**Outpatient Meal Plan B**

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| **Breakfast** | 1 portion cereal with 200ml semi-skimmed milk  200ml fruit juice |
| **Morning snack** | 200ml fruit juice + piece of fruit (e.g. 1 apple/1 pear/1 banana/ 2 satsumas) |
| **Lunch** | 1 x sandwich (2 slices of bread, buttered) or alternative with filling of cold meat / cheese / tuna / hummus / egg  1 xyoghurt (100g + pot – not low-fat varieties)  200mls water |
| **Afternoon snack** | Snack from list + drink |
| **Dinner** | 1 Protein Portion  1 Starchy Food Portion  1 portion vegetables / salad  1 yoghurt (100g+ pot – not low-fat varieties) or 1 portion of dessert or hot pudding  200mls water |
| **Evening snack** | 200ml semi-skimmed milk (can be made into a hot drink, e.g. Hot chocolate) + snack from list |

**FLUID REQUIREMENTS IN ADDITION TO MEAL PLAN:**