

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

CURRY



- 15g Quorn Pieces
- 4g Couscous MORRISONS PLAIN
- 13g Tomatoes
- 12g Cucumber
- 19g Green Pepper - diced
- 12g Spring Onions
- 20g Olive Oil
- 20g Double Cream – MORRISONS EXTRA THICK
- 8g Yoghurt – Plain Low Fat
- 3g Ground Almonds - MORRISONS

You will also need a 1g of Curry Powder SCHWARZ is best, and a pinch of dried Ginger, again SCHWARZ is best.

Gently fry the onion in the oil for 2 minutes. Add the ginger and curry powder, cook for a further two minutes.

Add the diced green peppers and 80ml of hot water; continue cooking for another 2 minutes.

Add the Quorn pieces and ground almonds. When Quorn is done stir in the cream and dry couscous, heat until the cream is hot.

Add seasoning if required and / or a little liquid sweetener to taste.

Mo's Tip: Hot water can be added to suit preferred consistency. If you want to take out the almonds and couscous, you can replace these with more vegetables if you want a bigger portion of curry.

Chop tomato and cucumber, mix with the low fat yoghurt and serve with curry

MODIFIED KETOGENIC DIET: Use your normal portion of Quorn or you can replace with any meat/fish of your choice.

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