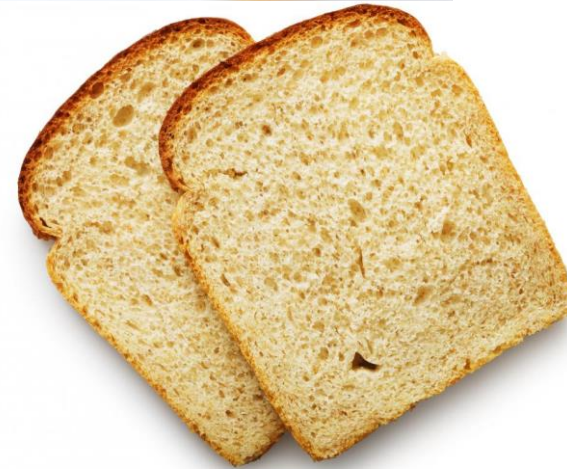


# Healthy Meal Plan

Based on a plan developed by specialist dietitians at St George's Eating Disorders Service (London) for non-underweight patients

## **BREAKFAST**

Fresh fruit or fruit juice  
Cereal with semi skimmed  
milk or yogurt  
Toast with spread



## **MID-MORNING SNACK**

Snack such as fresh fruit, plain  
biscuits, cereal bar or milky  
drink



or



or



## LUNCH

A sandwich made from two slices of bread with spread, and a meat, fish, egg, cheese, hummus or nut

butter filling

Salad

Yogurt, crisps, small cake or similar

Fresh fruit



or



## MID-AFTERNOON SNACK

Snack such as fresh fruit, plain biscuits, cereal bar or teacake



or



## **EVENING MEAL**

A cooked meal to include;

- portion of a meat, fish, egg, cheese, bean, lentil or nut dish
- portion of potatoes, rice, pasta, sweet potato, couscous or bread
- salad or vegetables

Fruit and custard, fruit and ice cream or similar dessert



## **SUPPER**

A milky drink

**FLUIDS:** 1.6 litres of fluid for women / 2 litres for men = 8 / 10 cups or glasses (200ml cup) a day including water, tea, coffee, fruit juices squashes.

