

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

## CHICKEN IN MINT YOGHURT with MCT



- 13g MCT oil
- 26g Chicken thigh – dark meat
- 14g Greek style yoghurt
- 30g Iceberg lettuce
- 16g Mayonnaise – HELLMANNS
- 30g Pitta bread - WEIGHTWATCHERS

You will also need a pinch of dried mint and a little seasoning.

Pre heat oven to 220c / fan 200c / gas 7.

Cut the meat from the thigh, weigh and flatten between cling film with a rolling pin.

Mix the yoghurt with 10g of oil and mint to coat the chicken.

Put on a baking tray and cook in oven for approximately 15 minutes.

Cool - this is nice when cold.

Season the mayonnaise and serve with shredded lettuce drizzled with the remaining oil and pitta bread.

Make sure you scrape any of the residue on to the meal.

The pitta portion is approximately 2/3rds of a whole pitta so it quite substantial.

**Mo's tip:** This makes a good wrap style packed lunch.

**Adapted from our patron Fay Ripley's cookery book - Fay's Family Food.**

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**