**Please read the following instructions before using meal plan**

* Pre portion meals before serving to the patient as this can cause additional stress for them if incorrect portion provided.
* Please ensure portion sizes are exactly as meal plan dictates. Negotiations of meal plan only to be done by dietitian during scheduled dietetic reviews.
* If patient is unable to tolerate food option, then dose of Fortisip Plant should be offered orally as advised. Dose of nutritional supplement can be modified depending on how much of meal has been eaten e.g., if 50% of snack eaten then provide 50% of nutritional supplement afterwards. If the patient is unable to manage nutritional supplement orally, please bolus via nasogastric tube with 30ml water flush pre and post.
* Ensure fluid restriction is being adhered to, see other policy documents for how this should be calculated.
* If concerns regarding adherence to meal plan consider arranging 1:1 supervision if not already in place. Supervisor should make sure nutrition is provided in a timely manner and as per the meal plan.
* Avoid asking the patient questions around format of the meal plan as this may cause additional stress.
* Strict food and fluid balance charts should be kept at all times unless directed otherwise by dietitian.
* Snacks should be provided halfway between meals where possible. Suggested times could be 10am for morning snack, 3pm for afternoon snack and 8pm for evening snack
* Try to encourage the patient to complete their meal/snack within 45 minutes to avoid prolonged periods of stress throughout the day and also to prevent the patient from missing elements of their meal plan due to lack of sufficient time.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Stage** | **Date** | **Meal** | **Breakfast** | **AM Snack** | **LUNCH** | **PM SNACK** | **EVENING MEAL** | **EVENING SNACK** | **Total Kcal** |
| **Emergency plan (to be used as Day 1 in out of hours or if specified by dietitian)** |  | Food option | 1 cup1 of cereal2 with 100ml of soya milk PLUS ½ slice toast with veg spread | 200ml soya milk PLUS 1 biscuit3 or fruit5 | Full portion on hot meal from vegan menu  | 150ml soya milk PLUS 2 biscuits3 | Half portion of hot meal, equal portions of protein, carbohydrate and veg. | 1 biscuit3 or 1 fruit5 | **~1200** |
| Supplement Alternative (Fortisip Plant) | 130ml | 100ml | 240ml | 100ml | 140ml | 100ml |
| **Day 1** |  | Food option | 1 cup1 of cereal2 with 100ml of soya milk PLUS 1 slice toast with veg spread | 200ml soya milk  | Full portion of hot main meal from vegan menu PLUS 1 fruit5 | 150ml soya milk PLUS 1 biscuit3 or fruit5 | Full portion of hot meal, (equal portions) PLUS 1 fruit5 | 100ml soya milk PLUS 2 biscuits3  | **~1400** |
| Supplement Alternative (Fortisip Plant) | 170ml | 65ml | 270ml | 65ml | 270ml | 100ml |
| **Day 2** |  | Food option | 1 cup1 of cereal2 with 100ml of soya milk PLUS 1 slice toast with veg spread | 200ml soya milk PLUS 1 biscuit3 or fruit5  | Full portion of hot main meal from vegan menu PLUS cuplet of fruit juice PLUS 1 fruit5 | 150ml soya milk PLUS 2 biscuits3 | Full portion of hot meal from vegan menu PLUS cuplet of fruit juice | 100ml soya milk PLUS 2 biscuits3  | **~1600** |
| Supplement Alternative (Fortisip Plant) | 170ml | 100ml | 305ml | 100ml | 305ml | 100ml |
| **Day 3** |  | Food option | 1 cup1 of cereal2 with 150ml of soya PLUS 2 slices toast with veg spread | 200ml soya milk PLUS 1 biscuit3 or fruit5 | Full portion of hot meal from vegan menu PLUS Dessert4 | 200ml soya milk PLUS 2 biscuits3 | Full portion of hot meal from vegan menu PLUS cuplet of fruit juice | 1 pot of soya yoghurtPLUS 1 biscuit3  | **~1800** |
| Supplement Alternative (Fortisip Plant) | 255ml | 100ml | 335ml | 115ml | 305ml | 100ml |
| **Day 4** |  | Food option | 1.5 cups1 of cereal2 with 100ml of soya milk PLUS 2 slices toast with veg spread  | 200ml soya milk PLUS 1 biscuit3 or fruit5 | Full portion of hot meal from vegan menu PLUS Dessert4 | 150ml soya milk PLUS 3 biscuits3 | Full portion of hot meal from vegan menu PLUS Dessert4 | 1 pot of soya yoghurtplus 1 biscuit3 | **~2000** |
| Supplement Alternative (Fortisip Plant) | 270ml | 100ml | 335ml | 160ml | 370ml | 100ml |

**Acceptable snack swaps - please note these items will need to be provided by families**

**For 3 x biscuits:** Nakd bar (35g), 40g dried fruit

**For Soya yoghurt:** Soreen loaf (30g), alpro vanilla dessert, 100g alpro custard