

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

COTTAGE PIE



- 8g Minced beef
- 9g Butter
- 33g Celeriac - raw
- 93g Chestnut mushrooms
- 16g Double Cream - MORRISONS extra thick
- 15g Olive oil
- 10g Spring onions - bulbs and tops
- You will also need approx 1/8 of a Knorr beef stock cube **OR** 1/4 of a Knorr vegetable stock pot
- Da Vinci syrup or any other sugar free flavouring that you may use.

Chop the Celeriac and boil in water with a small pinch of salt until tender.

Drain and mash with 5g of the butter.

Chop the mushrooms & onions.

Fry the beef & onions gently in the oil, add mushrooms and fry for 2 to 3 minutes.

Add 75 mls of hot water with the stock cube / pot.

Cook for 10 minutes.

Put in a ramekin and place the mashed celeriac on top.

Dot with the remaining butter and pop under the grill to brown off.

Mix the cream with 200 mls cold water and little Da Vinci syrup to make a milk shake serve as dessert.

MODIFIED KETOGENIC DIET: Use usual amount of minced beef/lamb and you could also add a little grated cheese to the topping.

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