

Dear [Patient's Name],

We hope this message finds you well. As part of our commitment to supporting your wellness journey, we have updated your meal plan.

Updated Meal Plan

Breakfast

- [Item 1]
- [Item 2]
- [Item 3]

Lunch

- [Item 1]
- [Item 2]
- [Item 3]

Dinner

- [Item 1]
- [Item 2]
- [Item 3]

Feel free to reach out if you have any questions or need further guidance.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]