**Outpatient Meal Plan 1 (1200kcals): STAFF COPY**

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| **Breakfast**  **(200 kcals)** | 100ml fruit juice  ½ cereal portion with 200ml semi-skimmed milk  100mls water |
| **Morning snack**  **(100 kcals)** | 200ml fruit juice |
| **Lunch**  **(275 kcals)** | ½ sandwich (1 slice of bread, buttered) with filling of cold meat / cheese / tuna / houmous / egg  1 yoghurt (125g pot – not low fat varieties)  200mls water |
| **Afternoon snack**  **(200 kcals)** | Snack from list + drink |
| **Dinner**  **(370 kcals)** | ½ portion main meal  ½ portion potatoes / rice / pasta  ½ portion vegetables / salad  1 yoghurt (125g pot – not low fat varieties) or 1 portion of dessert  200mls water |
| **Evening snack**  **(88 kcals)** | 200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate) |