

SAMPLE MEAL PLAN - PUREE

Breakfast

2 tablespoons pureed cooked porridge
1 tablespoon pureed or mashed banana

Mid-morning

1 Diet/Light yogurt

Lunch

250 ml pureed soup containing lentils, beans or meat

Mid-afternoon

1/3 pint semi-skimmed milk

Evening meal

1 tablespoon pureed mashed potato
1 tablespoon pureed carrots
2 tablespoons pureed meat

Supper

1 tablespoon pureed tinned peaches
1/3 pint semi-skimmed milk

During the day

Have 1/3 pint semi-skimmed milk

REMEMBER TO DRINK FLUIDS BETWEEN MEALS

