

How to develop your Meal Plan – example

Part A – Regular Meals

This is the backbone of your controlled portion meal plan. Your meals should **never vary from the meal options that you choose** to include in your plan. Try to anticipate all the foods that you are likely to eat. Meal times do not have to be along conventional lines – it is the total quantity of food over the day that counts. If there are snacks at set times that you have every day eg. morning tea, include them here. If you are measuring meals by calories 1200 is a good guide for people who are not highly physically active (eg. 300 cals breakfast, 300 cals lunch and 600 cals dinner).



Example of **Breakfast** Fixed Meal Portion Options

- Two sides toast with 2 slices *low fat cheese (or 100g tuna, slice ham etc). may add tomato
- One boiled egg with slice toast and low fat cheese
- $\frac{3}{4}$ metric cup low fat cereal with reduced fat milk, and small piece fruit eg. kiwi, pear

*Dairy lea cheese at Coles have 97% fat free option

Example of **Lunch** Fixed Meal Portion Options

- A basic salad sandwich with either 100g tin of tuna, two slices low fat cheese, or 100g slice of ham
- 200g carton low fat yogurt (3/4cup) and one piece fruit

Example of **Dinner** Fixed Meal Options

- Low fat frozen meal (from supermarket) in about 300 to 350g size (use 400 to 450 g size for higher energy option)
 - Your own preferred meal in equivalent portion size (a rimmed soup bowl is usually 350 ml size)
- AND ... salad vegetables as detailed in guidelines

Part B - Snacks

Part B – Optional Snacks

Optional snacks

Snacks are optional and are those to control hunger when required.

Each snack should be about 60-70 calories preferably low fat and high protein.

Set a maximum number of snacks per day. You may allow extra snacks on days that you exercise.

Examples of snacks

- 100g low fat yogurt
- Half a small 100g tin tuna or other fish
- Low fat biscuit with one low fat cheese slice
- A slice of ham or other meat about 50g
- A small egg
- Part of a protein bar (60 calories is usually 1/3)
- Small piece of fruit (there is no protein in this option)