

VITAFLO CHRISTMAS MAGAZINE

WRAPPED IN WONDER

2025

Vitaflo™

Enhancing Lives Together

INTRODUCTION 01

Intro to the content of the magazine

TOP 5 RECIPES 02-03

The Top 5 Vitaflo Christmas Recipes

CHRISTMAS BLOGPOST Featured across the magazine

Globetrotter's guide to Christmas

CHRISTMAS GAMES Featured across the magazine

A Rebus, Wordseach, Spot the difference & Find Kai!

COMMUNITY DRAWINGS 14

Christmas drawings from around the world

SHOPPING LIST 15

The Vitaflo Christmas Shopping List

COLOURING IN 18-19

Christmas themed Vitaflo drawings for you to fill in!

CHRISTMAS GAME SOLUTIONS 22

Find all solutions on this page!

CHRISTMAS CUTOUTS 23

Cutout out our Christmas themed illustrations!

CONTACT US 25

All necessary details to contact Vitaflo



INTRODUCTION

Dear reader,

Christmas is a time for being together, warmth and lights – even when it's cold outside.

At Vitaflo, we know that following a keto diet can sometimes be challenging, especially during the festive season. That's why we want to inspire and connect with you through this Christmas magazine.

In this cheerful and heart-warming issue, you will find our top 5 keto Christmas recipes, full of flavour and cosiness. We take you on a world tour with an article about Christmas traditions, treat you to fun Christmas games... and share Christmas facts that you may not have known before.

We also show you how you can get your festive table ready for Christmas with a few simple tips.

This magazine is for you – our community – like a warm hug on paper. We hope it brings a smile to your face and gives you new ideas for the festive season.

On behalf of the entire Vitaflo team, we wish you and your loved ones a loving, tasty and magical Christmas.

With warm regards,

Your Vitaflo team

Discover all our festive Christmas recipes here...

TOP FIVE CHRISTMAS RECIPES

1 FESTIVE YULE LOG

Celebrate the season with this keto-friendly Yule log! Rich, chocolatey, and beautifully rolled, it's the perfect festive treat for any holiday table.

Find the full recipe here, or scan the QR code below!





2 FESTIVE STAR CINNAMON BISCUITS

Bring the magic of the holidays into your kitchen with these cheerful star-shaped biscuits! Crispy, delightfully fragrant, and lightly spiced, they're perfect for sharing with family and friends. Serve them with hot chocolate or tea or wrap them up as little treats to give.

Find the full recipe here, or scan the QR code!





3 FESTIVE CUPCAKES

Bring holiday sparkle to your dessert table with these charming cupcakes! Topped with creamy frosting and sprinkled with festive flair, they make the perfect indulgence for seasonal celebrations.

Find the full recipe here,
or scan the QR code!

4 FESTIVE TURKEY QUICHE

This festive turkey quiche brings hearty holiday flavours into a ketogenic package! With a rich almond-flour base, tender turkey pieces and savoury sausage, it's the perfect dish to serve at your seasonal table.

Find the full recipe here,
or scan the QR code!





5 BERRY TRIFLE

Indulge in a layered delight with this berry trifle! Featuring fresh mixed berries, velvety custard, and a light cream finish, it's a beautiful dessert that brings colour and flavour to any occasion.

Find the full recipe here,
or scan the QR code!

CHRISTMAS BLOG



Cosy table decorations and inspiration for the festive season.

One of the most beautiful traditions during the festive season is gathering around a beautifully laid table, where stories come to life and new memories are made.

In this blog, we would like to take you on a journey through traditions from different cultures around the world. Whether you are hosting a large party or an intimate dinner, be inspired by these ideas to create a warm, inviting atmosphere that will bring your loved ones even closer together this Christmas.

CHRISTMAS IN BELGIUM:

COZY DINING AND SWEET TRADITIONS



A traditional Belgian Christmas dinner usually consists of three to four courses. On Christmas Eve and Christmas Day, more than 80% of festive meals are still prepared by the host or hostess themselves. However, we are increasingly seeing guests contributing to the menu, filling the table with delicacies that everyone has helped to prepare – a celebration of togetherness and cooking together.

And of course, dessert is a must. On both Christmas Eve and Christmas Day, special cakes take centre stage on the table, with the classic Yule log being the absolute showstopper. This festive sponge roll, generously covered in chocolate, is the symbol of Belgian indulgence during the festive season.

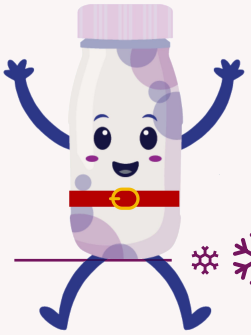
Have you ever tasted a classic Christmas dessert or made one yourself? Then don't miss our recipe for a festive Yule log. Sweet, rich in flavour and perfect for the festive season – find out how to make it here:

Festive Yule Log Recipe | My Ketogenic Diet

As families enjoy dinner together and exchange gifts, a warm tradition emerges that makes the magic of Christmas tangible – and the Belgian Christmas dinner an unforgettable experience for everyone, time and time again.

CHRISTMAS IN FRANCE:

COZY TRADITIONS FROM FRANCE





On Christmas Eve, family and friends gather to enjoy a lavish feast. The evening traditionally ends with the exchange of gifts, brought by the beloved Père Noël (Father Christmas), who symbolises generosity and joy.

On Christmas Day, the celebrations continue in a somewhat more relaxed atmosphere. One of the most enchanting traditions is the chocolate papillotes. These delicacies shine in gold or silver foil, often with cheerful fringes, in the shop windows of the best French chocolatiers. But the real charm lies inside: each chocolate contains a little message. As the family unwraps the papillotes, the funny or heart-warming messages are shared aloud – a tradition that brings lots of laughter and togetherness.



CHRISTMAS IN THE NETHERLANDS:

THE JOY OF TWO CHRISTMAS DAYS

Whereas many countries only celebrate Christmas Day, the Netherlands has a special tradition: Boxing Day. This extra holiday is deeply rooted and cherished by many families.

Boxing Day often centres around an elaborate dinner and enjoying precious moments together. This day offers space for a slightly quieter program: visiting grandparents, family or friends, or simply relaxing together – a perfect way to continue the festive season in peace.

In addition to good food and cozy get-togethers, there is another tradition that is part of many Dutch people's lives: watching the Christmas special of the television program “All You Need Is Love” together. Every year, moving reunions and surprises give viewers goosebumps, tears and smiles, making this program an integral part of the warm, typically Dutch Christmas experience.

CHRISTMAS GAMES!

CAN YOU SOLVE OUR CHRISTMAS REBUS?

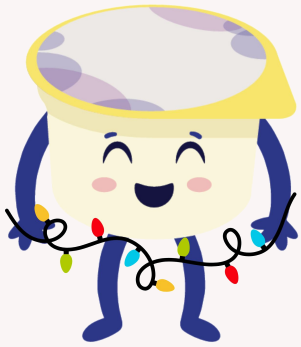
Test your festive brainpower with this fun Vitaflo Christmas rebus challenge. Each puzzle hides a word or phrase using pictures and letters. Look closely, think creatively, and see how many you can crack!



You can find the answers on the last page of this magazine

DID YOU KNOW...

...that the first decorated Christmas tree dates back to 1510? It was in the town of Riga in Latvia. The oldest story mentioning a Christmas tree dates back to 1531.



CHRISTMAS WORDSEARCH

Get into the holiday spirit with our festive word search. Hidden in the grid are all your favourite Christmas words, from Santa and reindeer to carols and candy canes. Search up, down, across and diagonal to find them all. A perfect challenge for a winter afternoon.

T L M E C P E H E R E N T I R
E R Y S C A R O L S N E R D P
T S S E E Y A E L D S L Y D J
E Y A O Y C N R S R N F E L N
R A T T N A T D A E A G M R A
E G N E Y I A E R T N N A E E
N J A L I A E G A R E T A I O
A Y S T J Y O J E E I J S N A
C A M S T G T E E S E S I D L
Y R E I E T H E J I N G L E E
D C E M I S R E E R Y R R E M
N E C L P A O E E R O L E R C
A M E E D S O A E I R A R S L
C H R I S T M A S T O A R N S
I E M C P N Y S E E E L R M E

Christmas
Joy
Santa
Reindeer
Jingle
Elf
Merry
Tree
Presents
Candy Cane
Carols
Mistletoe



CHRISTMAS IN TURKEY:

A FEAST FULL OF HOSPITALITY

In Turkey, there is an age-old saying: ‘Greet someone from Turkey, and don't worry about food – you will be provided with delicious food anyway.’ This saying perfectly sums up the essence of Turkish hospitality. Eating together is a cherished tradition there: once the table is set, everyone is welcome – whether you've been invited or just dropped in unexpectedly.

Soup is an essential part of this. Lentil soup, Ezogelin soup, yoghurt soup or tarhana – each variety brings its own piece of tradition and warmth.

Are you still looking for delicious, festive soups for your Christmas table? On our website, you will find a whole collection of tasty soup recipes, perfect for surprising your family and friends during the festive season. From creamy classics to surprising variations – there is something for everyone!

Click the following link to find all our delicious soup recipes http://vitaflo.co/9e4c5e or scan the QR code:

CHRISTMAS IN AUSTRALIA:

SUMMER CHRISTMAS CHEER





In Australia, Christmas falls in the middle of summer, with temperatures often reaching 25 to 30 degrees. No wonder, then, that the barbecue is the shining centrepiece of the festive meal. Families enjoy delicious grilled dishes, while the kitchen stays cool.

The table decorations also exude summer: colourful flower arrangements with typical Australian flowers bring nature indoors and create a cheerful, festive atmosphere.

The Christmas menu is often light and fresh. Salads and grilled vegetables from the barbecue provide flavour and variety, while cold desserts are the perfect sweet finale – a refreshing moment of enjoyment on a hot summer's day.

CHRISTMAS IN THE UNITED KINGDOM:

THE ICONIC CHRISTMAS DINNER





In the United Kingdom, the Christmas season begins with Advent, which ends on Christmas Day, 25 December. Families gather for the traditional Christmas dinner, which includes stuffed turkey, Brussels sprouts and, of course, the iconic Christmas pudding dessert. Tables and homes are festively decorated in deep shades of red, green, gold and white.

On Christmas Eve, many attend midnight mass, while children eagerly await the arrival of Father Christmas. They often leave a biscuit and a glass of milk as a treat for the jolly old man.

On Christmas Day itself, everything revolves around joy: gifts are exchanged, often found under a beautifully decorated Christmas tree.



Would you like to bake cookies for Santa Claus yourself? Click on the following link for a delicious recipe: Festive Star Cinnamon Biscuits Recipe | My Ketogenic Diet. Or scan the QR code:

CHRISTMAS IN POLAND:

TRADITIONS UNDER THE STARS

In Poland, Christmas traditions are deeply rooted and heart-warming, especially during Wigilia, the Christmas Eve dinner that begins as soon as the first star appears in the evening sky. Around 6 p.m. , the whole family gathers at the table, full of anticipation, ready to enjoy a meal consisting of no fewer than twelve dishes. Each bite tells a story of tradition, happiness and togetherness.

An extra plate at the table always remains unoccupied – a silent greeting to a lost traveller and a tribute to loved ones who are no longer with them. Under the white tablecloth lies straw, a symbol of prosperity and abundance for the new year.

The table itself is a feast for the eyes: richly decorated with shades of gold, red and green, radiating warmth and togetherness.



PATIENT DRAWINGS

Created by Harry - 11 Years Old



Created by Olivia - 6 Years Old





Created by Olivia - 4 Years Old



Created by Nora - 5 Years Old

DID YOU KNOW...

...Santa Claus has his own postcode in Canada? Send a letter to SANTA CLAUS, NORTH POLE, HOHOHO, CANADA (before 16 December) and you will even receive a reply!



DID YOU KNOW...

...in order to visit every house in the world, Santa Claus would have to visit 822 houses per second? That means he would have to travel at a speed of 1046 kilometers per second. Santa Claus is a fast guy!

CHRISTMAS IN IRELAND:

THE TRADITION OF A CANDLE IN THE WINDOW

In many homes on Christmas Eve, a candle is lit in the window by the youngest child in the house. The candle symbolises that those less fortunate are welcome to call to the house for a glass of something to warm them up. Christmas in Ireland isn't complete without decking the halls with Christmas decorations. For some households, it’s as simple as a tree in the corner of the living room.

Others add tinsel, Santas, and lights across every available surface on the ground floor. And then there are the households that take it a step further, stringing lights across roofs, gardens, and fences until the whole place glows.

From a single tree to a full-on light show, putting up decorations is one of the Irish Christmas traditions that varies wildly from home to home. In addition to the festivities of Christmas Day on December 25th, January 6th is known as 'Women's Christmas' or 'Nollaig na mBan'. Traditionally, women put their feet up on this date and the rest of the family make dinner and clean up to say thank you for all the hard work done over the Christmas period.





CHRISTMAS IN THE UNITED STATES:

A CELEBRATION OF FLAVOURS AND TRADITIONS

In the United States, Christmas is a time for togetherness and abundance. Many traditional Christmas dinners resemble Thanksgiving, with a stuffed turkey accompanied by cranberry sauce, ham, roast beef and a colourful selection of delicious cakes. But what makes these holidays truly special is the rich variety of regional traditions and flavours.



In Hawaii, for example, the Christmas table is filled with pork and cabbage, while in Alaska, fresh crab is a must. Italian American families celebrate Christmas with the 'Feast of the Seven Fishes,' where seven different types of fish or seafood are served. In Louisiana, the 'réveillon dinner' follows evening mass, with fragrant dishes such as chicken gumbo, vegetables, shrimp, sausage and rice.

Across the country, red, green, gold and silver colours adorn homes and tables, adding extra sparkle to the Christmas atmosphere. The combination of traditions and flavours makes the American Christmas season a time of warmth, togetherness and unforgettable moments for everyone.

When we look back on the diverse and heartwarming Christmas traditions around the world, it becomes clear that the essence of this holiday season lies in togetherness, hospitality and celebrating cherished customs. We invite you to incorporate these traditions into your own holiday celebrations and create lasting memories with your loved ones.

We would love to see your festive Christmas tables and party inspiration! Share your photos with us on Instagram or Facebook using the hashtag **#VitafloChristmasTraditions**.

By sharing your photo with us, you give us permission to use it on our website, social media, and other marketing communications.
All the recipes have been specifically designed for a protein restricted diet, please check with your dietician if these recipes are suitable for you.

COLOUR ME IN!



COLOUR ME IN!



WHERE IS KAI?

HINT: He appears 8 times!



SPOT THE DIFFERENCE!

HINT: There are 10 differences



DID YOU KNOW...

...the Christmas stocking used to be a shoe? According to the story, St. Nicholas dropped a bag of gold down the chimney, right into a shoe by the fire – and that's how the tradition of hanging a stocking by the fireplace started!

CHRISTMAS GAME SOLUTIONS









CHRISTMAS CUTOUTS

1. Cut out the shapes along the dotted line.

2. Glue the cut-out shape firmly onto a straw or wooden stick (e.g., a skewer or popsicle stick).

3. Hold the stick in front of or next to your face or in your hand and snap the most festive Christmas photos.

4. Did you take a nice photo? Upload it to your socials and tag us.







VITAFLO UK:

+44 (0)151 709 9020

vitafriends@vitaflo.co.uk

https://www.myketogenicdiet.com/

https://www.facebook.com/MyketogenicdietUK/

https://www.instagram.com/myketogenicdiet.uk/

VITAFLO AUSTRALIA:

1800 230 889

enquiry@vitaflo.com.au

VITAFLO IRELAND:

+353 (0) 83 008 1251

VitafloIreland@Vitaflo.ie

https://www.myketogenicdiet.com/

https://www.facebook.com/MyketogenicdietUK/

https://www.instagram.com/myketogenicdiet.uk/



GET IN TOUCH!

The recipes in this magazine have been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information and check with your healthcare professional if these recipes are suitable for you.
K.Yo™, K.Flo® and MCTprocal® are foods for special medical purposes and must be used under medical supervision.


Vitaflo
Enhancing Lives Together