

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

CHEESY EGG ON FRIED BREAD with MCT



- 18g MCT oil
- 33g Eggs
- 7g Cheddar cheese – CATHEDRAL MATURE
- 3g Butter
- 37g Bread – HOVIS best of both

You will also need a little seasoning.

Cut crusts off bread – thick slices absorbs the oil better.

Fry the bread in the MCT oil.

Beat egg with a little seasoning.

Melt the butter with any residue of the MCT oil and whisk in the egg, when it is cooked stir in grated cheese.

Serve on the fried bread.

If preferred some or all of the cheese could just be sprinkled on top.

Mo's tip: I used thick sliced bread and found that just trimming off 3 sides of the crust gave me the correct weight.

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