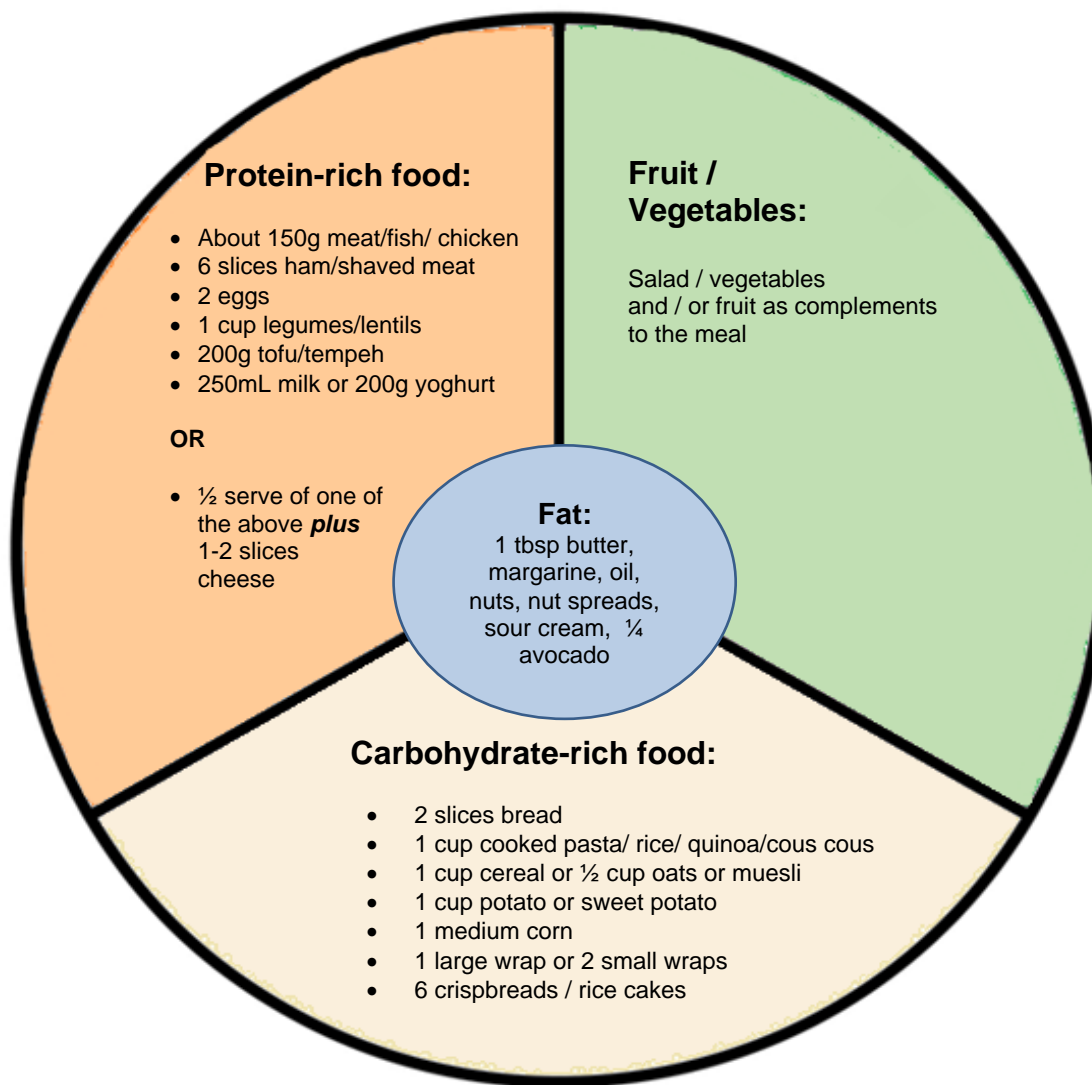


# Example Nutrition Plan 2

MEAL TIME	Option 1	Option 2	Option 3 (vegetarian options)	Guide to Meals
<b>BREAKFAST</b> Time: 7:30am	2 slices of toast with margarine/butter + 2 scrambled eggs + 1 rasher of bacon	½ cup raw oats with 1 cup of milk + 1 serve fruit + honey/brown sugar + 1 Tbs nuts/seeds/nut butter	2 slices of toast with margarine/butter + 1 cup baked beans + melted cheese	<ul style="list-style-type: none"> <li>3 main meals and 3 snacks per day, aiming to eat every 3 hours</li> <li>Include a combination of foods rich in protein, fat and carbohydrates (see plate on the next page)</li> <li>Consider when you will purchase and prepare each meal/snack</li> <li>Any main meal can be swapped for another main meal</li> <li>Mid meals can be swapped with other mid meals</li> <li>Supplement drinks like Sustagen, Ensure, Up and Go or soy milk can be used at mid meal times instead of suggested items</li> </ul> <p><b>VITAMIN SUPPLEMENTS</b></p> <ul style="list-style-type: none"> <li>Thiamine (Vit B1) &amp; multivitamin: daily</li> </ul> <p><b>DAILY FLUID</b></p> <ul style="list-style-type: none"> <li>At least 1.5L of water is recommended unless altered by doctor/dietitian</li> </ul>
<b>MORNING TEA</b> Time: 10am	Smoothie (with 1 cup milk/yoghurt + oats + banana/berries + honey)	Bakery size muffin/sweet slice (standard size)	Nut bar/2 golf ball size protein balls + piece of fruit	
<b>LUNCH</b> Time: 12:30pm	Salad with colourful vegetables + 2 eggs/tinned fish + oil dressing + 1 cup sweet potato/rice + 1 cup juice / full cream milk / soy milk	Sandwich (2 slices of bread) with chicken/ham + cheese + salad + mayo + 1 cup juice / full cream milk / soy milk	6 small/3 large falafels + 1 large pita bread/wrap + 1 tbsp hummus + shredded cheese + salad + 1 cup juice	
<b>AFTERNOON TEA</b> Time: 3pm	4 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 + 1 cup full cream milk/soy milk	
<b>DINNER</b> Time: 6pm	Any hot meal with 150g chicken/fish/tofu + 1 cup pasta/rice + colourful vegetables + oil in cooking + 1 cup juice / full cream milk / soy milk	Red meat stirfry/curry (includes 150g meat + coconut cream) + 1 cup of rice + vegetables + 1 cup juice / full cream milk / soy milk	≥ 350g Microwave meal (includes lentils/legumes + potato/rice/pasta + vegetables) + Small tub yoghurt (>160g)	
<b>EVENING SNACK</b> Time: 8.30pm	1 cup hot chocolate/milo (made on full cream milk/soy milk) + 2 sweet biscuits with cream filling	Small tub yoghurt (>160g) + 1 cup tinned peaches	1 Sustagen popper + piece of fruit	

# Example Nutrition Plan 2



**\*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