

Developing a Meal Plan

Time	Meal Recommendation		At home I will eat...
Breakfast	1 bowl / carton cereal 1 cup of milk / tub yoghurt Fresh fruit/ Fruit cup/ Juice 1-2 toast + butter (optional)		
Morning Snack	<u>Carb or Fruit</u> Muesli bar Fruit cup Nut bar Saos & vegemite 2 pieces toast	<u>Calcium</u> Yoghurt Choc milk Up and go Smoothie	
Lunch	1/3 carbohydrate 1/3 protein 1/3 greens		
Afternoon Snack	<u>Sometimes/ Occasional food</u> Banana/ choc/ carrot cake Cookies	<u>Calcium</u> Yoghurt Cheese & crackers Almonds	
Dinner	1/3 carbohydrate 1/3 protein 1/3 greens		
Supper	<u>Carb or Fruit</u> Museli bar Raisin toast + butter Fruit salad Pudding	<u>Calcium</u> Yoghurt Choc milk Cheese & crackers Smoothie	
Drinks	At each meal and snack 1 glass water 1 mug tea (optional)		

*Protein foods: meat, chicken, fish, eggs, cheese, tofu, baked beans, lentils/other

*Carbohydrate foods: pasta, rice, potato, bread

*Calcium foods: dairy/soy milk, dairy/soy Milo, yoghurt, sustagen, cheese, almonds

*Greens: salads, veggies, soups with veggies