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

CHRISTMAS DINNER with MCT

- 9g MCT oil
- 47g Potatoes - boiled
- 30g Carrots – boiled in unsalted water
- 30g Parsnip – boiled in unsalted water
- 30g Brussel sprouts – boiled in unsalted water
- 19g Turkey – light meat roasted
- 10g Olive oil
- 13g Double cream - MORRISONS

You will also need 70mls of stock made from a KNORR chicken stock cube or stock pot.

Place the potatoes and parsnips in the MCT and olive oils in an ovenproof dish and roast until brown. Make sure the dish is only big enough to hold the contents, this way the oil will not splutter about so much.

When they are brown remove and keep warm, then add the stock to the dish to make a gravy and get the residue oil, stir in the cream, this will enrich and thicken it.

Serve with the vegetables.

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