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**Outpatient Meal Plan Pre A**

This meal plan will not meet full nutritional requirements and therefore is only designed for a short-term use.

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| **Breakfast** | 100ml fruit juice½ cereal portion with 200ml semi-skimmed milk 100mls water |
| **Morning snack** | 200ml fruit juice  |
| **Lunch** | ½ sandwich (1 slice of bread, buttered) or alternative, with filling of cold meat / cheese / tuna / hummus / egg1 yoghurt (100g+ pot – not low-fat varieties)200mls water |
| **Afternoon snack** | Snack from list + drink |
| **Dinner** | ½ Protein Portion½ Starchy Food Portion½ Portion vegetables / salad1 yoghurt (100g pot+ – not low-fat varieties) or 1 portion of dessert200mls water |
| **Evening snack** | 200ml semi-skimmed milk (can be made into a hot drink, e.g. Hot chocolate) |

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