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

MEAL 4:1 Ratio
16 g fat
2 g protein
2 g CHO

VALENTINE TREAT SNACK

- 14g Dark chocolate – LINDT 90% CACAO DARK SUPREME
- 10g Butter

You will also need a few drops of liquid sweetener.

Melt the chocolate with the butter, stir in a few drops of liquid sweetener.
Pour in to moulds of your choice (hearts are nice for Valentine’s Day).
Put in fridge to set.

Mo’s tip: A few drops of orange extract is lovely added to the chocolate.

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