

My Nutrition Plan

Meal Time	Option 1	Option 2	Option 3	Guide to Meals
BREAKFAST Time: Place: Support:				<ul style="list-style-type: none"> • 3 main meals and 3 snacks per day • Include a combination of foods rich in protein, fat and carbohydrates • Include at least 1 hot meal per day • Consider when you will purchase and prepare each meal/snack <p>Supports</p> <ol style="list-style-type: none"> 1. How will I ensure adequate serve sizes? 2. What will I do after meals? 3. Who will I reach out to for support (if eating alone)? 4. What is my back up plan if I'm unable to eat the meal?
MORNING TEA Time: Place: Support:				
LUNCH Time: Place: Support:				
AFTERNOON TEA Time: Place: Support:				
DINNER Time: Place: Support:				
EVENING SNACK Time: Place: Support:				
DAILY FLUID			VITAMIN SUPPLEMENTS Thiamine (Vit B1):	
MY GOALS			EXERCISE Type: Duration:	

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