

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

FULL ENGLISH BREAKFAST with MCT



- 18g MCT oil
- 10g Bacon - back
- 18g Quail eggs
- 41g Cherry tomatoes
- 3g Butter
- 18g Pork sausages – THE BLACK FARMER
- 29g Thick white bread - sliced

You will also need a little seasoning.

Cut crusts off bread – thick slices absorbs the oil better.

Remove sausage meat from the skin and form into chipolata shape.

Heat 10g of MCT oil gently, add sausage and cook for 2-3 minutes, add the bacon and cook for 2 minutes.

Remove bacon and sausage and keep warm on serving place.

Cook the egg, keep warm on serving plate.

Cut tomatoes in half and add, cook with a little seasoning, keep warm on serving plate.

Add remaining oil and the butter. Fry the bread until golden brown and all oil is absorbed.

Serve all items together, making sure you get any residue from the frying pan.

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