

Little Matty's prescription.

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

**CLASSICAL KETOGENIC DIET**



**MEAL 4:1 Ratio**

32.5 g fat

4 g protein

4.1 g CHO

## LCT Pasta Carbonara



- 11g Bacon rashers, streaky, raw
- 150g Miracle noodles
- 8g Cheddar cheese – CATHEDRAL CITY
- 70g LCT CarbZero
- 13g Mushrooms, common, raw
- 11g Butter
- 10g Cream, fresh, double
- 1g Cornflour



You will also need 1/8 teasp of GIA Garlic paste and some some seasoning which can be salt & pepper or a pinch of dried herbs.

Start by preparing the noodles which must be rinsed several times in fresh water then simmer for 1 min in fresh water then drain. If you buy the ones sold in Holland & Barret follow the instructions.

Chop the bacon & Mushrooms (Choose white ones) then fry in the butter for a few mins with garlic paste.

Add the cornflour & herbs if using stir well. Then add the LCT CarbZero & the cream stir until hot.

Then add the noodles and finely grated cheese. Season to taste.

**Mo's Tip** : If you are using the noodles for the first time don't be put off by the initial smell the rinsing does improve it and they do not taste fishy.

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**