

Meal plan for urgency

Breakfast

Glass cranberry juice

Bowl cornflakes/rice krispies with semi-skimmed or soya milk

Slice of white toast with jam/honey/marmalade

Drink

Snack

Melon chunks

Drink

Lunch

Jacket potato (leave the skin) with tuna, prawns or cheese

Drink

Snack

Apple or pear

Pot of yogurt

Drink

Evening meal

Poached white fish with buttered new potatoes

2 servings of root vegetables

Drink

Tips:

Have at least 8 cups of fluid. If you cannot give up tea and coffee use decaffeinated versions. Experiment with fruit and herbal teas – fennel, ginger and peppermint are renowned for easing digestive upsets. Avoid foods and drinks containing the artificial sweetener sorbitol.

Your notes: