

## Personalised 3-day build-up plan

Your dietitian completes these tables to help you build up to taking the full amount of liquid supplement over 3 days:

<b>Day 1</b>	<b>Amount of food</b>	<b>Number of bottles</b>	<b>Total volume (ml)</b>
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Late evening			

<b>Day 2</b>	<b>Amount of food</b>	<b>Number of bottles</b>	<b>Total volume (ml)</b>
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Late evening			

<b>Day 3</b>	<b>Amount of food</b>	<b>Number of bottles</b>	<b>Total volume (ml)</b>
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Late evening			