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

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| **Breakfast**  **(330 kcals)** | 1 portion cereal with 200ml semi-skimmed milk  200ml 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 / egg  1 x yoghurt (125g pot – not low fat varieties)  200mls water |
| **Afternoon snack**  **(200 kcals )** | Snack from list + drink |
| **Dinner**  **(630 kcals)** | 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 |
| **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) |