



functional formularies®

— LET FOOD BE THY MEDICINE —

— THE —
KETO
— RECIPE COOKBOOK —

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Functional Formularies® KETO Meal Replacement is entirely organic, whole-foods based with each ingredient sourced from the highest quality growers. It provides a wonderful foundation for a number of delicious recipes as the product base starts with a 2.43:1 ketogenic ratio.

I have developed a broad range of recipes to be used throughout the day. From smoothies and fat bombs, to finished dinner solutions and desserts.

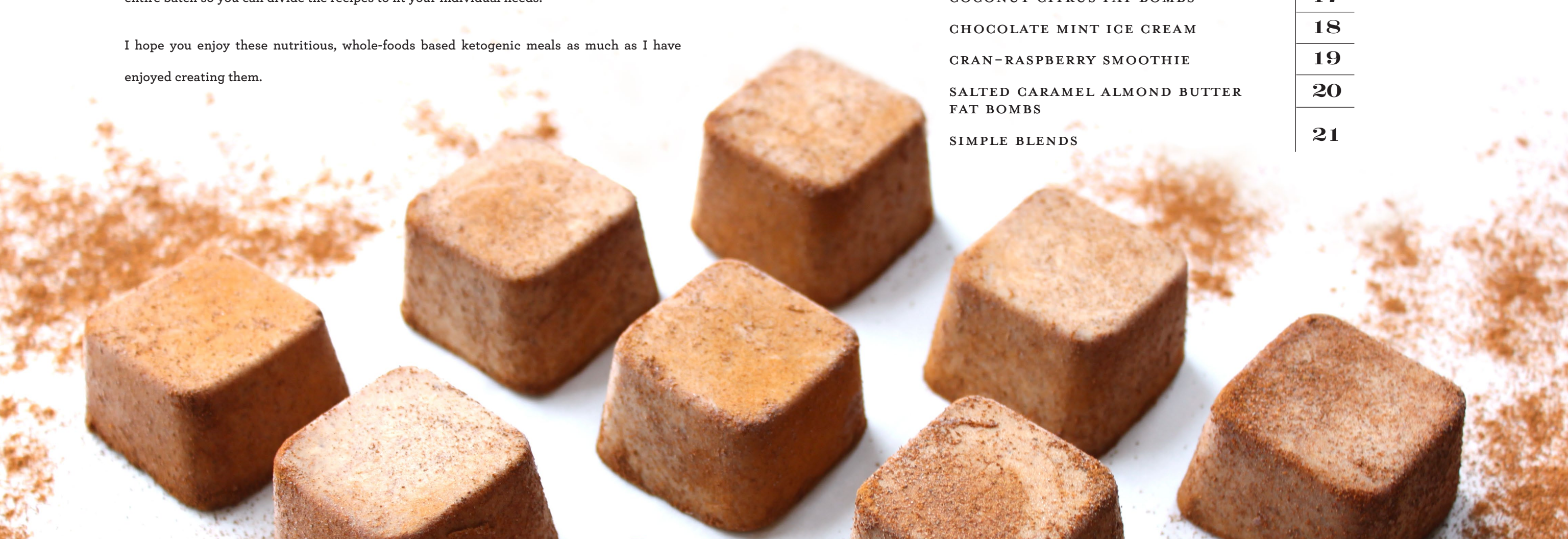
In all these recipes, the base Functional Formularies® KETO Meal Replacement provides the ketogenic foundation and each recipe simply adds a few keto-friendly ingredients to create some wonderful meals for you and your family to enjoy.

For your convenience, the nutritional values for each serving were provided as well as the entire batch so you can divide the recipes to fit your individual needs.

I hope you enjoy these nutritious, whole-foods based ketogenic meals as much as I have enjoyed creating them.

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FAT:
44 grams
.....

PROTEIN:
9 grams
.....

NET CARBOHYDRATE:
5 grams
.....

FIBER:
7 grams
.....

CALORIES:
457
.....

RATIO:
3.09:1
.....

SERVINGS: 4

AVOCADO GINGER SMOOTHIE

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 8.5 ounces (250 grams) coconut milk, Aroy-D
 - 1 medium (230 grams) Hass avocado, peeled and seed removed
 - 1 cup (50 grams) baby spinach, loosely packed
 - 1 scoop (10 grams) Vital Proteins® Collagen Peptides
 - 3 tablespoons (45 grams) MCT oil
 - 3 tablespoons (45 grams) lemon juice
 - 3 tablespoons (18 grams) fresh ginger root, minced
 - 1 cup ice cubes
 - Stevia to taste

- Directions*
1. Combine all ingredients in a blender. Blend on high speed until all ingredients are completely smooth.
 2. Divide the smoothie into desired portions and freeze.

SPICE MUFFINS

- Ingredients*
- 1 package (226 grams) Functional Formularies® Keto Formula
 - 2 large (100 grams) fresh eggs
 - ½ cup (114 grams) butter, melted
 - 1 cup (112 grams) almond flour
 - ¼ cup (30 grams) coconut flour
 - 2 teaspoons (8 grams) konjac root flour
 - 2 tablespoon (12 grams) pumpkin spice blend (cinnamon, ginger, nutmeg, cloves)
 - 1 teaspoon (4 grams) baking soda
 - Pinch of salt
 - Stevia to taste

- Directions*
1. Preheat the oven to 300 degrees F. Line a muffin tin with parchment paper liners.
 2. Combine the formula, eggs, and melted butter in a large mixing bowl and stir to combine.
 3. Sift together the almond flour, coconut flour, konjac root flour, pumpkin spice blend, baking soda, and stevia. Add dry ingredients to the wet and stir very well to combine. Scrape the sides of the bowl once.
 4. Fill each parchment liner half way and bake for 25-30 minutes until done. A toothpick inserted into the center of a muffin should remain clean when removed.

FAT:
18 grams
.....

PROTEIN:
5 grams
.....

NET CARBOHYDRATE:
2 grams
.....

FIBER:
3 grams
.....

CALORIES:
192
.....

RATIO:
2.41:1
.....

SERVINGS: 12 MUFFINS



FAT:
25 grams
.....
PROTEIN:
3 grams
.....
NET CARBOHYDRATE:
2 grams
.....
FIBER:
4 grams
.....
CALORIES:
248
.....
RATIO:
4.59:1
.....
SERVINGS: 8

GREEN GODDESS DRESSINGS

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 1 medium (230 grams) avocado, diced
 - ½ cup (108 grams) olive oil
 - ¼ cup (60 grams) raw apple cider vinegar
 - ¼ cup (60 grams) lemon juice
 - 1 teaspoon (5 grams) anchovy paste
 - 1 cup (60 grams) fresh parsley
 - 1 cup (60 grams) fresh cilantro
 - 1 teaspoon (1.5 grams) tarragon, dried spice
 - Salt/pepper
 - Stevia if the herbs taste spicy or bitter

- Directions*
1. Combine all ingredients in a high-speed blender. Blend on high until smooth. Thin with water if mixture will not blend.
 2. Use a silicone ice cube tray to freeze individual portions.

CAULIFLOWER MAC & CHEESE

- Ingredients*
- 1 large head 6-7 inches in diameter (840 grams) cauliflower, cut into bite size pieces
 - 1 tablespoon (15 grams) olive oil
 - ½ stick (114 grams) butter
 - 1 cloves (3 grams) garlic, minced
 - 1 teaspoons (3 grams) Turmeric, ground dry spice
 - 1 teaspoons (3 grams) mustard, ground dry spice
 - 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 3 tablespoons (16 grams) nutritional yeast
 - 8 ounces (226 grams) cheddar cheese, Organic Valley®
 - Raw Sharp Cheddar, shredded
 - Salt/pepper to taste

- Directions*
1. Pre-heat the oven to 475 degrees. Spread the chopped cauliflower on a large baking sheet and drizzle with the olive oil. Toss to coat well. Roast for about 30 minutes or until tender.
 2. In a large sauté pan or pot, melt the butter, then add garlic and saute until tender. Add the turmeric and mustard. Cook for another 1-2 minutes over low heat.
 3. Add the Functional Formularies® Keto Formula, nutritional yeast, and cheddar cheese to the butter and spice mixture. Stir well to combine and heat gently over low/medium heat until the cheese has melted. Use a food thermometer to ensure the temperature does not heat above 200 degrees.
 4. Add the cauliflower to the cheese mixture then stir. Serve immediately.

FAT:
30 grams
.....
PROTEIN:
13 grams
.....
NET CARBOHYDRATE:
5 grams
.....
FIBER:
4 grams
.....
CALORIES:
341
.....
RATIO:
1.70:1
.....
SERVINGS: 8



TAHINI DRESSING

FAT:
10 grams
.....

PROTEIN:
1 gram
.....

NET CARBOHYDRATE:
0.5 grams
.....

FIBER:
0.6 grams
.....

CALORIES:
100
.....

RATIO:
6.07:1
.....

SERVINGS: **2** TBSP

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 1 cup (109 grams) extra virgin olive oil
 - 3 tablespoons (45 grams) lemon juice
 - 1 clove (3 grams) fresh garlic
 - Salt/pepper to taste
- Directions*
1. Combine all ingredients in a blender and blend on high until dressing is completely smooth. Season with salt and pepper if desired.
 2. Store remaining dressing in a glass jar and refrigerate.



HERB CHEESE DIP

Ingredients

- 1 pouch (226 grams) Functional Formularies® Keto Formula
- 8 ounces (226 grams) cream cheese, Organic Valley®, softened
- 8 ounces (226 grams) fresh goat cheese, softened
- 3 tablespoons (45 grams) coconut oil, melted
- ½ cup (30 grams) fresh parsley, loosely packed
- ½ cup (30 grams) fresh basil, loosely packed
- ¼ cup (10 grams) fresh mint, loosely packed
- Salt/Pepper to taste

Directions

1. Combine the Functional Formularies® Keto Formula, cream cheese, goat cheese, and coconut oil in a food processor. Pulse several times until the ingredients are completely combined.
2. Line a loaf pan with plastic wrap. Scrape the cheese mixture into the lined loaf pan and cover with plastic wrap and refrigerate until firm. This may be made ahead up to this step.
3. Mince all the herbs finely.
4. Remove the cheese mixture from pan and discard the plastic. Press the minced herbs onto the top and sides of the cheese. Serve immediately.

FAT:
9 grams
.....

PROTEIN:
3 grams
.....

NET CARBOHYDRATE:
1 gram
.....

FIBER:
0.5 grams
.....

CALORIES:
99
.....

RATIO:
2.21:1
.....

SERVINGS: **24**



HUMMUS

FAT:
21 grams
.....
PROTEIN:
4 grams
.....
NET CARBOHYDRATE:
2 grams
.....
FIBER:
3 grams
.....
CALORIES:
214
.....
RATIO:
4:1
.....
SERVINGS: 8

- Ingredients*
- 1 clove (3 grams) garlic
 - 1 cup (132 grams) macadamia nuts, dry roasted
 - 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 1 tablespoon (15 grams) olive oil
 - 1 tablespoon (15 grams) lemon juice
 - 2 teaspoons (3 grams) oregano, dried herb
 - Salt/pepper
- Directions*
- Using a food processor, add the garlic cloves then pulse several times until it is finely chopped. Scrape the sides if needed.
 - Add the remaining ingredients to the garlic. Pulse until the macadamia nuts are pureed. Scrape the hummus into a glass bowl with a tight-fitting lid. Refrigerate for at least 1 hour before serving.

GOLDEN MILK LATTE/SMOOTHIE

FAT:
22 grams
.....
PROTEIN:
4 grams
.....
NET CARBOHYDRATE:
3 grams
.....
FIBER:
2 grams
.....
CALORIES:
220
.....
RATIO:
3.32:1
.....
SERVINGS: 6

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 8.5 ounces (250 grams) coconut milk, Aroy-D
 - 2 tablespoons (30 grams) coconut oil
 - 1 tablespoon (7 grams) turmeric, ground dry spice
 - 1 teaspoon (3 grams) cinnamon, ground dry spice
 - 1 teaspoon (3 grams) ginger, ground dry spice
 - 1 pinch (0.5 grams) black pepper, ground
 - Tiny pinch of salt
 - Stevia to sweeten if desired
- Directions*
- Combine all ingredients in a pot and stir well to combine.
 - Gently warm the mixture to about 100-120 degrees then serve as a latte. For a smoothie, allow the mixture to cool in the refrigerator. Once cool, blend with a few ice cubes.



FAT:
40 grams

.....

PROTEIN:
18 grams

.....

NET CARBOHYDRATE:
7 grams

.....

FIBER:
6 grams

.....

CALORIES:
463

.....

RATIO:
1.61:1

.....

SERVINGS: 4

WILD SALMON & VEGGIE CURRY

Ingredients

- 3 tablespoons (45 grams) coconut oil
- 1 cup (142 grams) broccoli florets, chopped
- 1 cup (149 grams) raw red bell pepper, chopped
- ¼ cup (40 grams) yellow onion, diced
- 2 tablespoon (15 grams) curry powder
- 8.5 ounces (250 grams) coconut milk, Aroy-D
- 1 pouch (226 grams) Functional Formularies® Keto Formula
- 8 ounces (226 grams) wild caught salmon, skin removed & cut into 2-inch cubes
- Salt/Pepper to taste

Directions

1. In a large sauté pan with high sides over medium heat, melt the coconut oil until shimmering. Add the broccoli florets, red bell pepper, and yellow onion. Sauté, stirring frequently, until the vegetables are mostly tender. They will continue to soften as cooking continues.
2. Add the curry powder to the vegetables and heat until fragrant.
3. Reduce the heat to medium/low then add the coconut milk and Functional Formularies® Keto Formula to the vegetable mixture. Stir well to combine. You may thin with water or broth if the sauce is too thick.
4. Heat the curry mixture to about 160 degrees then add the salmon pieces in a single layer. Gently push the salmon into the curry liquid so they are mostly submerged.
5. Cover the pan with a tight-fitting lid and maintain a gentle simmer until the largest salmon pieces reach an internal temperature of 145 degrees.
6. Serve immediately. Fresh basil or cilantro would be a wonderful addition.

HEMPSEED & OLIVE TAPENADE

Ingredients

- 1 pouch (226 grams) Functional Formularies® Keto Formula
- ½ cup (80 grams) hemp hearts
- ¼ cup (54 grams) hempseed oil
- 2 teaspoons (10 grams) coconut flour
- 1 cup (147 grams) green olives, bottled or canned, minced after weighing
- 1 cup (147 grams) black olives, bottled or canned, minced after weighing
- Salt/pepper to taste
- Optional: red pepper/garlic powder

Directions

1. Combine the Functional Formularies® Keto Formula, hemp hearts, hempseed oil, coconut flour, and seasonings in a food processor. Pulse several times to combine.
2. Add the minced olives and pulse 1-2 times just to incorporate. For a nice presentation, reserve a tablespoon each of the hemp hearts and olives. Sprinkle on top of the tapenade prior to serving.

FAT:
9 grams

.....

PROTEIN:
2 grams

.....

NET CARBOHYDRATE:
0.9 grams

.....

FIBER:
1 gram

.....

CALORIES:
91

.....

RATIO:
2.98:1

.....

SERVINGS: 24



FAT:
33 grams
.....

PROTEIN:
6 grams
.....

NET CARBOHYDRATE:
5 grams
.....

FIBER:
3 grams
.....

CALORIES:
336
.....

RATIO:
3.09:1
.....

SERVINGS: 6

CREAM OF MUSHROOM SOUP

- Ingredients**
- 1/3 cup (70 grams) butter
 - 8 ounces (226 grams) portabella mushrooms, sliced
 - 8 ounces (226 grams) shitake mushrooms, sliced
 - 1 clove (3 grams) fresh garlic
 - 2 teaspoons (3 grams) thyme, dried spice
 - 1 teaspoon (1.5 grams) onion powder
 - 8 ounces (226 grams) 36% heavy cream
 - 1 pouch (226 grams) Functional Formularies® Keto Formula
- Directions**
1. Melt the butter over medium heat in a stockpot. Add the sliced mushrooms and sauté until tender. Add the garlic and spices to the mushrooms and sauté for 1 minute.
 2. Add the cream and Functional Formularies® Keto Formula to the mushrooms, stir to combine. Heat the soup mixture gently to warm, do not exceed 200 degrees. Thin with water or broth if desired.

ASIAGO SPOON BREAD

- Ingredients**
- 1/2 stick (114 grams) butter, melted
 - 1/4 cup (30 grams) coconut flour
 - 1 teaspoon (2.5 grams) mustard, ground spice
 - 1 teaspoon (4 grams) baking soda
 - 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 6 ounces (170 grams) Asiago cheese, shredded or ground
 - 3 large (150 grams) eggs, whites and yolks separated
 - Salt/pepper
- Directions**
1. Pre-heat the oven to 300 degrees. Use 1 tablespoon of the butter to grease 6-8 small ramekins.
 2. Set the egg yolks aside and whip the egg whites into stiff peaks.
 3. In a glass mixing bowl, combine the remaining melted butter, coconut flour, mustard, and seasonings. Whisk together until the coconut flour has dissolved.
 4. Add the Functional Formularies® Keto Formula, asiago cheese, and egg yolks to the mixture and stir until well combined.
 5. Add one third of the whipped egg whites to the cheese mixture at a time and carefully fold in.
 6. Divide the mixture evenly into the ramekins, filling each one no more than 1/2 way full. Carefully smooth the tops with a spatula, then place on a baking sheet. Bake for 30-45 minutes depending on the size of the ramekins. Serve warm or room temperature and refrigerate any extras.

FAT:
27 grams
.....

PROTEIN:
11 grams
.....

NET CARBOHYDRATE:
2 grams
.....

FIBER:
3 grams
.....

CALORIES:
295
.....

RATIO:
2.02:1
.....

SERVINGS: 8



FAT:
14 grams
.....

PROTEIN:
8 grams
.....

NET CARBOHYDRATE:
0.7 grams
.....

FIBER:
0.4 grams
.....

CALORIES:
157
.....

RATIO:
1.66:1
.....

SERVINGS: **30**

JALAPENO BACON FAT BOMBS

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 8 ounces (226 grams) cream cheese, Organic Valley®, room temperature
 - ½ cup (120 grams) coconut oil, melted
 - ½ cup (75 grams) jalapeño peppers, diced
(use jarred for flavor without heat or fresh for spicy)
 - 16 ounces (2 packages) (452 grams) bacon, Applegate Farms® no sugar added, cooked crisp
- Directions*
1. Combine the Functional Formularies® Keto Formula, cream cheese, coconut oil, and diced jalapeño peppers. Stir very well to combine, then cover and chill for at least 1 hour.
 2. Mince the cooked bacon very fine.
 3. Roll the cheese mixture into golf ball size pieces, then roll in the bacon to coat. Store in the refrigerator.

COCONUT CITRUS FAT BOMBS

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 8 ounces (226 grams) coconut manna
 - 2 tablespoons (30 grams) lemon juice
 - 2 tablespoons (30 grams) lime juice
 - 1 cup (132 grams) macadamia nuts, chopped
 - Stevia if desired
- Directions*
1. Combine the Functional Formularies® Keto Formula, coconut manna, lemon juice, lime juice, and stevia if using. Stir very well to combine.
 2. Line a 9 inch by 9 inch baking dish with parchment paper. Spread half the chopped macadamia nuts on the bottom of the pan then add the coconut mixture. Even the surface with a spatula. Sprinkle the remaining macadamia nuts on the surface of the mixture. Refrigerate for at least 1 hour.
 3. Slice in 24 squares and serve.

FAT:
13 grams
.....

PROTEIN:
2 grams
.....

NET CARBOHYDRATE:
1 gram
.....

FIBER:
2 grams
.....

CALORIES:
126
.....

RATIO:
3.94:1
.....

SERVINGS: **24** BARS



FAT:
35 grams
.....
PROTEIN:
7 grams
.....
NET CARBOHYDRATE:
5 grams
.....
FIBER:
3 grams
.....
CALORIES:
362
.....
RATIO:
2.86:1
.....
SERVINGS: 4

CHOCOLATE MINT ICE CREAM

- Ingredients*
- 8.5 ounces (250 grams) coconut milk, Aroy-D
 - 2 egg yolks (34 grams)
 - 2 tablespoons (15 grams) cacao powder
 - 10-15 (5 grams) fresh mint leaves
 - Stevia to taste
 - 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 2 tablespoons (30 grams) MCT oil
 - ½ teaspoon (2.5 grams) pure vanilla extract
 - Tiny pinch of salt
- Directions*
1. In a saucepan, combine coconut milk, egg yolks, cacao powder, mint leaves, and stevia. Whisk until completely combined.
 2. Gently heat on medium low, stirring constantly, until the mixture reaches 180 degrees.
 3. Remove the mint leaves with a fork or tongs.
 4. Add the Functional Formularies® Keto Formula, MCT oil, salt and vanilla extract to the custard and stir very well to combine. Chill in the refrigerator until completely cool. The mixture can be prepared and stored in this state until you are ready for the final step.
 5. Following manufacturer’s instructions, pour the custard into an ice cream maker and churn until the mixture reaches the consistency of soft serve ice cream. Enjoy immediately and freeze leftovers in ice pop molds. The ice cream will be very hard once completely frozen.

CRAN-RASPBERRY SMOOTHIE

- Ingredients*
- 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 8.5 ounces (250 grams) coconut milk, Aroy-D
 - 1 cup (123 grams) raspberries, fresh or frozen
 - 1 cup (123 grams) cranberries, fresh or frozen
 - 2 scoops (20 grams) Collagen Peptides, Vital Proteins®
 - 2 teaspoons (6 grams) fresh ginger, minced
 - 3 tablespoons (45 grams) MCT oil
 - Ice if using fresh berries
 - Stevia if desired
- Directions*
1. Combine all ingredients in a high-speed blender. Blend until smooth and serve immediately.
- FAT:
36 grams
.....
PROTEIN:
10 grams
.....
NET CARBOHYDRATE:
7 grams
.....
FIBER:
6 grams
.....
CALORIES:
396
.....
RATIO:
2.13:1
.....
SERVINGS: 4



FAT:
15 grams
.....

PROTEIN:
3 grams
.....

NET CARBOHYDRATE:
1 gram
.....

FIBER:
0.5 grams
.....

CALORIES:
146
.....

RATIO:
4.29:1
.....

SERVINGS: **24**

SALTED CARAMEL ALMOND BUTTER FAT BOMBS

- Ingredients**
- 1 cup (226 grams) 36% heavy cream
 - 1 cup (226 grams) butter
 - 1 pouch (226 grams) Functional Formularies® Keto Formula
 - 1 cup (226 grams) almond butter, MaraNatha®, raw creamy organic
 - 3 tablespoons (9 grams) cinnamon
 - Stevia if desired
- Directions**
1. In a large sauté pan, melt the butter over medium high heat. Continue cooking the butter until it begins to take on a light brown color. It's important to brown the butter enough to help develop the caramel flavor, but don't let it burn!
 2. Once the butter is brown, remove the pan from the heat and add the cream. If the butter is very hot, the cream will bubble and froth rapidly, whisk quickly to help reduce the bubbles. Return the pan to the heat and continuously whisk. Cook until the caramel mixture has thickened, about 10 minutes. Once thickened, remove from the heat.
 3. In a mixing bowl, combine the caramel, Functional Formularies® Keto Formula, almond butter, and cinnamon. Stir well to combine.
 4. Freeze the mixture in small silicone molds. Keep frozen to store long term, thaw in the refrigerator prior to eating.

SIMPLE BLENDS

Enjoy Keto alone or blend with one of these delicious flavors.

with CINNAMON BLEND

- Ingredients**
- 1 pouch plus 2 teaspoons cinnamon spice.
 - Stevia if desired.

ADDITIONAL SUGGESTIONS:

with PUMPKIN SPICE

- Ingredients**
- 1 pouch plus 2 teaspoons pumpkin spice blend.
 - Stevia if desired.

with MOCHA

- Ingredients**
- 1 pouch plus 1 tablespoon cacao powder plus ½ cup strong coffee.
 - Stevia if desired.

with CARDAMOM SPICE

- Ingredients**
- 1 pouch plus ½ teaspoon cardamom.
 - Stevia if desired.

Directions

Pour 1 Keto pouch, your desired blend, and 1 cup of ice into a blender. Simply blend and serve. Or, pour 1 Keto pouch into a glass and mix in desired blend.

FAT:
56 grams
.....

PROTEIN:
18 grams
.....

NET CARBOHYDRATE:
5 grams
.....

FIBER:
10 grams
.....

CALORIES:
610
.....

RATIO:
2.43:1
.....

SERVINGS: **1**



Peas



Coconut



Beets



Lemon Peel



Olive Oil



NOURISHMENT TO THRIVE

"LET FOOD BE THY MEDICINE."

-Hippocrates



functional formularies®

— LET FOOD BE THY MEDICINE —

NOTE*: Functional Formularies KETO is not intended as a SOLE SOURCE of nutrition. If you are following a KETOGENIC diet or have a specific Medical condition that requires you to be exact with certain nutrient levels, please discuss the use of this product with your medical team

K-002