

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

Tasty Tossed Lamb



- 10g Green beans/French beans, raw
- 14g Lettuce, Iceberg, raw
- 39g Lamb, loin chops, lean and fat, raw
- 25g Tomatoes, raw
- 2g Pine nuts
- 8g Spinach, raw
- 42g Sweet potato, raw
- 14g Spring onions, bulbs and tops, raw
- 12g Baby corn fresh
- 18g MCT Oil
- 6g Balsamic Vinegar Essential Waitrose

Using 6g of the oil whisk with the balsamic vinegar to make a dressing. Add seasoning.

Cut the sweet potato into cubes toss in the remaining 10g oil and some seasoning.

Roast in a hot oven 200c/180c fan/gas 7 for approx 15 mins.

Fry or griddle the lamb (weigh after removing bone) keep any juices then keep warm in foil. Keeping meat warm for 10-15 mins helps tenderise it.

Boil the green beans & baby corn for 3 mins then rinse in cold water drain well and cut into bite size pieces

Slice the tomatoes, onions, washed baby Spinach & iceberg mix with the beans & corn, toss in the oil dressing.

Toss the lamb in the pesto then toss everything together including the sweet potato and sprinkle with toasted pinenuts (Fry in a dry pan for a few seconds take care they go brown quickly!).

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