**Outpatient Meal Plan 3: (1850kcals ) STAFF COPY**

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| **Breakfast****(330 kcals)** | 1 portion cereal with 200ml semi-skimmed milk200ml fruit juice |
| **Morning snack****(150 kcals)** | 200ml fruit juice + piece of fruit (eg 1 apple/1 pear/1 banana/ 2 satsumas) |
| **Lunch****(425kcals)** | 1 x sandwich (2 slices of bread, buttered) with filling of cold meat / cheese / tuna / hummus / egg1 x yoghurt (125g pot – not low fat varieties)200mls water |
| **Afternoon snack****(200 kcals )** | Snack from list + drink  |
| **Dinner****(630 kcals)** | 1 portion main meal1 portion potatoes / rice / pasta1 portion vegetables / salad1 yoghurt (125g pot – not low fat varieties) or 1 portion of dessert200mls water |
| **Evening snack****(140 Kcals )**  | 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)  |