

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

Chicken Korma



- 29g Chicken, light meat, raw
- 90g Betaquick
- 6g Sunflower oil
- 8g Yoghurt, Greek Style, Morrisons
- 28g Peppers, capsicum, green, raw
- 16g Basmati rice, white
- 5g Coconut cream, UHT Blue Dragon
- 6g Tomatoes, canned, whole contents
- 18g Onions, raw

You will also need a little Knorr Touch of Chicken 1 tsp of curry powder & a good pinch of turmeric & ginger. A little Gia Garlic Paste.

Cut the chicken into small chunks mix in the yoghurt with ginger, garlic & leave to marinate as long as possible(at least 30 mins).

Boil the rice in salted water until done.

Heat oil over low heat add the curry powder, turmeric and a little black pepper. Fry for 1 min.

Turn up heat a little add the chopped onion & green peppers, not too small & cook for 2 mins then add coconut & chicken and cook for a further 2 mins.

Stir in the Betaquick with the Knorr Chicken . Simmer until cooked approx 8 - 10 mins

Stir in the the chopped tinned tomatoes & cooked rice simmer for another 4 mins this will absorb any excess liquid.

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