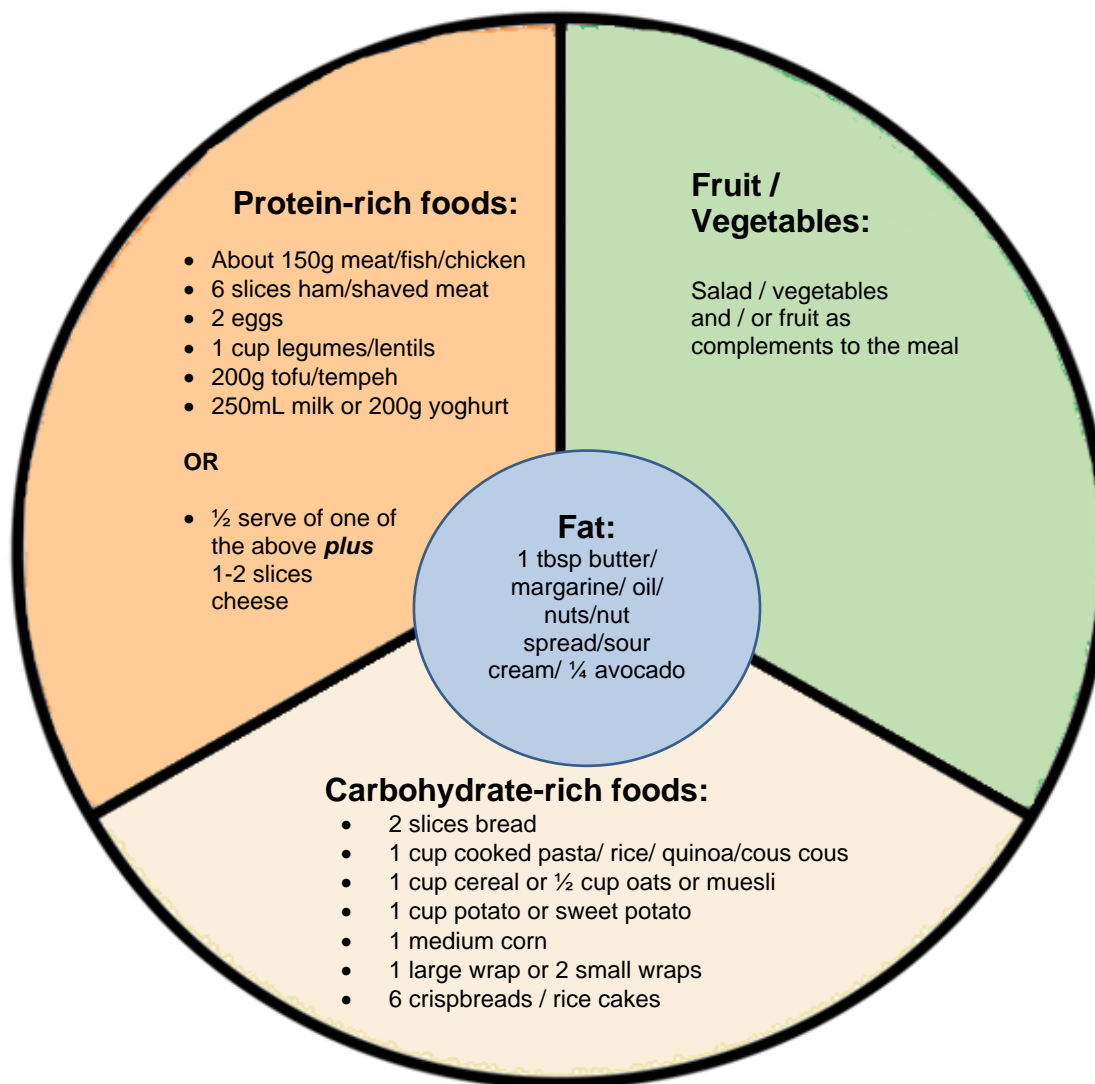


# Example Nutrition Plan 1

| MEAL TIME                            | Option 1  | Option 2   | Option 3 (vegetarian options)  | Guide to Meals   |
|--------------------------------------|---|--|--|--|
| <b>BREAKFAST</b><br>Time: 7:30am     | ½ cup muesli/1 cup of cereal with milk<br>+ 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"> <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) + 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><br>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  |  |
| <b>LUNCH</b><br>Time: 12:30pm        | Sandwich (2 slices of bread) with meat + salad + 1/3 avocado + mayonnaise<br>+ piece of fruit       | 3 rolls of sushi/Subway sandwich (with sauce)<br>+ piece of fruit                | Colourful salad with 1 lentil pattie/4 small falafels + 1 handful grated cheese + handful nuts/seeds<br>+ piece of fruit |  |
| <b>AFTERNOON TEA</b><br>Time: 3pm    | 1 cup pretzels/2 rows of rice crackers<br>+ dip to cover (e.g. hummus/tzatziki)                     | 2 small packets corn chips and ½ tub guacamole                                   | 2 crumpets with thickly spread peanut butter   |  |
| <b>DINNER</b><br>Time: 6pm           | 150g chicken/fish/tofu<br>+ 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       |  |
| <b>EVENING SNACK</b><br>Time: 8.30pm | Chocolate covered fruit and nut mix (small packet)  | 2 x small snack packs of roasted fava beans/chickpeas<br>+ 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