**Outpatient Meal Plan 5: PARENT / YOUNG PERSON COPY**

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| **Breakfast****(670kcal)** | 1 portion cereal with 200ml semi-skimmed milk2 x toast + butter + jam200ml fruit juice |
| **Morning snack****( 150kcal )** | 200ml fruit juice + piece of fruit (eg.1 apple / 1 pear / 1 banana / 2 satsumas)  |
| **Lunch****(555kcal)** | 1 x sandwich (2 slices of bread, buttered) with filling of cold meat / cheese / tuna / houmous / egg1 x packet crisps1 x yoghurt (125g pot – not low fat varieties)200mls water |
| **Afternoon snack****(200kcal)** | Snack from list + drink  |
| **Dinner****(630kcal)** | 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****(288kcal )**  | 200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate) + Snack from list |