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

**POT NOODLES**

*(SNACK PRESCRIPTION AMOUNT)*

- 92g Skinny pasta noodles (available from the Skinny Pasta website)
- 31g Tomatoes - canned
- 3g Cheddar cheese – CATHERAL MATURE
- 15g Olive oil
- 7g Sweetcorn – GREEN GIANT – drained

You will also need some GIA garlic and tomato paste and a little seasoning.

Prepare the noodles by rinsing well under running cold water, then heat in fresh water for 2/3 minutes and drain well.

Heat the tomatoes, sweetcorn and GIA paste in the oil.

Toss in the noodles and sprinkle in the finely grated cheese.

Season with a little black pepper to taste.

**Mo’s tip:** This can be prepared ahead and reheated in the microwave.

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**