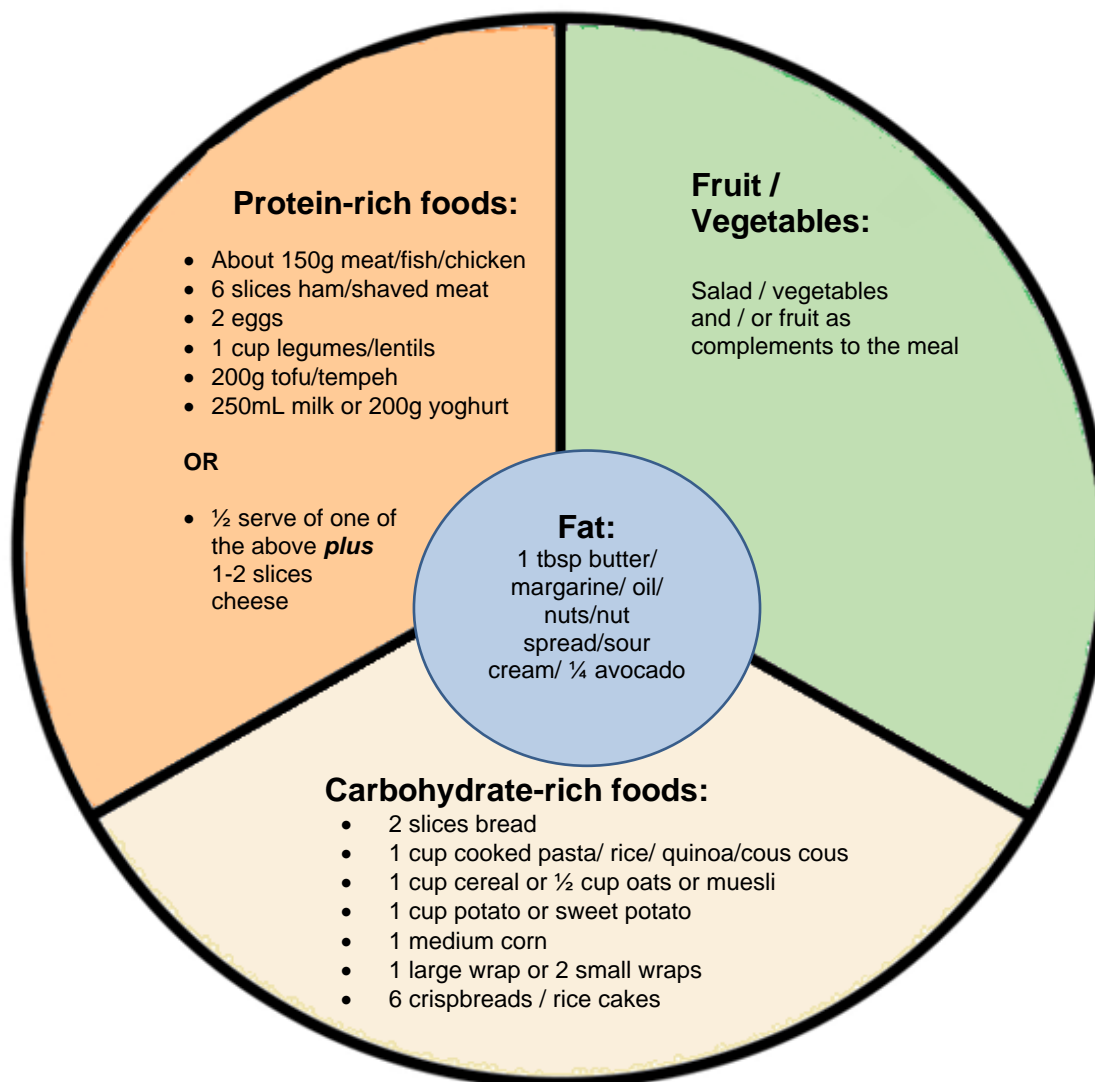


Example Nutrition Plan 1

MEAL TIME	Option 1	Option 2	Option 3 (vegetarian options)	Guide to Meals
BREAKFAST Time: 7:30am	½ cup muesli/1 cup of cereal with milk + mug of cappuccino/flavoured milk	2 slices of toast with ⅓ avocado + 2 eggs	2 slices of toast with margarine/butter + medium tin of baked beans	<ul style="list-style-type: none"> 3 main meals and 3 snacks per day, aiming to eat every 3 hours Include a combination of foods rich in protein, fat and carbohydrates (see plate on the next page) Consider when you will purchase and prepare each meal/snack Any main meal can be swapped for another main meal Mid meals can be swapped with other mid meals Supplement drinks like Sustagen, Ensure, Up and Go or soy milk can be used at mid meal times instead of suggested items <p>VITAMIN SUPPLEMENTS</p> <ul style="list-style-type: none"> Thiamine (Vit B1) + multivitamin: daily <p>DAILY FLUID</p> <ul style="list-style-type: none"> At least 1.5L of water is recommended unless altered by doctor/dietitian
MORNING TEA Time: 10am	200g tub of yoghurt + packet of Sesame Snaps	2 golf ball size protein balls/1 piece of toast with 2 slices of cheese	Nut bar/muesli bar + piece of fruit	
LUNCH Time: 12:30pm	Sandwich (2 slices of bread) with meat + salad + 1/3 avocado + mayonnaise + piece of fruit	3 rolls of sushi/Subway sandwich (with sauce) + piece of fruit	Colourful salad with 1 lentil pattie/4 small falafels + 1 handful grated cheese + handful nuts/seeds + piece of fruit	
AFTERNOON TEA Time: 3pm	1 cup pretzels/2 rows of rice crackers + dip to cover (e.g. hummus/tzatziki)	2 small packets corn chips and ½ tub guacamole	2 crumpets with thickly spread peanut butter	
DINNER Time: 6pm	150g chicken/fish/tofu + 1 cup sweet potato/potato + colourful vegetables + dollop of sour cream	150g beef/lamb/pork + 1 cup rice/pasta + colourful vegetables + oil (in cooking)	Chickpea curry (with 1 cup chickpeas + coconut milk) + 1 cup rice + colourful vegetables + dollop of Greek yoghurt	
EVENING SNACK Time: 8.30pm	Chocolate covered fruit and nut mix (small packet)	2 x small snack packs of roasted fava beans/chickpeas + piece of fruit	2 slices of cheese + 3 large savoury crackers	

Example Nutrition Plan 1



TIP Aim to fill a large dinner plate with 1/3 protein food, 1/3 vegetables and 1/3 carbohydrate foods and add some fats