

# My Nutrition Plan

Meal Time	Option 1	Option 2	Option 3	Guide to Meals
<b>BREAKFAST</b> Time: Place: Support:				<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>Include at least 1 hot meal per day</li> <li>Consider when you will purchase and prepare each meal/snack</li> <li>Any main meal can be swapped for another main meal and 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>
<b>MORNING TEA</b> Time: Place: Support:				
<b>LUNCH</b> Time: Place: Support:				
<b>AFTERNOON TEA</b> Time: Place: Support:				
<b>DINNER</b> Time: Place: Support:				
<b>EVENING SNACK</b> Time: Place: Support:				
<b>DAILY FLUID</b> (At least 1.5L of water is recommended unless altered by doctor/dietitian):			<b>VITAMIN SUPPLEMENTS</b> Thiamine (Vit B1): _____ Multivitamin: _____	
<b>MY GOALS</b>			<b>EXERCISE</b> Type: _____ Duration: _____	

This is a consensus document from the Collaboration of Dietitians-Eating Disorder group

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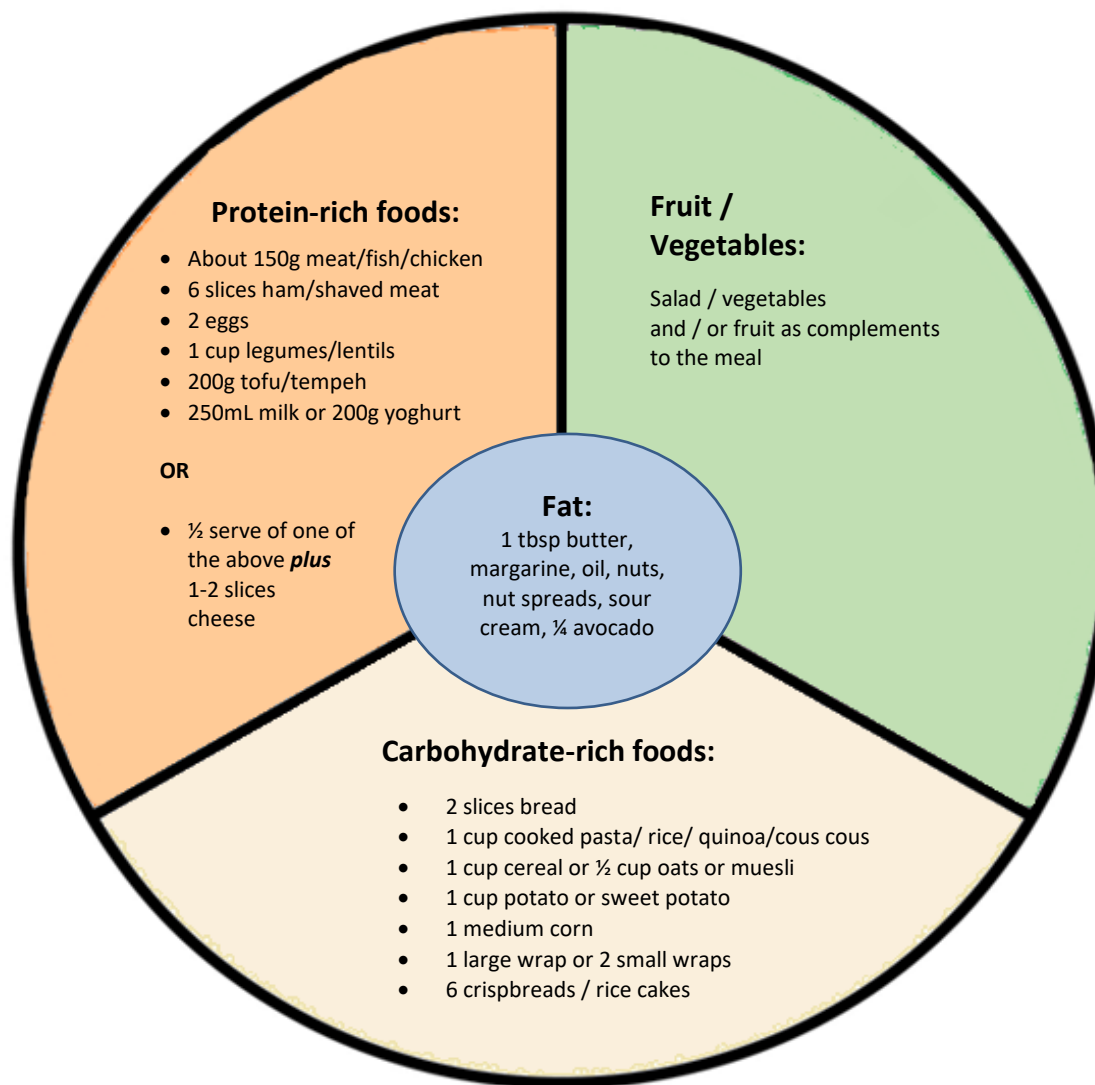
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References: <https://www.health.qld.gov.au/nutrition>

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**\*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**