

Initials:		Date:	DD/MM/YY
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Example eating plan 1000kcal/day

You should lose weight at a steady rate if you follow the plan set out below.

The ultimate aim is that in the future you are able to create your own personalised eating plans, using foods that you would normally eat.

Eventually you will be able to adapt your eating plan day by day, enabling you to introduce variety and choice, and thus establish a controlled, healthy eating pattern for the rest of your life.

Remember, this is not just a short-term diet. The personalised eating plan, and your Community Health Worker, are there to help you establish a new healthy lifestyle long-term.

My Eating Plan

The energy prescription that has been calculated for me allows me to have 1000 Kcal per day.

This allows me a certain number of 'servings' per day from the 5 food groups.
I can eat this amount every day:

3	Servings	Bread, chapatti and alternatives
2	Servings	Meat, fish and dahls
5	Servings	Fruit and vegetables
2	Servings	Milk and dairy foods
3	Servings	Fats and oils
0	Kcal	Snacks

DAY 1		Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	Vegetable Poha (25gms rice flakes+ 100gm (2tbsp) vegetables)	1		1				
	Tea with semi-skimmed milk, no sugar							

Mid-Morning	Fruit		1					
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Midday	1 small roti	1						
	1 katori dal (30g raw)				1		1	
	125g low fat curd					1		
	1 bowl of salad			1				

Afternoon	Fruit		1					
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Evening	1 small roti	1						
	1 katori dal (30g raw)				1		1	
	2 tbsp veg curry (no potato)			1			1	
	150g low fat yoghurt					1		
	1 bowl of salad			1				

Late evening								
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Total servings	3	2	4	2	2	3	0
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DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 slice toast	1					
	2 tbsp vegetables		1				
	1 boiled egg			1			
	Tea with semi-skimmed milk, no sugar						
	200ml double toned milk				1		

Mid-Morning	Fruit		1				
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Midday	1 slice bread	1					
	2 tbsp vegetable curry - no potato		1			1	
	125g low fat curd				1		
	2 tbsp Saute Veg		1				

Afternoon	Fruit		1				
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Evening	1 small roti	1					
	1 katori dal (30g raw)			1		1	
	2 tbsp veg curry		1			1	
	1 Bowl salad		1				

Late evening							
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Total servings	3	2	5	2	2	3	0
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DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 small roti	1					
	2 tbsp veg curry (no potato)		1			1	
	125g low fat curd				1		

Mid-Morning	Fruit		1				
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Midday	1 small roti	1					
	100g chicken curry			1		1	
	1 bowl of salad		1				

Afternoon	Sprouts + vegetables (2 tbsp)		1				
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Evening	100g potato	1					
	100g chicken			1			
	1 Bowl of salad		1				
	Stirred vegetables (2 tbsp)		1			1	

Late evening	Fruit		1				
	200ml double toned milk				1		

Total servings	3	2	5	2	2	3	0
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