

Meal Plans 1 – 8

- Meal Plans 1 – 8 have been adapted from Monash Childrens Adolescent Medicine Unit Meal Plans. They been prepared to assist health care professionals in the hospital inpatient setting with the process of refeeding children and adolescents with Anorexia Nervosa.
- These Meal Plans are for use in association with the protocol outlined in Fifteen minute consultation: a structured approach to the management of children and adolescents with medically unstable anorexia nervosa.
- Where not stated, portion sizes are based on standard average hospital menu portions.
- Users of these materials may only do so on the condition that they exercise their own professional knowledge and skills. The authors do not owe a duty of care and cannot accept liability to anyone using these meal plans.

Nutritional content of meal plans

Meal Plan	Approximate Nutritional Content of food		Nutritional Content of supplement drink (2.4 kcal/ml)		
	<i>Energy (kcal)</i>	<i>Protein (g)</i>	<i>Cumulative Volume (mls)</i>	<i>Energy (kcal)</i>	<i>Protein (g)</i>
1	900	30-40	360	864	35
2	1300	45-55	555	1332	53
3	1600	55-65	665	1596	64
4	1800	60-70	750	1800	72
5	2000	65-75	810	1944	78
6	2200	70-80	915	2196	88
7	2400	75-85	985	2364	95
8	2600	80-90	1055	2532	101

Meal Plan 1

Breakfast	Small bowl cereal e.g. 1 weetabix [®] with milk	= 90ml Supplement*
Mid Morning	1 biscuit OR piece of fruit	= 30ml Supplement*
Lunch	Sandwich (2 slices bread and margarine): At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beef	= 90ml Supplement*
Mid afternoon	1x fruit juice or 1 piece fresh fruit (banana/apple/orange/pear)	= 30ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Small starch option from menu (e.g. 3 dessert spoons rice or pasta / 2 small potatoes/ 1 slice bread with margarine/butter) • At least one hot vegetable from menu or side salad 	= 90ml Supplement*
Supper	100ml full cream milk or 150ml semi skimmed milk	= 30ml Supplement*

- **Include 200-300ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
- **If nutritional supplement not taken orally give remaining volume via nasogastric tube either by gravity bolus or feeding pump over 30 minutes (< 150ml) or 1 hour (>150ml)**

Meal Plan 2

Breakfast	Medium bowl cereal e.g. 2 weetabix [®] with milk Fruit juice or Piece of fruit	= 125ml Supplement*
Mid Morning	2 biscuits OR cereal bar OR yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Fruit or Salad	= 125ml Supplement*
Mid afternoon	2 biscuits OR cereal bar OR yoghurt OR 150 ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad 	= 125ml Supplement*
Supper	2 biscuits OR cereal bar OR yoghurt OR 150ml full cream milk or 200ml semi skimmed milk	= 60ml Supplement*

- **Include 200-300ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
- **If nutritional supplement not taken orally give remaining volume via nasogastric tube either by gravity bolus or feeding pump over 30 minutes (< 150ml) or 1 hour (>150ml)**

Meal Plan 3

Breakfast	Medium bowl cereal e.g. 2 weetabix® with milk Fruit juice or Piece of fruit	= 125ml Supplement*
Mid Morning	2 biscuits OR cereal bar OR yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Fruit or Salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Mid afternoon	2 biscuits OR cereal bar OR yoghurt OR 150 ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Supper	2 biscuits OR cereal bar OR yoghurt OR 150ml full cream milk or 200ml semi skimmed milk	= 60ml Supplement*

- **Include 200-300ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
- **If nutritional supplement not taken orally give remaining volume via nasogastric tube either by gravity bolus or feeding pump over 30 minutes (< 150ml) or 1 hour (>150ml)**

Meal Plan 4

Breakfast	Medium bowl cereal e.g. 2 weetabix [®] with milk 1 slice toast with margarine/butter Fruit juice or Piece of fruit	= 180ml Supplement*
Mid Morning	2 biscuits OR cereal bar OR yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Fruit or Salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Mid afternoon	2 biscuits OR cereal bar OR yoghurt OR 150 ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Supper	2 biscuits OR cereal bar OR banana AND yoghurt OR 150ml full cream milk or 200ml semi skimmed milk	= 90ml Supplement*

- **Include 200-300ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
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Meal Plan 5

Breakfast	Medium bowl cereal e.g. 2 weetabix® with milk 1 slice toast with margarine/butter Fruit juice or Piece of fruit	= 180ml Supplement*
Mid Morning	2 biscuits OR cereal bar OR banana AND yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Fruit or Salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Mid afternoon	2 biscuits OR cereal bar OR banana AND yoghurt OR 150 ml full cream milk OR 200ml semi skimmed milk	= 60ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Supper	2 biscuits OR cereal bar OR banana AND yoghurt OR 150ml full cream milk or 200ml semi skimmed milk	= 90ml Supplement*

- **Include 200-300ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
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Meal Plan 6

Breakfast	Medium bowl cereal e.g. 2 weetabix [®] with milk 1 slice toast with margarine/butter Fruit juice or Piece of fruit	= 180ml Supplement*
Mid Morning	2 biscuits OR cereal bar OR banana AND yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 90ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Extra slice of bread OR crisps OR chips OR half a medium potato Fruit or Salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 250ml Supplement*
Mid afternoon	2 biscuits OR cereal bar OR banana AND yoghurt OR 150 ml full cream milk OR 200ml semi skimmed milk	= 90ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 180ml Supplement*
Supper	Slice of toast with margarine/butter OR small bowl cereal Piece of fruit OR fruit juice AND yoghurt OR 150ml full cream milk or 200ml semi skimmed milk OR cheese portion	= 125ml Supplement*

- **Include 200-300ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
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Meal Plan 7

Breakfast	Medium bowl cereal e.g. 2 weetabix [®] with milk 1 slice toast with margarine/butter Fruit juice or Piece of fruit	= 180ml Supplement*
Mid Morning	2 biscuits OR cereal bar OR banana AND yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 90ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Extra slice of bread OR crisps OR chips OR half a medium potato Fruit or Salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 250ml Supplement*
Mid afternoon	2 biscuits OR cereal bar OR banana AND yoghurt OR 150 ml full cream milk OR 200ml semi skimmed milk	= 90ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad Extra slice of bread OR crisps OR chips OR small potato Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 250ml Supplement*
Supper	Slice of toast with margarine/butter OR small bowl cereal Piece of fruit OR fruit juice AND yoghurt OR 150ml full cream milk or 200ml semi skimmed milk OR cheese portion	= 125ml Supplement*

- **Include 200-300 ml fluid at each meal or snack**
- **IF meal or snack is not taken in FULL give equivalent amount of * 2.4 kcal/ml nutritional supplement drink orally (right hand column)**
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Meal Plan 8

Breakfast	Medium bowl cereal e.g. 2 weetabix [®] with milk 1 slice toast with margarine/butter Fruit juice or Piece of fruit	= 180ml Supplement*
Mid Morning	3 biscuits OR high calorie cereal bar OR slice of buttered toast Fruit OR fruit juice AND yoghurt OR 150ml full cream milk OR 200ml semi skimmed milk	= 125ml Supplement*
Lunch	Sandwich (2 slices bread and margarine) OR medium sized baked potato and margarine: At least one protein filling: tuna / salmon / chicken / ham / cheese / egg / beans Extra slice of bread OR crisps OR chips OR half a medium potato Fruit or Salad Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 250ml Supplement*
Mid afternoon	3 biscuits OR high calorie cereal bar OR slice of buttered toast Fruit OR fruit juice AND yoghurt OR 150 ml full fat milk OR 200ml semi skimmed milk	= 125ml Supplement*
Evening Meal	Hot main meal to include <ul style="list-style-type: none"> • Protein food e.g. meat, fish, egg, beans, cheese or lentils • Starch option from menu (e.g. 5 dessert spoons rice or pasta / 4 small potatoes/ 2 slices bread with margarine/butter) • At least one hot vegetable from menu or side salad Extra slice of bread OR crisps OR chips OR small potato Yoghurt OR milk pudding OR jelly/fruit with cream/ice cream/custard	= 250ml Supplement*
Supper	Slice of toast with margarine/butter OR small bowl cereal Piece of fruit OR fruit juice AND yoghurt OR 150ml full cream milk or 200ml semi skimmed milk OR cheese portion	= 125ml Supplement*

- **Include 200-300 ml fluid at each meal or snack**
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