

Little Matty's prescription.

Little Matty is a fictitious 4 year old
who weighs 16 kg.

MCT KETOGENIC DIET



27.58 g fat
9.05 g protein
14.83 g CHO
Kcal: 344

SAUSAGE DINNER with MCT



- 18g MCT oil
- 68g Potatoes
- 20g Celeriac
- 10g Peas – boiled in unsalted water
- 2g Butter
- 28g Sausages – BLACK FARMERS DAUGHTER CHIPOLATAS
- 20g Egg

You will also need 1/8th KNORR stock cube dissolved in 50mls of hot water.

Weigh the potatoes and celeriac after peeling then boil in hot water with a pinch of salt.

Mash potato and celeriac together with 10g of MCT oil.

Fry the sausages in the remaining oil, then fry beaten egg in the same oil.

Keep the sausage and egg warm.

Add the stock and butter to the pan to make gravy. The gravy thickens when you put the butter in and simmer for a minute or two.

Serve the mash topped with the sausage and egg, add the peas.

Mo's tip: If preferred you could use whole quail's egg if you want a fried egg rather than an omelette.

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