



**Outpatient Meal Plan 4: Parent / Young Person Copy**

<b>Breakfast</b>	1 portion cereal with 200ml semi-skimmed milk 200ml fruit juice
<b>Morning snack</b>	200ml fruit juice + piece of fruit (eg.1 apple / 1 pear / 1 banana / 2 satsumas)
<b>Lunch</b>	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
<b>Afternoon snack</b>	Snack from list + drink
<b>Dinner</b>	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
<b>Evening snack</b>	200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate) + Snack from list