**Snack Content According to Meal Plan Guide for Unstable Eating Disorder Patients**

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| **Meal Plan** | **Morning Snack** | **Afternoon Snack** | **Evening Snack** |
| **A** | 1 x fresh fruit | 1 x fresh fruit | 1 package Arrowroot cookies (2 cookies) |
| **B** | 1 x fresh fruit | 1 x fresh fruit | 1 package Arrowroot cookies (2 cookies) |
| **C** | 1 x fruit yogurt | 1 x fresh fruit and half cup juice | 1 package Arrowroot cookies (2 cookies) |
| **D** | 1 x Nutrigrain bar | 1 x trailmix bar and1 x fresh fruit | 1 x fruit yogurt and1 x fresh fruit |
| **E** | 1 x fresh fruit and1 x Nutrigrain bar | 1 x Fruit Yogurt and 1 x Crunchy Nature Valley Bar (Oats & Honey) | 1 x fruit yogurt1 x regular muffin |
| **F** | raw veggies with hummus dip and1 box of cereal with 1 cup milk (2%) | 1 x snack bar tasty grain 3 Berry and1 x Fruit Yogurt | 1 x gourmet muffin |
| **G** | 150mL high energy shake +1 x fruit yogurt | 1 x snack bar tasty grain 3 berry and1 x box of cereal with 1 cup milk (2%) | 2 x Fruit Juice (1 cup) and1 x Gourmet Muffin |

**\*Based on availability, there may be substitutions for these snacks**