

**Pancreatitis** 









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

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

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

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



Warm regards, **LiVMCT** Team





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## 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

#### Making of Recipe (Methodology):

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Ragi Flour	15	55	15	0.7	0.1
2.	Curd	50	50	3	3.5	1.5
3.	Ginger	2	-	-	-	-
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	-	-	-	-	-

- 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



## **Mixed Salad**

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

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

#### Age Group of the Patients:

Adult

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

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

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No			(kcal)	(gm)	(gm)	(gm)
1.	Carrot	1/2	12.3	3	0.27	0.06
2.	Cucumber	1/2	7.5	1.8	0.35	0.05
3.	Boiled Corn	½ cup	43	9.5	1.6	0.5
4.	Tomato	1/2	7.2	1.56	0.3	0.08
5.	Capsicum	1/2	13	3.01	0.49	0.15
6.	Green Chili	1	18	4.2	0.9	0.09
7.	Onion	1/2	46	11.1	1.01	0.09
8.	Potato	1/2	103	19.52	1.81	2.24
9.	Lemon	½ Tspn	2	0.49	0.03	0.02
10.	Coriander	½ tspn	2	0.31	0.13	0.03
11.	LiVMCT	20	140	4.6	1	14.2
	Total		394	59.1	7.89	17.49

#### Steps-

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

Serving Size: Serving 2-person 1 full plate



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



## Vegetable Khakra & Chocolate Khakra



#### Clinical Significance of the Recipe:

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

#### Age Group of the Patients:

• 14 to 60 years

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

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

## Ingredients-

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

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



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

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

Serving Size: 2 Khakra's

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



## **Healthy Millet Tofu Pulao**



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

- Low fat, high fiber
- Health & Balance Nutrition
- For Veg & Non-veg patients, Simple, Easy to Cook

#### Age Group of the Patients:

Adult

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

Pancreatitis & Liver Patients / Compromised Disorder

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Millet	50	166	35	6.2	2.2
2.	Tofu	50	62.9	3.25	6.85	2.5
3.	Carrot	13	5.33	1.3	0.104	-
4.	Beans	8	2.48	0.5	0.144	-
5.	Capsicum	15	3	0.69	0.135	-
6.	Oil	10	88.4	1	-	10
7.	Salt	5	-	1	-	-
8.	Sugar	8	30.9	7.99	-	-
9.	LiVMCT	20	140	4.6	1	14.2
	Total		499.01	53.33	14.43	28.9

- 1. At first, wash 50 gm of Millet for 2-3 times, then soaked it for 2 hours.
- 2. Take a pan and add 500 ml of water and boil it. Add 1 tablespoon of salt, after that add the chopped Vegetables (13 gm Carrot, 8 gm Beans) & soaked Millet.
- 3. Cook for 5 min with medium to high flame and strain it
- 4. Then put 2 tablespoon of Refined Oil in the pan and small amount of Cashew and Kismis and fry it.
- 5. Then add 50 gm of Tofu and saute it softly
- 6. Oil grease the pan and add 1-2 cardamom and 2 cloves, 15 gm Capsicum and Strain Millet Veg Portion and cook for 3 min with low medium flame
- 7. Then add 2 tablespoon of sugar and 1 tablespoon of pink salt
- 8. Then Finally, add Tofu, Cashew, Kismis and mis well



9. Then recipe is ready to serve

Serving Size: 1

Calories	Carbs	Protein	Fats
499.01 kcal	53.33 gm	14.43 gm	28.9 gm



## High Protein Ragi Burger



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

- Gluten Free
- Sugar Free
- High Protein

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

• 14 years and Above

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

• Pancreatitis & Liver Patients / Compromised

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Whole Ragi	20	65.6	14.4	1.46	0.26
2.	Udad Dal	5	17.35	2.98	1.2	0.07
3.	Methi Seed	0.6	1.99	0.26	0.15	0.03
4.	MCT Powder	20	140	4.6	0.94	14.2
5.	Mix Sprout	15	26.05	4.5	3.0	0.09
6.	Carrot	4	1.92	0.42	0.03	0.01
7	Cabbage	4	1.08	0.18	0.07	0.01
8.	Capsicum	2.5	0.57	0.14	0.01	0.01
9	Makhana	2.5	8.85	1.94	0.24	0.01
10	Cucumber	4	0.52	0.1	0.01	0.01
11.	Tomato	4	0.92	0.14	0.07	0.01
12.	Oil	5	45	-	-	5

- 1. Take 1 bowl whole ragi millet and 1/4 bowl udad dal.
- 2. Wash them thoroughly & leave it about 4-5 hrs.
- 3. Also add 1 teaspoon methi seeds to it.
- 4. After 4-6 hours grind them well & min the ragi and udad dal battle together keep it overnight or about 8-10 hours for natural fermentation
- Making of High Protein Patty-
- 1. Take about ½ bowl of boiled mix sprouts add vegetables like carrot, finely chopped cabbage, Capsicum, Soaked Makhana, Ginger, small Chili & Coriander



- 2. Also add salt, black pepper powder, turmeric powder, red chili powder, little garam masala
- 3. Mix all the ingredients together & make dough texture
- 4. Make small round tikkis out of it
- 5. Roast in non-stick pan with minimum oil and keep aside
- Making of Ragi Buns-
- 1. Take the fermented battle
- 2. Add LivMCT powder, salt & mix well
- 3. On the same pan put oil, add some sesame seeds & pour a small portion of ragi battle and make 2 small uttappams from it
- Assemble of Burger-
- 1. Take 1 Ragi Uttappam (bun) apply little green cutlets, place the high protein vegetables tikkis over it
- 2. Place 2 Cucumber slice & 1 tomato slice over it 1 more bun
- 3. Garnish with fresh coriander
- 4. Our High Protein Ragi Burgers are ready to eat

Serving Size: Can make 8 Burgers from it

Calories	Calories Carbs		Fats
309.85 kcal	29.66 gm	7.08 gm	19.71 gm



#### **Banana Oatmeal Pancake**



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

- Weight Gain
- Gut Friendly
- Supports Heart Health

#### Age Group of the Patients:

Suitable for all age groups

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

#### Steps-

- 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

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:

• Suitable for all age groups

#### 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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Sweet Potato	75	94.5	15.64	1.52	3.08
2.	Ghee	10	90	1	-	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

Calories	Carbs	Protein	Fats
149 kcal	13.29 gm	4.07 gm	9.22 gm



## **Coco- Ragi Bliss**



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

- Epilepsy Seizure Disorder
- Calcium Deficiency
- Pancreatic Insufficiency

#### Age Group of the Patients:

• 2 years and Above

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

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

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
140	A.I					
Ι.	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	ı	-	-	-
5.	MCT Powder	5	35	1.15	-	3.5
6.	Fitlivon	5	15	2.5	2	0.1

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



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

Serving Size: 1 person / 200 ml

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



#### **Banana and Oat Milkshake**



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

- Rich in Fiber
- Rich in Potassium
- High Calorie and High Protein

#### Age Group of the Patients:

• 14 years and above

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

Pancreatitis & Liver Patients / Compromised Guts

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Milk	150	100	6.5	5	6
2.	Banana	100	100	20	-	-
3.	Dry Fruits	20	100	5	9	5
4.	Oats	30	100	20	2.5	0.5
5.	LiVMCT	20	140	4.6	-	14.2
6.	Coco Powder	10	40	5.8	2	1.4

#### Steps-

- 1. Take 150 ml of Milk into the Jar
- 2. Add chopped banana in to the mixture jar
- 3. Add roughly chopped dry fruits into it
- 4. Add 30 gm of oats into the mixture
- 5. Add 2 scoop of LiVMCT & 2 scoop of coco powder if require / as you need add
- 6. Blend all the mixture which will turn out into oats Banana Smoothie
- 7. Serve it in the glass and enjoy with adding some dry fruits topping

#### Serving Size: 1 serve

Calories	Carbs	Protein	Fats
580 kcal	61.9 gm	18.5 gm	27.1 gm



## **Vegetable Shorba**



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

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

#### Age Group of the Patients:

• 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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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	1		
5.	Garlic Cloves	2-3 no	-	1		
6.	Cinnamon	½ inch	-	ı		
7.	Coriander	-	-	-		
8.	Lemon	1 teaspoon	-	1		
9.	Sugar	2.5	10	2.5		
10.	Salt	1/4 teaspoon	-	-		
11.	MCT powder	10	70			

- 1. In a pressure pan, take ½ 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

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



## Oats chili with Curd



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

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

#### Age Group of the Patients:

• 14 years and above

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

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

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Oats	30	112.2	18.84	4.08	2.28
2.	Egg	1	86.5	1	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.	LiVMCT	20	140	4.6	-	14.2

- 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 1 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

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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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:
- 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	alories Carbs		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 and above

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

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

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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 kcal	26.65 Gms	6.26 Gms	17.93 Gms



## **Nutty MCT Truffles**



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

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

#### Age Group of the Patients:

• 4 years and above

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

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

#### Ingredients-

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

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



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

Serving Size: 1 ball

Calories	Carbs	Protein	Fats
124 Kcal	2.7 Gms	2.2 Gms	12 Gms



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

#### Steps-

- 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



Calories Carbs		Protein	Fats	
95.6 Kcal	2.21 Gms	2.17 Gms	5.20 Gms	



## 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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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	1	-	15
7.	Jeera	3	9.12	0.67	0.41	0.49
8.	Turmeric	٦	2.81	0.49	0.07	0.50
9.	Coriander	2	5.96	1.04	0.25	0.36
10.	Chili	7	0.42	0.58	0.23	0.07
11.	Curry Leaves	7	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 1 tablespoon oil over medium heat
- 6. Add cumin seeds, curry leaves, chili (Optional) and 1 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
- 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



## **Oats- Chena Sandesh**



#### **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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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 Kcal	38 Gms	14 Gms	23 Gms	



#### **Oats Tutti Frutti Smoothie**



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

- Oats is rich source of carbohydrate & Anti-oxidants & Fiber
- Curd is natural source of probiotic contain protein & good source of calcium
- Fruits are rich source of Vitamins & Minerals

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

• 14 to 60 years

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

Pancreatitis & Liver Patients / Compromised Guts

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Curd	200	124	10	7.4	6
2.	Oats	50	194.5	33	8.5	3.5
3.	Fruits	40	16	4	0.4	-
4.	Dry Fruits	2	6	1.4	-	-
5.	LiVMCT	20	140	4.6	0.94	14.1

#### Steps-

- 1. Take oats in bowl then add curd and blend it until it can become smooth & creamy texture
- 2. If it is too thick then add little amount of water
- 3. At the end add LiVMCT powder in this mixture and store well
- 4. Cut the fruits into small cubes & mix together in glass
- 5. Pour the mixture over the fruits
- 6. Top with dry fruits (Dates, Raisin, Makahana)

#### **Serving Size:** 1 large Glass

Calories	Carbs	Protein	Fats
480.5 Kcal	53 Gms	17.24 Gms	23.6 Gms







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

- Nutrient Dense- Fiber, Protein, Essential minerals
- Disease prevention- Heart health, Diabetes Management, Digestive Function, Reduce Disease Risk
- Therapeutic potential- Cardiometabolic Disorders, Digestive Issues, Weight Management, Diabetes Management, Liver Health & Cancer

#### Age Group of the Patients:

• 2 years and above

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

- Diet for Critical Care patients
- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Neurological Disorder
- Patients with compromised Guts like Short Bowel Syndrome
- For Heart Health, Type 2 Diabetes Management, Weight management, Liver & Cancer

#### Making of Recipe (Methodology):

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Dal	50	200	32	10	5
2.	LiVMCT	20	140	4.6	0.64	8
3.	Curd	150	80	10	7	5
4.	Oats	50	190	35	7	4
5.	Ghee	1 teaspoon	45	1	-	_
6.	Salt	½ teaspoon	1	1	-	-
7.	Curry Leaves	3-4	1	1	-	_
8.	Chili	1-2	1	1	-	
9.	Mustard seeds	Pinch	1	1	- (	
10.	Cumin seeds	Pinch	-	-		
11.	Turmeric	Pinch	-	-	//-	_



#### Steps-

#### Split Gram Chutney:

- 1. Take 50 gm of dal grind it and make coarse powder or keep it bit textured
- 2. Add 1 tablespoon LiVMCT powder
- 3. Add 1/4 teaspoon of salt for taste
- 4. Add 100 gm curd in mixture and mix well & make a thick batter
- 5. For seasoning / tempering- Take a small 'Kadai' add 1 teaspoon ghee, add a pinch of mustard seeds, cumin seeds, 1 green chili, 3-4 curry leaves & a pinch of turmeric & pour the seasoning on the chutney batter & Chutney is Ready

#### Oats Dosa:

- 1. Take 50 gm of Oats, add it to the grinder
- 2. Add 1-2 teaspoon of LiVMCT powder
- 3. Add 50 g of curd
- 4. ½ teaspoon of cumin seeds
- 5. ½ teaspoon of salt
- 6. 2/2 cup water & mix it well in the mixture grinder & make a fine batter
- 7. Take a pan, heat it & make dosa

Serving Size: Dosa small size- 4; Medium Size- 2

Chutney- 50 gm

C	alories	Carbs	Protein	Fats
64	45 Kcal	81.6 Kcal	24.64 Kcal	22 Kcal



### **Makhana Pudding**



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

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

#### Age Group of the Patients:

2 years and above

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

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

#### Ingredients-

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

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



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

Serving Size: 1 Bowl

Calories	Carbs	Protein	Fats
399.8 Kcal	30.75 Gms	10.65 Gms	29.44 Gms



## **Mix Dal Soup**



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

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

#### Age Group of the Patients:

• 2 years and above

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

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

#### Ingredients-

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

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



5. Lastly garnish with creamy LiVMCT smoothie on soup

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

Serving Size: 225 ml & 200 ml

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

Recipe

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



## **Sprout**



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

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

#### Age Group of the Patients:

• 14 years and above

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

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

#### Ingredients-

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

#### Steps-

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

Serving Size: 1 bowl / day

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



#### **Paneer Coconut Chat**



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

- High calorie
- High Protein
- Keto-Friendly

#### Age Group of the Patients:

• 14 to 59 years

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

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

#### Ingredients-

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

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



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

Serving Size: 1 bowl

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



## **Healthy Bites**



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

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

#### Age Group of the Patients:

• 15 to 60 years

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

Pancreatitis & Liver Patients / Compromised Guts

#### Ingredients-

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

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



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

**Serving Size:** 5-6

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







### Clinical Significance of the Recipe:

- 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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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	-	-
5.	LiVMCT powder	10	70	2.3	0.4	7.1
6.	Green Chili	4-5 chili	-	Ī	-	-
7.	Ginger	1 inch	-	1	-	-
8.	Coriander	2 tablespoons	-	ı	-	-
9.	Hing	1/8 tablespoon	-	ı	-	-
10.	Turmeric	1 teaspoon	-	ı	-	-
11.	Salt	½ teaspoon	-	-	-	-
12.	Jeera	1 teaspoon	-	-	-	<b>/-</b>

- 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 59 years

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

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

#### Ingredients-

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

#### 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 Kcal	72.14 Gms	23.94 Gms	15.6 Gms	







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

- Hepatic Patients- Fat free
- MCT included in recipe (LiVMCT)
- BCAA incorporated in recipe (Soya)
- Omega 3 Fatty Acid (Flax Seed)

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

Above 2 years

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

• Pancreatitis & Liver Patients

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Rice Flour	30	100	21	3	0.4
2.	Rawa	30	100	21	3	0.4
3.	Ragi Flour	10	30	1.6	1.1	0.1
4.	Soya Flour	20	100	5	10	4.5
5.	Carrot	50	50	11	0.7	-
6.	Flax Seed	10	53	2.8	1.8	4.2
7.	LiVMCT	20	140	4.6	0.8	14.2

#### Steps-

- For Dosa:
- 1. Mix all the flours, rawa, carrot in a bowl
- 2. Add water and mix well. Keep it overnight
- 3. Next day add LiVMCT powder, salt to taste
- 4. Add some water to maintain the consistency
- 5. Make a dosa from the batter
- For Chutney:
- 1. Mix LiVMCT powder, Flax seed, Coriander, Lemon, garlic, Salt in a mixer
- 2. Squeeze Lime and grind to a coarse mixture and the flax seed chutney is ready

**Serving Size:** 2 dosa and 1 tablespoon chutney

Calories	Carbs	Protein	Fats	
190 kcal	22 Gms	6.8 Gms	7.9 Gms	



## Palak Moongdal Dosa



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

- Easy to digest
- High in Fiber
- Can be given in soft diet
- Complete Protein

#### Age Group of the Patients:

4 to 59 years

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

Pancreatitis & Liver Patients

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Rice	100	333	70	8.3	1.6
2.	Moong	100	333	56	23	1.6
3.	Palak	50				
4.	Ginger	10	-	-	-	-
5.	Chili	4 number	-	-	-	_
6.	LiVMCT	20	140	4.6	0.9	14.1

#### Steps-

- 1. Soak rice & moong dal over night
- 2. Blend it in mixer
- 3. Wash Palak, ginger, chilies and blend it
- 4. Mix both mixture in a bowl, add LiVMCT
- 5. Mix well both mixtures
- 6. Make a dosa and serve with coconut chutney or pudina chutney

#### **Serving Size:** 4

Calories Carbs		Protein	Fats	
806 kcal	130.6 gm	32.2 gm	17.3 am	



#### **Iron Rich Truffle**



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

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

#### Age Group of the Patients:

• 14 years and above

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

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

#### Ingredients-

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

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

Serving Size: 6

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







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

- Low in Saturated Fat, Good for Liver Disease patients
- High Fiber (Soluble Fiber)
- High Nutritional Value

#### Age Group of the Patients:

• 18 to 59 years

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

• Pancreatitis and Live Patients / Compromised Guts

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Skimmed Milk	200 ml	70	10	7	0.2
2.	Apple	100	52	14	0.3	0.2
3.	LiVMCT Powder	20	140	4.6	0.8	14.2
4.	Flax Seed	5	26.27	1.45	0.9	2.1
5.	Pumpkin Seed	5	22.3	2.7	0.95	0.9
6.	Sunflower Seed	5	122.6	0.34	1.27	2.59
7.	Almond	5	127.4	0.15	0.9	2.92
8.	Raisins	5	62.05	3.43	0.13	0.01
9.	Berries	5	11.35	0.53	0.04	0.03

#### Steps-

- 1. Add skimmed milk, LiVMCT powder, Chopped Apple, roasted multi seeds, nuts, dry fruits and berries to grinder
- 2. Add 50 ml of water to it and grind all ingredients to make a smooth mixture
- 3. Then pour the mixture into a glass
- 4. Now Apple smoothie is ready for serving

Serving Size: 250 ml



Calories	Carbs	Protein	Fats
634.4 Kcal	36.6 Gms	12.29 Gms	23.15 Gms



#### Oil free Chicken Starter



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

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

#### Age Group of the Patients:

• 4 years and above

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

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

#### Ingredients-

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

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



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

#### **Serving Size:**

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



### **Chocolate Pan Pops**



#### Clinical Significance of the Recipe:

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

#### Age Group of the Patients:

14 to 59 years

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

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

#### Ingredients-

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

- 1. Grind small cut betel leaves with desiccated coconut
- 2. Add the LiVMCT to the mixture
- 3. Combine betel leaves, desiccated coconut and LiVMCT
- 4. Meanwhile, use a double boiler to melt the dark chocolate to an exact consistency
- 5. Mix together all the ingredients (Gulkand, Fennel Seeds, Mint-coated fennel seeds, Almond, Tutti-fruity and dates)

- 6. Make medium sized pops from the mixture and coat them with melted dark chocolate
- 7. Sprinkle the pops with mint-coated fennel seeds
- 8. Refrigerate for 2 hours
- 9. Ready to serve the delicious chocolate pan pops

Serving Size: 1 pop

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



## Satu Delight



#### Clinical Significance of the Recipe:

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

#### Age Group of the Patients:

2 years and above

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

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

#### Ingredients-

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

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



Serving Size: 200-250 ml

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

Recipe 🔵

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



## **Apple Oatmeal Pudding**



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

- High fiber content
- Nutrient Dense
- Low fat content

#### Age Group of the Patients:

• 18 to 59 years

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

Pancreatitis & Liver Patients / Compromised Guts

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Oats Flour	30	122	20.5	3.54	2.85
2.	Apple	120	74.76	3.75	0	0.18
3.	Jaggery	1 teaspoon	17.6	1.01	0.02	0.03
4.	Cardamom	½ teaspoon	6.3	0.2	-	-
5.	LiVMCT Powder	20 gm	140	4.6	0.95	14.2
6.	Digestive Biscuits	20 gm	98	13.4	1.4	1.24

#### Steps-

- 1. In a sauce pan, add grated apple, jaggery & cardamom powder and let it cook for 1-2 minutes
- 2. Now add oats flour and mix them well
- 3. Gradually add 150 ml of water & make a good mixture
- 4. Let the mixture cook for few minutes
- 5. All these mixture cooking should be done on a low flame
- 6. Once the apple & oats mixture is ready, let it cool down
- 7. Now take a bowl and add powdered biscuits in it and make stable layers by pressing it with spoon as any flat surface
- 8. Once the apple & oats mixture cools down, blend that with little amount of water (approx.30-50 ml) and make smooth mixture
- 9. Remove this mixture in a piping bag for final preparation
- 10. Now in that layered bowl of biscuits, pipe this mixture & sprinkle remaining biscuit crumble. Apple Oatmeal Pudding is ready to serve

Serving Size: 80 gm

Calories	Carbs	Protein	Fats	
458.6 kcal	43.4 gm	5.9 gm	21.4 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 59 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. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Ghee	½ teaspoon	56	0	0	6.5
2.	Cumin	½ teaspoon	2	0	-	1
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

- 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



## **MCT Marvel Pudding**



#### **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 years and above

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

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

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	LiVMCT Powder	10	70	2.3	0.47	7.1
2.	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	



## Ragi Makhana Smoothie



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

- 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)

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

Recipe

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



## **Moringa Smoothie with Banana**



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

- Anemia, Asthma breast feeding
- PCOS, Anti-oxidants, Anti-inflammatory
- Protect cells from Damage

#### Age Group of the Patients:

• 14 years and above

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

- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Neurological Disorder
- Anemia, Rheumatoid Arthritis

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (gm)
1.	Moringa Leaves	50	46	6.25	3.35	0.017
2.	Banana	80	92.8	21.76	0.96	0.24
3.	Almond	15	98.25	1.5	3.12	8.8
4.	Cashew	15	89.4	3.34	3.18	1.03
5.	Dates	25	36	8.45	0.3	0.1
6.	Flax seeds	20	106	5.78	1.06	7.42
7.	LiVMCT powder	10	70	2.3	0.47	7.1

#### Steps-

- 1. Take all the ingredients to make the recipe
- 2. Add cashew & almonds in a blender
- 3. Add roasted flax seeds
- 4. Add some water and dates in it
- 5. Blend it until it becomes a smooth paste
- 6. Then add in blender banana and moringa powder or leaves and blend it until smooth and creamy
- 7. You can add little amount of water if you want to make a smoothie more liquidly
- 8. Moringa smoothie is ready to taste or serve

Serving Size: 1 glass

Calories	Carbs	Protein	Fats
538 kcal	49.38 gm	15.44 gm	30.7 gm



## Sago Kheer



- High Calorie
- Gluten Free
- 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
- Pancreatitis & Liver Patients

#### Ingredients-

Sr. No	Ingredients	Quantity (gm)	Calories (Kcal)	Carbs (gm)	Protein (gm)	Fats (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	٦	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	14.24 gm	







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

- Reduce Inflammation
- Liver Support & Cleansing
- Source of Soluble Fiber
- Saturated Fats

#### Age Group of the Patients:

• 20 to 59 Years

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

- Pancreatitis & Liver Patients / Compromised Guts
- Patients with Compromised Guts like Shirt Bowel Syndrome

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
1.	Gond Katira	½ teaspoon	8	1.9	0.1	0
2.	Lemon with Zest	½ teaspoon	19	3.7	0.3	0.3
3.	Mint & Coriander leaves	1 teaspoon	-	-	-	-
4.	Beetroot	½ teaspoon	18	3.6	0.7	0
5.	Apple Juice	15 ml	6	1.5	-	-
6.	LiVMCT powder	20	140	4.6	0.94	14.2

#### Steps-

- 1. Soak the gond Katria in water for 4-6 hours
- 2. Grate the lemon with zest
- 3. Cut the apple and take out the juices
- 4. Chop mint, coriander leaves finely
- 5. Make beetroot juice
- 6. Mix 20 gm of LiVMCT in 30 ml of water
- 7. Combine all ingredients in the glass
- 8. Drink, empty stomach to get best result

Serving Size: 1



Calories	Carbs	Protein	Fats
191 kcal	15.3 gm	2.04 gm	14.5 gm



## Liv Lauki Halwa



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

- Helps to blood sugar
- Cholesterol lowering effects
- Promotes better digestion

#### Age Group of the Patients:

• 18 years and above

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

- Pancreatitis and Liver Patients / Compromised Guts
- Diabetes Mellitus

#### Ingredients-

Sr.	Ingredients	Quantity	Calories	Carbs	Protein	Fats
No		(gm)	(Kcal)	(gm)	(gm)	(gm)
٦.	Bottle guard	500	70	17.5	3.6	0.25
2.	Ghee	10	112	0	0	6.6
3.	Cardamom	2	6	7	0	0
4.	Cinnamon	2	5	2	0.1	0
5.	LiVMCT Powder	20	140	4.6	0.94	14.2

#### Steps-

- 1. In a pre-heat pan take 2 tablespoons of ghee
- 2. Then add grated bottle guard and cook till it gives out of its water content and becomes nice & firm
- 3. Then add the part of LiVMCT powder and again mix it well by adding 30-40 ml of water
- 4. After that add crushed cinnamon & cardamom for the taste & as a substitute in the sugar of recipe
- 5. The put the lid on and let it cool for another 5-10 minutes
- 6. After that is ready to serve

**Serving Size:** 1 person

Calories	Carbs	Protein	Fats
335 kcal	25.1 gm	4.64 gm	21.05 gm







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