

## Breakfast for 1,600kcal/Day (2.5 : 1 Ratio, 387 kcal)



Quote from

A Book of Ketogenic Diet — Diet of  
Miracle —

Dr. Hiroshi Maruyama

Published by Daiichi Shuppan Co.,  
Ltd. Tokyo JAPAN

Published on January 15, 2010



### Ingredients

#### 【Spinach and Egg】 (巢ごもり卵)

- Quail egg 30g
- Spinach 20g
- Salt pepper & soy sauce to taste

#### 【Marinated tomato and cheese】 (トマトとチーズのマリネ)

- Tomato 30g
- Cheese 10g
- Olive oil 3g
- Salt, pepper & vinegar to taste

#### 【Mushroom boiled in fresh cream】 (きのこのクリーム煮)

- ◆ Shimeji mushroom 20g
- ◆ Bacon 15g
- ◆ Fresh cream 50g
- ◆ Consomme powder & salt to taste

### Directions

#### 【Spinach and Egg】

- ① Spread boiled spinach over a heatproof vessel, and crack the quail egg on spinach.
- ② Season and grill it in toaster oven for 5 minutes.

#### 【Marinated tomato and cheese】

- ① Cut tomato and cheese into cubes.
- ② Dress diced tomato and cheese with vinegar, salt and pepper.