

<b>Initials:</b>		<b>Date:</b>	DD/MM/YY
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# Example eating plan 1000kcal/day

By following this plan you should hope to lose weight at a steady rate.

However, the ultimate aim is that you are able to create your own personalised eating plan, using foods that you would normally eat, with the help of your CHW. Eventually you will be able to adapt this eating plan day by day which will enable you to introduce variety and choice which will allow you to 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 CHW is there to aid you in establishing a new healthy lifestyle.

### 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:**

<b>3</b>	<b>Servings</b>	Bread, chapatti and alternatives
<b>4</b>	<b>Servings</b>	Meat, fish and dahls
<b>5</b>	<b>Servings</b>	Fruit and vegetables
<b>2</b>	<b>Servings</b>	Milk and dairy foods
<b>3</b>	<b>Servings</b>	Fats and oils
<b>0</b>	<b>Kcal</b>	Snacks

<b>DAY 1</b>	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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<b>Morning</b>	Tea, non/low fat milk powder, no sugar						
	5 small string hoppars	1					
	1 tbsp coconut sambol					1	
	30g piece of fish + 1 coconut spoon curry			1		1	
	1/2 glass full fat milk				1		

<b>Mid-Morning</b>	1 large piece of papaw		1				

<b>Midday</b>	1 cup boiled rice	2					
	2 (50g without skin) pieces of chicken			2			
	1 cup gotukola salad (with small amount of scraped coconut)			1		0.5	
	1.5 tbsp cucumber curry			1		0.5	

<b>Afternoon</b>	1 medium guava		1				
	1 Highland yoghurt				1		

<b>Evening</b>	300ml soup (vegetables + 1egg)			1	1		
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<b>Total Servings</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>0</b>
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<b>DAY 2</b>	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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<b>Morning</b>	Tea, non/low fat milk powder, no sugar						
	6 tbsp (90g) boiled manioc	1					
	1 tbsp coconut sambol					1	
	1/2 glass full fat milk				1		

<b>Mid-Morning</b>	1 (2 inch) piece of water melon		1				
	1 Highland yoghurt				1		

<b>Midday</b>	1 cup boiled rice	2					
	2 (30g) pieces of dry fish + 1 coconut spoon curry			2			
	1 cup dark green leaves (mallum)			1		1	
	3 tbsp. Beans curry			1		1	

<b>Afternoon</b>	½ cup fruit salad (no sugar)		1				
	Tea, non/low fat milk powder, no sugar						

<b>Evening</b>	2 (75g)pieces of baked/grilled fish			2			
	1 cup vegetables			1			

<b>Total Servings</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>0</b>
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<b>DAY 3</b>	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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<b>Morning</b>	Tea, non/low fat milk powder, no sugar						
	1/2 cup boiled green gram	1					
	2 tbsp onion sambol			1			
	1 tbsp coconut sambol					1	
	1/2 glass full fat milk				1		

<b>Mid-Morning</b>	2 (2inch) pieces of mango		2				
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<b>Midday</b>	1 cup boiled rice	2					
	4 tbsp dhal curry			2		2	
	1 cup dark green leaves			1			
	2 tbsp soya meat			1			

<b>Afternoon</b>	1 Highland yoghurt				1		
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<b>Evening</b>	300ml soup (vegetables including soya beans)			1	1		
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<b>Total Servings</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>0</b>
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