Little Matty’s prescription.
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

Chickens Dinner

• 15g Chicken breast
• 35g Celeriac
• 45g Calogen
• 2g Butter
• 16g Carrots
• 8g Olive oil

You will also need seasoning and little KNORR stock cube or stock pot and either some DaVinci or Crusha syrup.

Peel celeriac and carrots, weigh.
Cut the celeriac into chips and the carrots into batons; boil in a little water until only just cooked, keep the water.
Flatten the chicken breast between cling film with a rolling pin, this makes the portion seem larger and you will also achieve a larger area to soak up the oil.
Fry the celeriac chips in the oil, when almost done add the chicken, season with a little salt and herbs if desired. This will cook in a few minutes, it needs to be nice and brown but take care not to burn.
Melt the butter in another pan add the carrots, reheat to absorb the butter.
Heat approximately 50mls of the reserved vegetable water and stir in enough Knorr to taste, deglaze the pan with the gravy to ensure you capture all the residue fat. This will be drinkable if it doesn’t all go down with the chicken and vegetables!
Make a milkshake by mixing the Calogen with the syrup.

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

Matthew’s Friends 2012  Registered Charity Number 1108016