

Meal Plan Example 2:



TIMINGS

ORIGINAL

ADAPTED

Adapted for better hydration and bone health while adding extra energy for smaller appetites

07:30

A coffee.
A small bowl of porridge both made with semi-skimmed milk.

Making both the porridge and coffee with whole-milk.
Having the coffee after eating the meal.

10:30

Sips of water between breakfast and lunch.

A pot of yoghurt (not low fat).
Having a glass of drink they like e.g. low-sugar orange squash.

13:00

A cup of tea.
Half a jacket potato with beans.

Half a jacket potato with butter, beans, and cheese.
A cup of tea after eating.

15:00

A cup of tea.
A couple of plain biscuits.

Two shortbread biscuits.
A cup of tea after eating.

19:00

A small bowl of vegetable soup and half a slice of toast.
Sips of water.

A meat-based or lentil soup, with a drizzle of cream on top, half a slice of toast with thickly spread butter.
Drinking water after eating.

20:30

A cup of tea.

A decaf coffee made with whole milk or a malted milky drink.

