

# DAILY MEAL PLAN

Name:

Date:

## NOTES

- This plan aims to give a structure to my eating so that I meet my nutritional needs without spending too much time thinking and worrying about food.
- The timings on the plan are approximate only. I will allow myself a time window of half an hour each way to start each meal or snack.
- It may be that my 'safe foods' or preferred brands are not always available. To help me manage this I have a few pre-decided options for each food for which I think this may be relevant.
- I will share my plan with my support network and remind myself that it is OK to ask for help when I need it.

...am **BREAKFAST**

...am **MID-MORNING**

...pm **LUNCH**

...pm **AFTERNOON**

...pm **DINNER**

...pm **EVENING**

## DRINKS

Aim to have 6-8 drinks (200-300 ml each), including any above

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