

**Little Matty's prescription.**

**Little Matty is a fictitious 4 year old  
who weighs 16 kg.**

**MCT KETOGENIC DIET**



**45% MCT**  
1 MEAL = 325 kcal  
9 g protein  
15 g CHO  
9.5 g LCT fats  
18 g MCT

## Babootie



- 20g Eggs, chicken, whole, raw
- 38g Mushrooms, common, raw
- 24g Spring onions, bulb and tops, raw
- 20g Tomatoes, raw
- 20g Cucumber, raw
- 36g Liquigen
- 5g Butter
- 15g Lamb, mince, raw
- 18g Hovis Best of Both Bread
- 38g New Potatoes, average, raw

You will also need a good pinch of Curry powder, turmeric & black pepper, 1x bayleaf (optional)

Boil potato til just done. Make breadcrumbs.

Chop Mushrooms, onions & potato.

Melt butter in frying pan stir in the curry powder & tumeric add the mince, chopped mixture & breadcrumbs.

Stir in 30ml of water with a little salt place in ovenproof dish in oven 170c/150c Fan/gas 5 for 10mins.

Mix egg, Liquigen & black pepper pour on top put Bayleaf on top if using.

Bake until the custard is set & golden. Remove Bayleaf before serving.

Chop the tomato & Cucumber and serve as a side salad

All our recipes are tried and tested to 'Little Matty's' prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to **EACH INDIVIDUALS** prescription. Please take these recipes to your dietitian and he/she will help you to do this.

**PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION**