

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

<b>5</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>50-100</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 Whole wheat chapatti ( 6" diameter)	1					
	1 egg omelet (cooked in 1 tsp oil)			1		1	
	1 Cup Tea with little milk						

<b>Mid-Morning</b>	1 cup of chopped fresh fruit		1				
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<b>Midday</b>	1 Whole wheat chapatti (6")	1					
	½ cup lentils /Beans gravy (e.g. Chickpea Curry, Daal Maash)			1		1	
	1 cup fresh vegetable salad (without dressing)			1			
	1 fruit		1				

<b>Afternoon</b>	1 tuc biscuit	1					
	1 Chali (Corn on cob)	1					

<b>Evening</b>	1 Whole wheat chapatti (6")	1					
	½ cup Vegetable Curry			1		1	
	1 Cup Mixed Vegetable Raita			1	1		

<b>Late evening</b>	1 Cup milk without sugar and cream				1		
	roasted chana 20 gms						50

<b>Total servings</b>	<b>5</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>50</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>	2 Bran bread slices	2					
	1 oz. Chicken piece (for sandwich)			1			
	Tea with little milk no sugar						

<b>Mid-Morning</b>	Fresh fruit		1				
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<b>Midday</b>	1 whole wheat chapatti (6" diameter)	1					
	½ cup lentils gravy			1		1	
	½ cup cooked vegetable curry		1			1	
	1 cup fresh vegetable salad (without oil dressing)		1				

<b>Afternoon</b>	roasted chana 20 gms						50
	fresh fruit		1				

<b>Evening</b>	1 whole wheat chapatti (6" diameter)	1					
	½ cup cooked vegetable curry		1			1	
	½ cup yogurt raita with fresh mixed vegetables		1		1		

<b>Late evening</b>	1 Cup milk without sugar and Balai				1		
	1 plain biscuit	1					

<b>Total servings</b>	<b>5</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>50</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>	2 Bran bread slices	2					
	1 chicken kebab			1			
	Vegetable salad		1				
	Tea with little milk without sugar						

<b>Mid-Morning</b>	Fruit		1				
	Low fat yoghurt				1		

<b>Midday</b>	1 Whole wheat chapatti (6")	1					
	½ cup Vegetable Curry		1			1	
	1 cup Steamed spiced Seasonal Vegetables		1				

<b>Afternoon</b>	Cup of Kehwa (no sugar)						
	1 plain biscuit	1					

<b>Evening</b>	1 Whole wheat chapatti (6")	1					
	½ cup Mixed Vegetable Curry		1			1	
	1/2 cup egg rice			1		1	
	1 cup plain yogurt raita				1		
	1 Cup fresh green vegetable Salad		1				

<b>Late evening</b>	Sprouts chat 50 gms						50
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<b>Total servings</b>	<b>5</b>	<b>1</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>50</b>
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