

# Meal Plan Example 1:



## TIMINGS

## ORIGINAL

## ADAPTED

For better hydration, bone health, reducing constipation and helping reach a slimmer shape and size

07:30

2 fried eggs on white toast.  
Some sips of water.

Drinking half a pint of water before eating.  
2 dry-fried, boiled, or poached eggs on granary toast, filling the rest of the plate with spinach.

10:30

A cereal bar.  
A cup of tea.

Drinking a pint of water between breakfast and lunch.

13:00

A supermarket 'meal-deal' of a chicken and mayonnaise sandwich, packet of crisps.  
Non-diet fizzy drink.

Drinking half a pint of water before eating.  
Made at home: A wrap spread with some mayonnaise before filling with sliced chicken, cucumber, lettuce and tomato, then having the rest of the plate as crudités e.g. bell peppers and carrot.

15:00

A handful of nuts.  
A cup of tea.

Drinking a pint of water between lunch and dinner.

19:00

A whole cook-from-frozen pepperoni pizza.  
Some sips of water.

Drinking half a pint of water before eating.  
A quarter of that pizza, or a small homemade pizza or a 'pitta bread pizza' of a wholemeal pitta topped with tomato puree, sliced chorizo or pepperoni and sprinkle of cheese, with half a plate of mixed salad.

20:30

An ice cream.  
Some sips of water.

Drinking a pint of water between dinner and the hour or two before bed.  
A pot of yoghurt.

