**Outpatient Meal Plan D**

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| **Breakfast** | 1 portion cereal with 200ml full cream milk2 x toast + butter + jam200ml fruit juice |
| **Morning snack** | 200ml fruit juice + snack from list  |
| **Lunch** | 1 x sandwich (2 slices of bread, buttered) with filling of cold meat / cheese / tuna / humus / egg1 x packet crisps1 x yoghurt (125g pot – not low-fat varieties)200mls water |
| **Afternoon snack** | 200ml full cream milk Snack from list   |
| **Dinner** | 1 portion main meal1 portion potatoes / rice / pasta1 portion vegetables / salad1 portion of dessert or hot pudding plus custard, cream, or ice cream 200mls water |
| **Evening snack** | 200ml full cream milk (can be made into a hot drink, eg. Hot chocolate) + Snack from list |

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