

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

Pork Stroganoff with Strawberries



- 28g Pork Fillet
- 50g Mushrooms, common, raw
- 20g Spring onions, bulbs and tops, raw
- 41g Green beans/French beans, raw
- 6g Cornflour
- 2g Butter
- 50g Strawberries, raw
- 7g Cream, fresh, clotted
- 7g Digestive Biscuits Mcvities
- 36g Liquigen

You will also need A GOOD PINCH OF DRIED SAGE

Chop the onions & slice mushrooms.

Fry the onion in the butter with the sliced pork & mushrooms cook gently for a few mins.

The mushrooms will start to give off their moisture this will help with the frying

Stir in the cornflour and the Liquigen cook gently for 5 mins. Add sage & seasoning

Boil the beans in a little salted water & serve with the pork.

Slice the strawberries add the cream & top with digestive, serve as dessert.

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