

# Rainbow Obesity and Eating Disorder Centre

## Bulimia Nervosa

Age: 22-24 years

BMI category: Overweight

### Snapshot of 3 days Meal plan

MEALS	FOOD ITEMS	QUANTITY
PRE BREAKFAST	Honey water	1 glass of lukewarm water with ½ tsp honey and ½ lemon
BREAKFAST 7-8am	All bran cornflakes with milk and honey Boiled egg  Or Scrambled egg with veggies Bran bread  Green tea	½ c cornflakes in ½ cup low fat milk with ½ tsp honey 1  Or 1 egg with vegetables 1 slice  1 cup with
10:00am -11am	Apple or peach	Any 1 medium
LUNCH 12:30-1:30 pm	Bean salad  Or Mix vegetable salad Mint chutney Shami kebabs (Meat Patties)	1 bowl (½ c beans, 1cup salad (carrot, cabbage, capsicum, salad leaves, onion, lemon juice ½ , black pepper, cayenne pepper, salt) Or 1cup 1 tbsp. 1-2



3:00 pm	Lemonade with mint	1 glass water with 1 lemon & ½ tsp. honey & 5-6 mint leaves
Dinner 7-8pm	Mix vegetable salad Mint Raita Grilled chicken Or Mix vegetable salad Mint Raita Black chickpeas curry	1cup 3tbsp. 2-3 small pieces Or 1cup 3tbsp. 1cup (cooked)
10:00-11:00 PM BED TIME	Lemon grass tea	1cup

### Recommendations:

- Start with small frequent meals (3 main meals and 2 snacks)
- Avoid fluid intake between meals
- Start meal with one food
- Do not mix up foods together
- Check Electrolyte if indulging in Purging episodes
- Use black pepper, olive oil and lemon juice in salad dressings.
- Use low fat milk where milk is recommended
- Use low fat homemade yogurt where yogurt is recommended
- Substitute sugar with ½ tsp of honey or splenda or stevia
- Take 1 date in case if sugar craving
- Chew your food slowly and properly 30 times per bite



**Vegetarian Options** include Tofu, Soy, Feta Cheese, Chick peas, Quinoa, Halloumi Cheese

**Additional Support:**

One must receive Psychotherapy simultaneously to help address triggers and help provide appropriate understanding of the condition to the family so they can provide support in the right way. Monitoring by the Psychiatrist and Medical physician is essential to manage complications of purging behaviour and other psychiatric co-morbid conditions.