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| 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:

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|----------|-----------------|----------------------------------|
| 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 | 1 Bran Bread Slices | 1 | | | | | |
| | 1 egg omlete | | | 1 | | | |
| | 1 tsp oil | | | | | 1 | |
| | Tea with little milk , no sugar | | | | | | |

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| Mid-Morning | Fresh fruit | | 1 | | | | |
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|---------------|--|---|---|---|--|---|--|
| Midday | 1 Whole wheat flour chapatti (6" diameter) | 1 | | | | | |
| | ½ cup cooked lentils (e.g. Massar) without tarka | | | 1 | | 1 | |
| | 1 Cup Steamed spiced Seasonal Vegetables | | 1 | | | | |

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| Afternoon | 2/3 cup plain yoghurt | | | | 1 | | |
| | 1 Cup Plain Vegetable/Chicken Yakhni (broth) | | | | | | |
| | Fresh fruit | | 1 | | | | |

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|----------------|---|---|---|--|--|---|--|
| Evening | 1 Whole wheat flour chapatti (6" diameter) | 1 | | | | | |
| | ½ cup vegetable curry | | 1 | | | 1 | |
| | 1 cup fresh vegetable salad in lemon juice (without dressing) | | 1 | | | | |

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| Late evening | ½ cup milk without sugar and Balai | | | | 1 | | |
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| Total servings | 3 | 2 | 3 | 2 | 2 | 3 | 0 |
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| DAY 2 | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
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|----------------|---------------------------------------|---|--|--|---|--|--|
| Morning | ½ cup Porridge (Daliya) (oats/barley) | 1 | | | | | |
| | ½ cup milk without sugar and Balai | | | | 1 | | |
| | Tea with little milk , no sugar | | | | | | |

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| Mid-Morning | ½ cup Vegetable salad | | | 1 | | | |
| | Kidney bean (red lobia) | | | 1 | | 1 | |

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|---------------|------------------------------------|---|--|---|---|---|--|
| Midday | 1 whole wheat chapatti (6") | 1 | | | | | |
| | ½ cup paneer curry | | | | 1 | 1 | |
| | Steamed spiced Seasonal Vegetables | | | 1 | | | |

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| Afternoon | Fruit | | 1 | | | | |
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|----------------|---|---|--|---|--|---|--|
| Evening | 1 whole wheat chapatti (6") | 1 | | | | | |
| | ½ Cup Egg Curry | | | 1 | | 1 | |
| | 1 cup fresh vegetable salad in lemon juice (without dressing) | | | 1 | | | |

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| Late evening | Fruit | | 1 | | | | |
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| Total servings | 3 | 2 | 3 | 2 | 2 | 3 | 0 |
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| DAY 3 | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
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|----------------|---------------------------------|---|--|---|--|---|--|
| Morning | 1 Bran bread | 1 | | | | | |
| | 1 tsp margarine | | | | | 1 | |
| | 1 boiled egg | | | 1 | | | |
| | Tea with little milk , no sugar | | | | | | |

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| Mid-Morning | Fruit | | 1 | | | | |
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|---------------|---|---|---|--|--|---|--|
| Midday | 1 Whole wheat chapatti (6") | 1 | | | | | |
| | ½ cup vegetable curry | | 1 | | | 1 | |
| | 1 cup fresh vegetable salad in lemon juice (without dressing) | | 1 | | | | |

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| Afternoon | Fruit | | 1 | | | | |
| | 1 Cup Kashmiri Tea (no sugar) | | | | | | |

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|----------------|---|---|---|---|---|---|--|
| Evening | ½ cup Cooked (Boiled) Basmati Rice | 1 | | | | | |
| | ½ cup Raita | | | | 1 | | |
| | 1 cup fresh vegetables salad in lemon juice (without mayonaise) | | 1 | | | | |
| | ½ cup Cooked Chicken Curry | | | 1 | | 1 | |

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| Late evening | 1 cup low fat milk (without sugar) | | | | 1 | | |
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| Total servings | 3 | 2 | 3 | 2 | 2 | 3 | 0 |
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