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

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| **Breakfast****(200 kcals)** | 100ml fruit juice½ 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 / egg1 yoghurt (125g pot – not low fat varieties)200mls water |
| **Afternoon snack****(200 kcals)** | Snack from list + drink |
| **Dinner****(370 kcals)** | ½ portion main meal½ portion potatoes / rice / pasta½ portion vegetables / salad1 yoghurt (125g pot – not low fat varieties) or 1 portion of dessert200mls water |
| **Evening snack****(88 kcals)** | 200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate) |