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| **Breakfast Options** | **Lunch Options** | **Evening meal Options** | **Snack Options** |
| **Cereals** –40-60g servingChoose a wholegrain cereal (check serving size on the box).Cheerios, Fruit and fibre, Weetabix, cornflakes, bran flakes, shredded wheat, no added sugar granola or muesli. Use semi-skimmed milk. | **Eggs** – 1 serving = 2 medium sized eggs. Either omelette, poached eggs, scrambled eggs or hard boiled eggs. Avoid adding any oil/fat /butter when cooking. 1-2 slices wholemeal toast, or small roll on the side. | **Carbohydrate****Pasta** 1 serving = 80g dry pasta. **Potatoes 1 serving =** 2x egg sized potatoes or 1x medium potato.Potatoes can be baked with minimal oil, boiled, mashed or air fried.**Rice** 1 serving = 70g dry rice.**Wrap** 1 serving = 1 large wrap. **Pitta bread** 1 serving = 1 pitta. | IF you need a snack you may choose from the following and have no more than 1 snack between meals. * 1 piece of fruit or veg
* 1 small 25-35g bag of plain popcorn
* 1 reduced fat, no added sugar yoghurt
* 2-3 breadsticks or 1 small individual packet of mini breadsticks.
* 2 small crackers with a small portion of cheese.
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| **Toast** – wholemeal or seeded bread preferably, with either 1 teaspoon of peanut butter, 1x cheese triangle (reduced fat) | **Sandwich** – 2 slices wholemeal or seeded bread or 1x bread roll, no butter/spread.Egg or tuna with 1-2 teaspoons of light mayonnaise, up to 30g of cheese, 1 slice ham with a teaspoon of condiment (e.g. pickle/mustard/light mayo).  |
| **Protein**1x small chicken breastPalm sized serving of lean minced meat (5% fat)1 fillet of any fish – NOT fried/battered. Up to 3 fish fingers.1/3 of a tin of any type of beans/lentils etc. |
| **Porridge** – Whole oats with either water or semi-skimmed milk. 1 portion of fruit can be added as well.  |
| **Fluids**Aim to drink 1.5-2 litres (8-10 200ml glasses/mugs)* Water
* No added sugar diluting juice
* Tea or coffee
* Max 1 150ml glass fresh juice per day
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| **Wrap** – 1x large. Chicken/egg/ham/tuna/cheese with sweetcorn or lettuce & cucumber. |
| **Vegetables**Up to 3 portions per evening meal. Build up to this. 1 portion = 80g of any vegetable. |
| **Yoghurt** – Low fat and no added sugar. This can be eaten with a portion of cereal or a portion of fruit with or without a handful of oats. |
| **Soup** – any type of soup. No ‘cream of’ variations. Try to keep it vegetable based (e.g. vegetable and chicken, leak and potato, lentil soup….) |
| Sauces such as tomato based sauce, curry sauce, pesto etc. all fine just keep to the serving suggestions on packets/jars and opt for reduced salt or fat variations if able. |