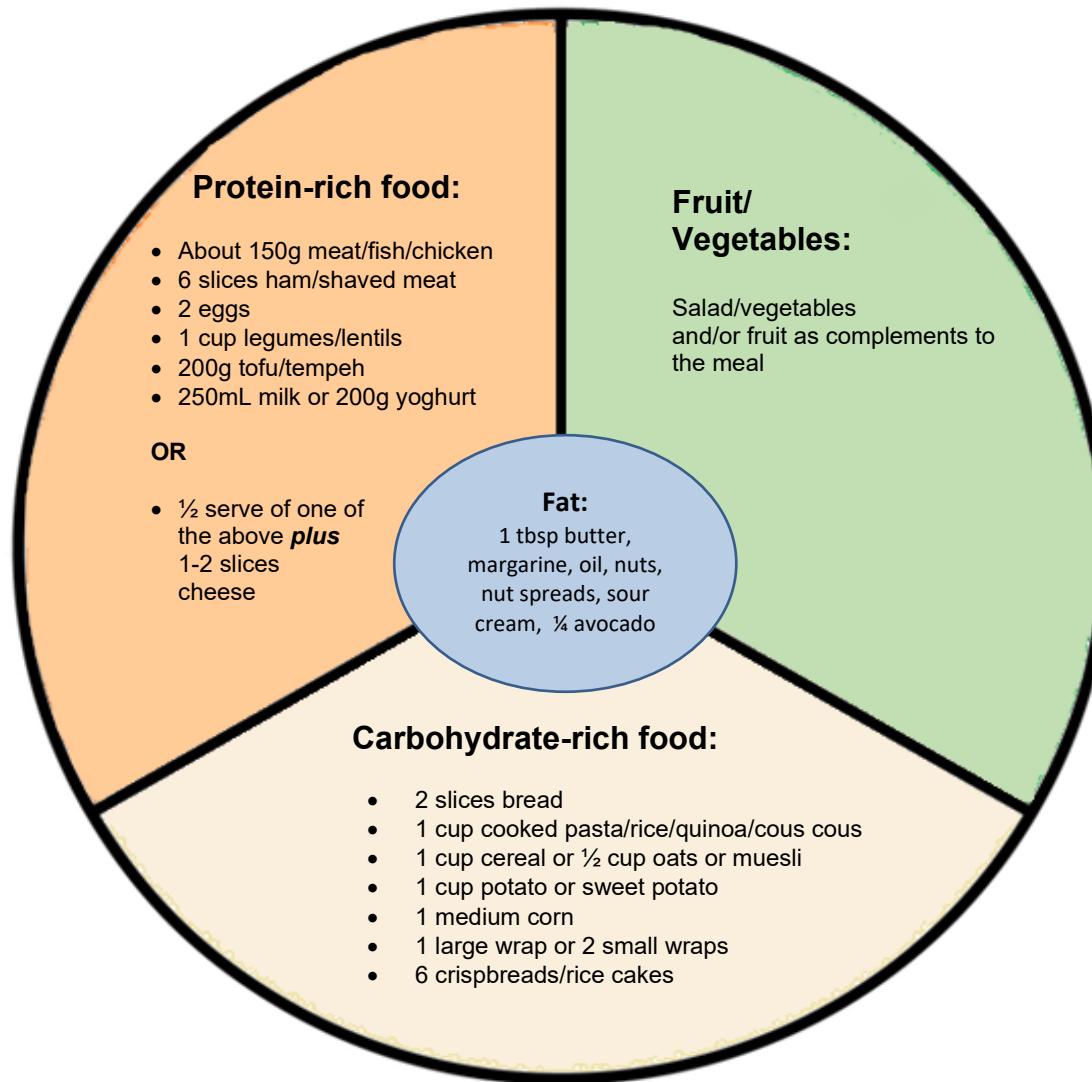


Example Nutrition Plan 2

MEAL TIME	Option 1	Option 2	Option 3 (vegetarian options)	Guide to Meals
BREAKFAST Time: 7:30am	2 slices of toast with 2 scrambled eggs + 2 rashers of bacon	1 cup cooked oats with 1 cup of milk + banana/other fruit with honey/brown sugar	2 slices of toast with margarine + 1 cup baked beans + melted cheese	<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	Smoothie (with milk/yoghurt + oats + banana/berries + honey)	Muffin (fruit/chocolate) OR sweet slice (standard size)	Nut bar OR 2 protein balls + a piece of fruit	
LUNCH Time: 12:30pm	Salad with colourful vegetables + 1 cup sweet potato/rice + 2 eggs/tinned fish + oil dressing	Sandwich (2 slices of bread) with salad, chicken/ham, cheese and mayo	6 small/3 large falafels + 1 cup rice + frozen vegetables + shredded cheese + dollop sour cream	
AFTERNOON TEA Time: 3pm	6 large savoury crackers with 2 slices of cheese + piece of fruit	1 slice of toast with peanut butter/avocado + handful roasted chickpeas	1 piece of thick raisin toast with butter	
DINNER Time: 6pm	Any hot meal with chicken/fish/tofu, colourful vegetables + 1 cup pasta/rice + oil in cooking	Red meat stir fry/curry (includes coconut cream) + vegetables + 1 cup of rice	Microwave meal (that includes lentils/legumes + vegetables + potato/rice/pasta) + 200g tub of yoghurt	
EVENING SNACK Time: 8.30pm	Hot chocolate/milo (made on milk) + 2 sweet biscuits with cream filling	3 scoops of yoghurt with 1 cup tinned peaches	1 Sustagen popper + banana/large apple	

Example Nutrition Plan 2



***TIP* Aim to fill your plate with 1/3 protein food, 1/3 vegetables and 1/3 carbohydrate foods and add some fats**