

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



MEAL 4:1 Ratio
16 g fat
2 g protein
2 g CHO

Chapatti



- 3g Flour, wholemeal self raising – ALLINSON
- 7g Flaxseed – LINWOODS
- 5g Butter
- 6g Sunflower oil
- 4g Coconut powder – TRS

Mix the flaxseed with a little hot water approx 10mls.

Keep butter to one side.

Mix all other ingredients, with a tiny pinch of salt, to form a dough.

Shape and dry fry in a frying pan.

Serve spread with the butter.

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