

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

ROAST LAMB DINNER with MCT AND DESSERT!



- 18g MCT oil
- 20g Roast leg of lamb
- 43g Potatoes
- 60g Alpro soya dessert smooth chocolate
- 11g Double cream - MORRISONS
- 20g Broccoli boiled in unsalted water
- 24g Carrots boiled in unsalted water
- 18g Frozen green or French beans boiled in unsalted water

You will also need a little KNORR 'Touch to Taste' or if you prefer a little KNORR stock cube to make the gravy.

Boil the potatoes for approximately 5 – 6 minutes, use a floury potato like a King Edward as these fluff up and help soak up the oil.

Roast in the MCT oil until crisp. Keep warm while you make the gravy.

Add the stock cube with a little water to the oil residue, bring to the boil and then stir in the cream. This makes a tasty gravy.

Serve with the roast lamb and vegetables.

Pudding: Alpro soya chocolate dessert – this is approximately ½ the pot.

Mo's tip: You can flavour the gravy or veg with a little dried mint. You can use any roast meat as long as you check it to suit your prescription ratio.

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