



# Keto *dinner* Guide

## Bring Your Community Together for a Purpose

### A KETO DINNER GUIDE FOR YOUR FUNDRAISING EVENT

Hosting a Keto dinner is a meaningful way to connect with friends and family while raising awareness and funds for Glut1 Deficiency. This guide provides simple, delicious recipes inspired by the same ketogenic diet that serves as the standard of care treatment for those living with Glut1.

Whether you're sharing a meal with potential donors or gathering loved ones for support, these recipes—or your own favorite recipes—make it easy to fuel progress and create an unforgettable evening.

*All recipes were developed or approved by Registered Dietitians and provided by the Charlie Foundation for Ketogenic Therapies. Please adjust recipes to fit your specific caloric, macronutrient, or ratio needs.*





★ APPETIZER

# Curry Butternut Squash Soup

Servings: 4-6 people

## Ingredients:

Calculate this recipe to the desired ratio using about the same amount of coconut milk as squash; 1 gm of curry powder per serving (or 2mg for stronger flavor); and 5-15 gm of raw onion per serving, depending on carbohydrate restriction.

- Butternut Squash (cooked)
- Coconut milk (not low-fat)
- Olive Oil
- Curry Powder
- Onions (raw)

## Directions:

1. Bake a butternut squash; cut it down the middle, then scoop out the strings and seeds. Turn both pieces face down on a foil-covered baking sheet and bake for 30 minutes at 375 degrees. You can also cook in the microwave. Cut the squash into chunks and microwave until soft.
2. Saute raw onions in olive oil in a small saucepan.
3. Add cooked squash, coconut milk, and curry powder and mix well with a silicone spatula, mashing squash into liquids.
4. Simmer for 10 minutes on low heat to blend flavors. Water may be added for thinner consistency. Soup may be refrigerated for 2 days or frozen.



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## MAIN DISH

# Chicken Nuggets

Servings: 6

### Ingredients:

- 2 C (250 g) Chicken Breast, shredded finely
- ¼ C (28 g) Coconut Flour
- 1 Large (50 g) Fresh Egg
- Salt and Pepper to Taste
- ½ C (107 g) Avocado Oil
- ½ C (104 g) Mayonnaise, Sir Kensington's
- Avocado Oil for cooking

### Directions:

1. In a large mixing bowl, combine the shredded chicken, coconut flour, and seasonings. Use a fork to combine the ingredients, evenly distributing and coating the chicken with the dry ingredients.
2. Add the avocado oil, mayonnaise, and egg. Stir to combine. The mixture will be on the loose side, similar to pancake mix.
3. If you would like to weigh the exact portion, this is the time to do it! This recipe is calculated for approximately six servings, one serving weighs 89 grams.
4. Heat a non-stick pan or skillet to about 450 degrees (medium-high heat). Drop spoonfuls of the batter onto the cooking surface and fry as you would pancakes, flipping at least once. A small pan will help contain any fat that cooks out.
5. Once the nuggets have cooked thoroughly, allow them to cool in the pan to reabsorb the oil, or scrape the pan and drizzle the oil over the nuggets.
6. Serve immediately or freeze in a single layer, then store in a baggie. To reheat, place the frozen nuggets in a pan and heat until thawed over medium-low heat.
7. Alternatively, you can bake the nuggets in oven-safe silicone molds or cupcake tins. Bake at 450 degrees F for about 15-20 minutes. Time will vary depending on the size of the nuggets. Allow them to cool in the molds or pan to reabsorb fat that has cooked out.





VEGGIE SIDE

# Zucchini and Tomato Sauté

**Servings:** Can be adjusted depending on the need and size of ingredients

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**Ingredients:**

- Zucchini, small, cut into very thin slices
- Tomatoes, chopped
- Parmesan cheese
- Onions, finely chopped
- Olive Oil
- Optional: Salt

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**Directions:**

1. Calculate ingredients to meal requirement.
2. Sauté onions in olive oil for 2 minutes.
3. Add the sliced zucchini. Sauté for 2 minutes, turning over the slices as they cook.
4. Add chopped tomatoes and sauté for an additional 2 minutes.
5. Sprinkle Parmesan cheese on top, then remove from heat, and cover with a lid until ready to serve.



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## DESSERT

# Dairy-Free Chocolate Truffles

Servings: 24 Truffles

### Ingredients:

- $\frac{1}{3}$  C + 1.5 T Coconut Milk
- 12.8 oz bar Lily's 70% Dark Chocolate, Sea Salt
- 4 T Coconut Oil
- 2.5 T Cacao Powder

### Directions:

1. Combine the coconut milk, coconut oil, and dark chocolate in a microwave-safe bowl. Heat the mixture in 30-second intervals until melted. Stir between each cycle. If you prefer not to use a microwave, this process could be completed in a double boiler or a small heat-proof bowl set on a mug warmer. Whichever method you choose, avoid overheating the chocolate, or it will separate and not reset properly.
2. Once all ingredients are warmed through, stir the mixture very well until it is completely smooth and the chocolate has completely melted. If you are using silicone molds, pour the melted mixture into the molds, and then place the molds in the refrigerator overnight.
3. If you are rolling the mixture into spheres, cover the bowl tightly with plastic wrap. Place the melted chocolate mixture in the refrigerator and allow this to cool completely, overnight is best.
4. After the truffles have cooled, roll them into small spheres or remove them from the silicone molds and coat them with the cacao powder. The easiest way to do this is by using a small plastic bag. Place the cacao powder in the bag, and one at a time, add a truffle and shake to coat.
5. Place the truffles in a single layer in a storage container. Optional step: Allow them to dehydrate slightly by sitting the uncovered container in the refrigerator for 12-24 hours. This will create a shell around the outside of the truffle and prevent them from melting too quickly in your hand.





# Thank You!

Thank you for hosting a Keto dinner and supporting the Glut1 Deficiency community. Your efforts help us unlock up to **\$100,000 in matching funds** reserved exclusively for clinical trials for new treatments.

There are even more ways to get involved and make an *impact!*

Visit our Love Some1 with Glut1 page to:

- Set up your **own peer-to-peer fundraiser**
- Learn about the **\$100,000 matching gift**
- Get your **Love Some1 with Glut1 T Shirts**
- Discover how your love **fuels progress**

**Make an impact now**

[G1DFoundation.org/Love](https://G1DFoundation.org/Love) >

