

<b>Initials:</b>		<b>Date:</b>	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:**

<b>3</b>	<b>Servings</b>	Bread, chapatti and alternatives
<b>2</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>	<b>Starch</b>	<b>Fruit</b>	<b>Veg</b>	<b>Meat/ Alternatives</b>	<b>Dairy</b>	<b>Fat</b>	<b>Snacks</b>
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<b>Morning</b>	1 weetabix	1					
	1/3 pint semi skimmed milk				1		
	Tea with semi-skimmed milk, no sugar						

<b>Mid-Morning</b>	Fruit		1				
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<b>Midday</b>	1 small roti	1					
	4 tbsp cooked dhal			1		1	
	1 bowl of salad		1				

<b>Afternoon</b>	Fruit		1				
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<b>Evening</b>	1 small roti	1					
	4 tbsp cooked dhal			1		1	
	2 tbsp veg curry (no potato)		1			1	
	150g low fat yoghurt				1		
	1 Bowl salad		1				

<b>Late evening</b>							
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<b>Total servings</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>0</b>
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<b>DAY 2</b>		<b>Starch</b>	<b>Fruit</b>	<b>Veg</b>	<b>Meat/ Alternatives</b>	<b>Dairy</b>	<b>Fat</b>	<b>Snacks</b>
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<b>Morning</b>	1 slice toast	1						
	150g cottage cheese					1		
	1 boiled egg				1			
	Tea with semi-skimmed milk, no sugar							

<b>Mid-Morning</b>	Fruit		1					
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<b>Midday</b>	1 roti	1						
	2 tbsp veg curry (no potato)			1			1	
	150g low fat yoghurt					1		

<b>Afternoon</b>	Fruit		1					
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<b>Evening</b>	1 roti	1						
	4 tbsp cooked dhal				1		1	
	2 tbsp veg curry			1			1	
	1 Bowl salad			1				

<b>Late evening</b>								
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<b>Total servings</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>0</b>
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<b>DAY 3</b>		<b>Starch</b>	<b>Fruit</b>	<b>Veg</b>	<b>Meat/ Alternatives</b>	<b>Dairy</b>	<b>Fat</b>	<b>Snacks</b>
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<b>Morning</b>	1 small roti	1						
	2 tbsp veg curry (no potato)			1			1	

<b>Mid-Morning</b>	Fruit		1					
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<b>Midday</b>	1 small roti	1						
	100g chicken in curry				1		1	
	Salad			1				

<b>Afternoon</b>	150g low fat yoghurt					1		
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<b>Evening</b>	1 baked potato	1						
	1 small can tuna in brine				1			
	1 tbsp mayonaise						1	
	40g cheddar cheese					1		
	1 Bowl of salad			1				

<b>Late evening</b>	Fresh fruit		1					
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<b>Total servings</b>		<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>0</b>
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