

Meal & snack example record: Re-establishing a normal eating pattern

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	1 slice of toast with spread and jam. A pot of wholemilk yogurt. A pear.	A bowl of cereal with semi-skimmed milk. A banana.	1 brioche roll with 1 cup of semi-skimmed milk. 1 glass fruit juice.	A bowl of porridge with semi-skimmed milk. 2 plums.	1 breakfast muffin with spread and peanut butter. 1 glass fruit juice.	1 slice of toast with spread, baked beans and 1 cooked tomato.	1 crumpet with spread, scrambled egg and a serving spoon of mushrooms.
MORNING SNACK	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.
LUNCH	A small jacket potato with spread and baked beans. A kiwi fruit. A pot of wholemilk yogurt.	A small wrap with spread and full fat soft cheese. A small bowl of salad with dressing. A pot of wholemilk custard.	An egg mayonnaise sandwich with 1 slice of bread and spread. A plum. 2 scoops of ice cream	A small pitta with spread and an individual pot of hummus, A small salad bowl with dressing. A pot of wholemilk yogurt.	½ a bagel with spread and 1 ½ slices of chicken. A ½ cup of strawberries. A pot of wholemilk custard.	A small portion of pasta with tuna mayonnaise and sweetcorn. ½ banana. A pot of wholemilk rice pudding.	A ham sandwich with 1 slice of bread and spread. A clementine. A pot of wholemilk yogurt.
AFTERNOON SNACK	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.	Cup of semi-skimmed milk.
DINNER	¼ of a regular size thin crust pizza with a small bowl of salad and dressing. 2 scoops of ice cream.	1½-2 rounded serving spoons of chicken and vegetable pasta bake. A pot of wholemilk yogurt.	½ a baked salmon fillet with ½ a cup of cooked rice, ½ a serving spoon of stir fried vegetables in oil. A pot of wholemilk rice pudding.	2 chipolata sausages with 1 rounded serving spoon of buttered sweet potato mash and ½ a serving spoon of sweetcorn and peas. 2 scoops of ice cream.	2 fish fingers with 1 small jacket potato and spread A small bowl of salad with dressing. A pot of wholemilk yogurt.	1 rounded serving spoon of chilli con carne with ½ cup cooked rice. A pot of wholemilk custard.	½ a pork loin with 1 ½ roast potatoes and ½ a serving spoon of broccoli and gravy. A bowl of instant mousse.
EVENING SNACK	Cup of semi-skimmed milk. A digestive biscuit.	Cup of semi-skimmed milk. A fruit shortbread biscuit.	Cup of semi-skimmed milk. A hobnob biscuit.	Cup of semi-skimmed milk. An oreo biscuit.	Cup of semi-skimmed milk. A bourbon biscuit.	Cup of semi-skimmed milk. A ginger nut biscuit.	Cup of semi-skimmed milk. A fig roll.
DRINKS	Aim for 6-8 mugs of fluid over the day (which includes the fluids listed).						

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This diet sheet is part of a personal plan for the named individual under guidance from a HCPC Registered Dietitian / Health Care Professional
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