**Outpatient Meal Plan D**

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| **Breakfast** | 1 portion cereal with 200ml full cream milk  2 x toast + butter + jam  200ml fruit juice |
| **Morning snack** | 200ml fruit juice + snack from list |
| **Lunch** | 1 x sandwich (2 slices of bread, buttered) with filling of cold meat / cheese / tuna / humus / egg  1 x packet crisps  1 x yoghurt (125g pot – not low-fat varieties)  200mls water |
| **Afternoon snack** | 200ml full cream milk  Snack from list |
| **Dinner** | 1 portion main meal  1 portion potatoes / rice / pasta  1 portion vegetables / salad  1 portion of dessert or hot pudding plus custard, cream, or ice cream  200mls water |
| **Evening snack** | 200ml full cream milk (can be made into a hot drink, eg. Hot chocolate) + Snack from list |

**FLUID REQUIREMENTS IN ADDITION TO MEAL PLAN:**