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

FISH AND CHIPS – with Calogen milk shake

- 17g Cod
- 30g Celeriac
- 9g Frozen peas
- 1g Self raising flour - McDougalls
- 44g Calogen
- 8g Olive oil

You will also need a little salt and vinegar or ketchup and either some DaVinci or Crusha syrup.

Peel and weigh celeriac then cut into chips.
Boil for a few minutes, this helps absorb the oil when frying.
The peas can then be boiled in the same water, weigh after draining.
Coat the cod in seasoned flour.
Heat the oil and fry celeriac chips until brown, quickly fry the fish in the same pan.
Serve with the peas and any residue from the pan
Make a milkshake by mixing the Calogen with the syrup.

Mo’s tip: You can prepare more than one meal, this will keep if covered in the fridge for 2/3 days

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

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