Little Matty’s prescription.
Little Matty is a fictitious 4 year old who weighs 16 kg.
CLASSICAL KETOGENIC DIET

CHEESEY NUTTY COLESLAW

- 20g Mayonnaise - HELLMANN’S
- 10g Macadamia nuts - MORRISONS
- 6g Pomegranate seeds - fresh
- 11g Cheddar cheese - CATHEDRAL MATURE
- 25g Cabbage - white
- 3g Carrots
- 5g Olive oil

Remember to always weigh after grating!

Finely shred the cabbage.
Coursely grate or very finely slice the carrot.
Chop the nuts.
Grate the cheese.
Mix everything into the mayo & oil with the pomegranate seeds.
Season to taste.

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

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