

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

## CRISPY POTATO CAKE with MCT



- 18g MCT oil
- 50g Eggs
- 53g Potatoes
- 6g Cornflour
- 40g Tomatoes
- 10g Streaky bacon rashers
- 2g Butter

Using a VEGGETTI gadget or similar, such as a vegetable peeler, make thin ribbons of potato.

Put the potato in to a cloth and squeeze out as much water as you can – you won't need to do this with new potatoes.

Stir in the cornflour with some seasoning and 10g of the MCT oil.

Put half the remaining oil with the butter in to a frying pan, put the potato (shaped in to a flattish cake) in to the pan, cover and GENTLY fry until the bottom is brown and crisp, then turn over.

When the potato cake is cooked add the tomatoes and bacon with the remaining oil and fry.

Place on a plate and keep warm while you fry the egg in the same pan.

Serve the potato cake topped with the egg, bacon and tomato. The potato cake goes really crispy. Pour any residue fat over it.

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**