVMCT Powder	10	70	2.3	0.47	7.1
2.	Fitlivon	30	112.5	12.4	12	0.75
3.	Fitofy	5	12.5	5.5	0	0.006
4.	Agar Agar	15	3.9	1.0	0	0

Steps-

- 1. In a mixing bowl, whisk together LiVMCT, Fitlivon, Fitofy and agar agar powder and a splash of hot water to dissolve. In a saucepan, combine the mixture.
- 2. Whisk over medium heat until agar agar dissolves and mixture thicker
- 3. Remove from the heat and stir
- 4. Pour into individual serving cups or a large dish
- 5. Refrigerate until chilled and set about 2-3 hours

Serving Size: 2

Calories	Carbs	Protein	Fats
199 kcal	23 gm	12.5 gm	8.5 gm





Clinical Significance of the Recipe:

- High Calorie, High Protein / Energy Dense / Nutrient Dense
- Calcium Rich / High Fiber / Iron Rich
- Omega 3 Rich / No added Sugar / Gluten Free

Age Group of the Patients:

• 2 years and above

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for critical care Patients (Orally)
- Pediatric Recipe
- Weight Gain / Geriatric Patients / Pregnancy / Lactating mothers

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Ragi	10	32	6.68	0.71	0.19
2.	Satu Flour	10	29	3.95	2	0.5
3.	Makhana	10	35	5.1	0.97	0.9
4.	Milk	200 ml	146	9.88	7.36	8.96
5.	Dates	20	62	7.2	0.23	0.03
6.	Almonds	2.5	15	-	0.46	1.45
7.	Flax Seed	5	22	0.54	0.92	1.78
8.	Sesame Seed	5	25.95	0.2	0.54	2.15
9.	Apple Fruit	75	46.5	9.8	-	0.04
10.	LiVMCT Powder	20	140	4.6	0.94	14.2

Steps-

- 1. Take 1 pan & keep it on low flame
- 2. Add some water in it
- 3. Add ragi flour and mixed it well until it gets thick
- 4. Wait for ragi mixture gets cool and add it in grinder
- 5. Add milk, soaked almonds, soaked dates (If not soaked, boil it in water for 2-3 min) then other ingredients listed above
- 6. Add LiVMCT powder 20 gm in mixture
- 7. Mix it well
- 8. Nutritious smoothie is ready
- 9. Garnish it with flax seed and sesame seed

Serving Size: 1 glass (230 to 250 ml)



Calories	Carbs	Protein	Fats
553.45 kcal	48 gm	14.13 gm	30.29 gm



Sago Kheer



Clinical Significance of the Recipe:

- High Calorie
- Gluten Free
- Easy to Digest

Age Group of the Patients:

• 2 and above years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- Diet for Critical Care Patients
- Pancreatitis & Liver Patients

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	LiVMCT Powder	20	140	4.6	0.94	14.2
2.	Sago	20	70	17	0.4	0.04
3.	Sugar	10	40	10	0	0
4.	Cardamom	1	0	0	0	0

Steps-

- 1. Take 20 gm of Sago and soak it in water overnight
- 2. In heating pan take water
- 3. Add 10 gm of sugar and overnight soaked sago
- 4. Cook it properly on medium flame
- 5. Let the sago kheer cool down to normal temperature and then transfer kheer and cardamom into grinder
- 6. Grind the kheer till it become smooth paste
- 7. Now strain the kheer into a glass
- 8. Add 10 ml water in the LiVMCT powder to make a smooth creamy paste
- 9. Lastly add LiVMCT paste in the strained kheer
- 10. RT Feeding sago kheer is ready

Serving Size: 1 glass (200ml)

Calories	Carbs	Protein	Fats
250 kcal	31.6 gm	1.34 gm	7 14.24 gm



Date Laddu



Clinical Significance of the Recipe:

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

Age Group of the Patients:

• 4 to above years

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.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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-

- 1. 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	



Dudhi Halwa



Clinical Significance of the Recipe:

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

Age Group of the Patients:

• 2 to 50 years

Application and Recommended Usage of the Recipe:

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

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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

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



Coconut Bar



Clinical Significance of the Recipe:

- 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	



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 Leaves	6-7 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



Custard



- 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.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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)





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







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 50 years

Application and Recommended Usage of the Recipe:

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

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	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

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



Satu Dry Fruit Mix



- Nutrients dense
- Diabetes Friendly

Age Group of the Patients:

• 4 and above years

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



Mango Keto Candy



- 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 and above years

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 (2nd 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



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 and above years

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.	Ingredients	Quantity		Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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)



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 to above years

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.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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	⅓ teaspoon	-	-	-	-
10.	Dry Dates Powder	3 teaspoons	51	12	0.75	0.01
11.	Cinnamon	1/4 teaspoon	-	ı	-	-
12.	Elichi powder	1/4 teaspoon	-	-	-	-

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



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.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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



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







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 and above years

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	ı	-	ı
8.	Cinnamon	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



Frozemgo

Clinical Significance of the Recipe:

- Anti-inflammatory
- Anti-cancerous
- Easily absorbable

Age Group of the Patients:

• 18 to 50 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.	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 $1\frac{1}{2}$ 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







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 50 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.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(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





Jowar Noodles



Clinical Significance of the Recipe:

- Gluten Free
- High Protein
- High Fiber

Age Group of the Patients:

• 4 to 14 years

Application and Recommended Usage of the Recipe:

- Oncology Specific
- 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.	Jowar	45	150	30.45	4.48	0.07
2.	Carrot	30	4.87	0.55	0.33	0.10
3.	Capsicum	30	9.96	1.66	0.28	0.14
4.	Onion	30	25.64	0.89	0.62	0.07
5.	Baby Corn	10	7.31	1.16	0.26	0.13
6.	Paneer	30	91.63	0.72	5.66	7.43
7.	Oil	10	45	0	0	5
8.	LiVMCT powder	20	140	4.6	0.94	14.2

Steps-

- 1. Take 45 Gms of Jowar flour, add salt in it according to taste and kneed it with hot water.
- 2. Set it aside for 5 minutes
- 3. Grease the steam plate and sev maker with oil and with the help of sev maker make the noodles.
- 4. Steam the medium flame fr 10 15 minutes, separate the noodles before you cook it.
- 5. Take a pan, pour 1 spoon (10 Gms) oil and 2-3 numbers of garlic and add other vegetables carrot, capsicum, onion and baby corn.
- 6. Saute all the vegetables for 5 minutes and add little amount of salt and black pepper powder.
- 7. Now add the noodles and give a good mix.

- 8. Turn off the flame a, now add LivMCT powder and grated paneer and mix it well.
- 9. Add some Paneer cubes and garnish it with coriander.
- 10. Serve it hot and enjoy it.

Serving Size: 2

Calories	Carbs	Protein	Fats
474.41	40.03	12.57	27.14





Clinical Significance of the Recipe:

- Anti-inflammatory and Anti-Microbial properties
- Anti- Cancer Properties
- Immune System function and heart health.

Age Group of the Patients:

• 14 years and above

Application and Recommended Usage of the Recipe:

Oncology Specific

•

Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Date Paste	200	540	140	3	1
2.	LiVMCT powder	10	70	2.3	0.47	7.1
3.	Roasted Oats	80	100	20	5	2
4.	Roasted Nuts	60	150	15	8	20
5.	Flax Seeds	30	90	9	3	7
6.	Cinnamon	-	-	-	-	-
7.	Honey	15	64	17	-	-
8.	Chocolate	120	280	30	4	18

Steps-

- 1. Take 1 Cup date paste and add 10 Gms (1 Scoop) Nucgnex LivMCT powder, 1 Cup of roasted oats, ½ cup roasted nuts, ¼ cup flax seeds, 1 pinch of cinnamon, 1 tablespoon honey and mix well.
- 2. Take a tray add the mixture and spread evenly.
- 3. Pour $\frac{1}{4}$ cup melted dark chocolate and freeze for $\frac{1}{4}$ = 50 minutes.
- 4. Cut into small pieces. Serve & enjoy.

Serving Size: 25 Gms

Calories	Carbs	Protein	Fats
474.41	40.03	12.57	27.14









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