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

|  |  |
| --- | --- |
| **Breakfast**  **(670kcal)** | 1 portion cereal with 200ml semi-skimmed milk  2 x toast + butter + jam  200ml 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 / egg  1 x packet crisps  1 x yoghurt (125g pot – not low fat varieties)  200mls water |
| **Afternoon snack**  **(200kcal)** | Snack from list + drink |
| **Dinner**  **(630kcal)** | 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**  **(288kcal )** | 200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate) + Snack from list |