

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 Yorkie Dinner



- 5g Flour, Plain, Homepride
- 50g LCT CarbZero
- 18g Olive oil
- 14g Eggs, chicken, white, raw
- 15g Eggs, chicken, yolk, raw



Preheat oven to 190c/170cFan/gas 5

Divide the oil between 4 muffin moulds

Beat the egg YOLK with the LCT CarbZero & Flour.

Put the muffin mould in the oven to heat

Whisk the egg WHITE with a pinch of salt until stiff (but not too dry)

Fold into the flour mixture and mix well.

Divide between the muffin moulds and cook for approx 20mins

Can be served with a little gravy made from a little Knorr stock cube & water

Mo's Tip : Useful as a snack individually and could be incorporated into other meals if you make the allowance on your EKM programme.

You could also swap 50g Carbzero for 50g Betaquik if you are on an MCT diet. 50g of these products = 10g of fat.

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

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