

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 WRAP with MCT



- 18g MCT oil
- 7g Greek style yoghurt
- 10g Mayonnaise - HELLMANS
- 19g Iceberg Lettuce
- 30g Chicken thigh – dark meat
- 25g Soft corn tortillas – DISCOVERY FOODS LTD

You will also need a pinch of dried herbs and a little seasoning.

Weigh the chicken thigh meat then flatten between sheets of cling film with rolling pin.

Mix the yoghurt with 12g of MCT oil, herbs and seasoning to coat the chicken.

Fry gently for approximately 10 minutes until the chicken is cooked.

Put the chicken to one side then mop up any residue by lightly heating the wrap in the pan.

Season the mayonnaise and whisk in the remaining oil.

Lay the wrap on a plate, cover with shredded lettuce, drizzle over mayonnaise dressing, top with the sliced chicken, roll up and serve.

The soft corn tortillas are readily available from Morrisons and other shops.

Mo's tip: If you leave the chicken to go cold before you pack it this makes a good packed lunch or picnic meal.

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