



THE ORDER OF THE LITTLE FEAST

My Little Feast Care-Team Plan

A private place for the instructions that belong to you.

GOOD FOOD. GOOD FRIENDS.
SMALL PORTIONS. BIG ADVENTURES.

I Your care plan

CURRENT FOOD STAGE OR TEXTURE PLAN

CARE TEAM OR CLINIC

NEXT APPOINTMENT

II Targets given to me

PROTEIN TARGET FROM MY CARE TEAM

HYDRATION TARGET FROM MY CARE TEAM

MEAL TIMING OR SERVING GUIDANCE

VITAMIN AND MEDICATION INSTRUCTIONS

III What I am learning

FOODS, TEXTURES, OR DRINKS GOING WELL

FOODS OR DRINKS TO PAUSE OR AVOID

SYMPTOMS OR TOLERANCE CONCERNS TO DISCUSS

IV Prepare for the next conversation

QUESTIONS I WANT TO ASK

NEW INSTRUCTIONS OR CHANGES I RECEIVED

WHO SHOULD I CONTACT, AND WHEN?

KEEP YOUR COMPLETED WORKSHEET PRIVATE



Do not upload a completed copy to the Guild Hall or share personal health information publicly.

This sheet organizes your notes. It does not diagnose, treat, or replace professional care.

Follow your own care team's instructions. The Owl accepts no substitutions.