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

MEAL 4:1 Ratio
8 g fat
1 g protein
1 g CHO

PENGUIN ½ SNACK
(1/2 SNACK PRESCRIPTION AMOUNT)

- 15g Olives in brine
- 6g Carrots
- 15g Cream cheese – PHILADELPHIA full fat
- 5g Clotted cream

You will also need 4 cocktail sticks and will be using 8 pitted black olives and 4 slices of carrot.

Cut the carrot into 4 rounds then cut a small bit out of each one to use for the beaks.
Cut 4 of the olives in half lengthways.
Divide the Philadelphia into 4.
Use 2 olive halves to sandwich to Philadelphia to form the bodies.
Secure the bodies on to the carrot to form feet.
Insert the piece cut from the carrot in to the hole in the reserved 4 olives.
Push the ‘head’ on to the body.
Place the clotted cream, which will look like snow, on to a plate and arrange the penguins.

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