

## Easy Meal Ideas

### Yogurt Parfait

Mix one packet of MCTprocal with your favorite permitted yogurt and top with fruit or cereal.

### Breakfast Scramble

Pour egg whites into a bowl and season to taste. Add one packet of MCTprocal to the egg mixture and beat until combined. Cook eggs in a nonstick pan until fluffy. Also try adding your favorite veggies or cheese.

### Chicken or Tuna Salad

Mix one packet of MCTprocal with at least 2 tablespoons of plain yogurt or salad dressing. Combine mixture with cooked chicken or tuna and season to taste. Add to a vegetable salad or make a sandwich!

### Creamy Soup

Stir MCTprocal into your favorite warm soup.

### Pasta or Pizza Sauce

Mix one packet of MCTprocal with at least 2 tablespoons of permitted sauce. Use the sauce as a pasta topping, or to make your own pizza.

### Quesadilla Roll

Mix a few table spoons of refried beans with 1 tablespoon water and MCTprocal. Spread on a tortilla and top with cheese. Microwave to desired temperature, roll, and enjoy!

### Creamy Side Dishes

Add one packet of MCTprocal to a portion mashed potatoes, pasta, or rice. For mashed potatoes, simply stir in MCTprocal. For already cooked pasta or rice, add 1–2 tablespoons of water or milk and stir in MCTprocal. Season to taste.

# MCTprocal™

## Mixing Ideas



Innovation in Nutrition

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**USE UNDER MEDICAL SUPERVISION**

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MCTprocal is a powdered medical food high in medium chain triglycerides (MCT) for the use in the dietary management of long chain fatty acid oxidation disorders and other conditions requiring high MCT.

### What makes MCTprocal different?

- Convenient and easy to use
  - Pre-measured packets containing 10 g MCT in powdered form
  - No mess – no need to measure or weigh out powder
  - Easy to use at home or on-the-go
- Mixes easily with most foods and beverages
- Minimal effect on taste, texture and volume
- Can be used in cooking and baking



1 packet (16 g)= 112 calories, 10 g MCT, 2 g Protein, 3.3 g Carbohydrate

### Simple Mixing Ideas

MCTprocal is simple to add into at any meal. It can easily be mixed into everyday suitable foods and drinks with minimal change in the taste or texture.

Mix one packet of MCTprocal to one serving of the following suggestions:

Apple Sauce

Milk

Pudding

Yogurt

Coffee or Hot Chocolate

Flavored or Plain Water



For more MCTprocal recipe ideas visit [www.VitaFloUSA.com](http://www.VitaFloUSA.com)

Use MCTprocal as directed by your dietitian or doctor.