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

CLASSICAL KETOGENIC DIET

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

CELERIAC SOUP

- 22g Bacon rashers – streaky uncooked
- 10g Butter
- 14g Carrots- raw
- 30g Celeriac - raw
- 12g Double cream - MORRISONS extra thick
- 13g Olive oil
- Gia Tomato & Garlic Paste
- Good pinch of Knorr stock cube (Use the low salt ones if you are using smoked bacon)

Chop the veg.
Fry the bacon in the oil & butter add the veg with the Gia paste and stock cube.
Cover with water and simmer until soft.
Liquidise (a hand one is brilliant for small amounts but you can batch this and freeze at this stage.)
Put back in the pan add the cream and seasoning to taste heat gently until hot.

I found that a little sprinkle of dried Italian herbs was all the seasoning needed.

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