

Personalised 3-day build-up plan

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

Day 1	Amount of food	Volume of water (ml)	Number of scoops	Total volume prepared (ml)
Breakfast				
Mid-morning				
Lunch				
Mid-afternoon				
Evening meal				
Late evening				

Day 2	Amount of food	Volume of water (ml)	Number of scoops	Total volume prepared (ml)
Breakfast				
Mid-morning				
Lunch				
Mid-afternoon				
Evening meal				
Late evening				

Day 3	Amount of food	Volume of water (ml)	Number of scoops	Total volume prepared (ml)
Breakfast				
Mid-morning				
Lunch				
Mid-afternoon				
Evening meal				
Late evening				