
















SAMPLE MEAL PLAN (VIETNAMESE)

MEAL	FOOD	SIZE/PORTION
Breakfast 8 AM	1 serve of pho OR 1 serve of mien OR 1 serve of cháo (congee/porridge) PLUS 1 cup of milk OR 1 cup of unsweetened yoghurt	    
Morning tea 11 AM	1 piece of fruit 1 cup of tea with or without milk	  
Lunch 1 PM	Vietnamese banh mi turkey rolls (limit dressing and use wholemeal bread if available)	

	<p>OR</p> <p>Vietnamese tofu and noodle salad</p>	
<p>Afternoon tea</p> <p>4 PM</p>	<p>Nuts (about 10)</p> <p>OR</p> <p>1 slice of wholemeal toast/fruit toast with thin spread of butter, peanut butter.</p> <p>PLUS</p> <p>Cup of tea with or without milk</p>	  
<p>Dinner</p> <p>7 PM</p>	<p>Whole fish with Vietnamese salad (limit dressing or a use low sugar alternative)</p> <p>OR</p> <p>Bo luc lac (shaking beef)</p>	 
<p>Supper</p> <p>9 PM</p>	<p>1 cup of milk OR</p> <p>Piece of fruit</p>	