

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

Pasta Bake



- 36g Liquigen
- 21g Penne Pasta, Morrisons (uncooked weight)
- 15g Chicken, light meat, raw
- 6g Spring onions, bulbs and tops, raw
- 16g Tomatoes, canned, whole contents
- 10g Cheddar cheese, Cathedral Mature
- 4g Olive Oil
- 2g Butter



You will also need a good pinch of mixed herbs, a little Gia Garlic paste & some seasoning.

First boil the penne pasta a salted water until tender then rinse in cold water.

Fry the chopped onions and sliced chicken in the butter & oil.

Add the tomatoes, herbs, garlic & seasoning. Mix in the penne pasta.

Place in a ramekin dish.

Mix a little bit of English mustard into the Liquigen just enough to season it.

Pour over the pasta & top with the finely grated cheese

Bake in preheated oven 180c/160c Fan/Gas 5 for approx 10 mins until browned.

Mo's Tip : Morrisons Penne are not the big ones! Each one weighs 1g so this gives a nice portion.

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