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

Fruit Yogurt MCT Breakfast

- 38g Strawberries, raw
- 11g Blueberries
- 48g Yoghurt, greek style, plain
- 34g Eggs, chicken, boiled
- 36g Liquigen
- 15g Muesili Sugarfree Dorset Cereals

You will also need few drops of liquid sweetener or Da Vinci syrup fruit flavour.

Weigh out the hard boiled egg. (approx half of a large egg)

Chop the fruit.

Mix together the Yoghurt & Liquigen add the sweetener or syrup.

Stir in the fruit & Muesili

Serve with the egg on the side.

It is a substantial Breakfast!

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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