

Initials:		Date:	DD/MM/YY
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Example eating plan 1200kcal/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 **1200** 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:

5	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
50-100	Kcal	Snacks

DAY 1		Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	Oats (30g raw)	1						
	200ml double toned milk					1		
	1 tbsp raisins		1					
	Tea with semi-skimmed milk, no sugar							

Mid-Morning	Fresh fruit		1					
	1 plain biscuit	1						

Midday	2 slices of bread	2						
	100gms chicken /fish curry				1		1	
	2 tbsp green salads			1				

Afternoon	Fresh fruit		1					
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Evening	1 small chapati	1						
	2tbsp cooked veg			1			1	
	Dal Whole/husk 1 katori (30g raw)				1		1	
	bowl of salad			1				
	125g low fat curd					1		

Late evening	Green tea							
	1 scoop ice-cream							50

Total servings	5	3	3	2	2	3	50
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DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1slices Wheat bread	1					
	1 tsp butter					1	
	1 boiled egg			1			
	Tea with semi-skimmed milk, no sugar						
	150g low fat yoghurt				1		

Mid-Morning	Fresh fruit		1				
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Midday	2 small roti	2					
	2 tbs cooked veg curry			1		1	
	salad			1			

Afternoon	Fresh fruit		1				
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Evening	4 heaped tbsp cooked rice	2					
	100gms cooked chicken curry			1		1	
	125g low fat curd				1		
	mixed side salad			1			

Late evening	20g roasted chick peas						50
	Lemon tea						

Total servings	5	2	3	2	2	3	50
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DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 small chapati	1					
	2tbs cooked veg curry			1		1	
	Tea with semi-skimmed milk, no sugar						

Mid-Morning	Fresh fruit		1				
	1 plain biscuit	1					

Midday	1 jacket potato	1					
	150g cottage cheese				1		
	1 bowl mixed salad			1			

Afternoon	Sprouts and vegetables			1			
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Evening	1 small chapati	1					
	2 tbs boiled rice	1					
	Dal 1 katori (30g raw)			1		1	
	2tbsp cooked veg			1		1	
	1 bowl mixed salad			1			
	1 boiled egg			1			

Late evening	200ml double toned milk				1		
	1 scoop ice-cream						50

Total servings	5	1	5	2	2	3	50
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