

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

PIZZA STYLE MEAL



- 20g Egg whites
- 12g Macadamia Nuts - MORRISONS
- 13g Olive oil
- 5g Philadelphia Cheese - Full Fat
- 10g Mayonnaise - HELLMANNS
- 4g Mature cheddar cheese - CATHEDRAL
- 2g Cornflour
- 12g Tomatoes

You will also need a pinch of garlic salt and a pinch of dried herbs, or just salt & pepper if preferred.

Preheat oven to 190c / 170c fan / gas 5

Grind the nuts to a paste. Whip egg whites until stiff.

Mix together the oil, nuts, mayo, cornflour & Philadelphia then fold into the egg white, season.

Place on a silicone baking mat or non stick foil spread to approx 1/2 inch thick.

Chop the tomato small (it is better to skin & deseed the tomato - before weighing of course!)

Sprinkle over the 'pizza' with the finely grated cheese.

Cook for approximately 20 minutes. Cool on tray then serve.

These freeze well and re heat in microwave. Reheat in 30 seconds bursts to be sure not to over-do it!

Mo's tip: I find Baco non-stick foil better than parchment and you can re-use it.

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