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

MEAL 4:1 Ratio
32.5 g fat
4 g protein
4.1 g CHO

MUESLI YOGHURT

• 3g Oat so Simple - ORIGINAL
• 3g Rice Bran Ener-G (from Infinity Foods and other health food shops)
• 2g Hazelnuts Chopped & Roasted – MORRISONS home baking essentials
• 22g Yoghurt – Greek Style, plain
• 30g Clotted Cream
• 73g Alpro Light
• 0.5g Olive Oil

Mix together the nuts, oats and rice bran.
Mix the clotted cream until it loosens and then stir in the yoghurt and oil (1ml is enough – just to make up the ratio).
Stir in the nut mixture with approximately 30ml of cold water (more or less to consistency preferred).
Serve with Alpro as a drink – this can be flavoured if necessary

Mo’s tip: You can also add some liquid sweetener of DaVinci syrup to taste.

Although this doesn’t look like a lot it is a filling 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