



SOPHIE PRATT RD

DIETITIAN & FITNESS INSTRUCTOR

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Date: 06 April 2021

Practitioner: Sophie Pratt RD

Client Name: Test

Meal Plan

	Food Name
Breakfast	Pumpkin seed and peanut porridge, 147 g Decaff tea with 25ml semi skimmed milk, 250 g Water, 350 g
Morning Snack	Healthy banana split, 155 g Water, 250 g
Lunch	Egg salad sandwich, 186 g Cheats spinach, kiwi, Mango and Kale smoothie, 224 g Water, 350 g
Afternoon Snack	Cashew Nuts, 30 g Decaff tea with 25ml semi skimmed milk, 250 g Water, 250 g
Dinner	Tomato and mozzarella stuffed chicken with new potatoes, 390 g Water, 350 g
Evening Snack	Chocolate dipped strawberries, 75 g Water, 250 g