



Outpatient Meal Plan 3: Parent / Young Person Copy

Breakfast	1 portion cereal with 200ml semi-skimmed milk 200ml fruit juice
Morning snack	200ml fruit juice + piece of fruit (eg 1 apple/1 pear/1 banana/ 2 satsumas)
Lunch	1 x sandwich (2 slices of bread, buttered) with filling of cold meat / cheese / tuna / houmous / egg 1 x yoghurt (125g pot – not low fat varieties) 200mls water
Afternoon snack	Snack from list + drink
Dinner	1 portion main meal 1 portion potatoes / rice / pasta 1 portion vegetables / salad 1 yoghurt (125g pot – not low fat varieties) or 1 portion of dessert 200mls water
Evening snack	200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate) + piece of fruit (eg.1 apple / 1 pear / 1 banana / 2 satsumas)