

Initials:		Date:	DD/MM/YY
------------------	--	--------------	----------



Example eating plan 1200kcal/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 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
4	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
--------------	--------	-------	-----	-----------------------	-------	-----	--------

Morning	Tea, non/low fat milk powder, no sugar						
	1 cup of boiled rice	2					
	1 coconut spoon of coconut milk gravy					1	
	30g cooked fish + curry			1		1	
	1/2 glass full fat milk				1		

Mid-Morning	1 large piece of guava (100g)		1				
--------------------	-------------------------------	--	---	--	--	--	--

Midday	2 coconut spoon of par boiled rice	2					
	2 serving cooked fish (60g total)			2			
	3 tbsp carrot curry (added fat allocated as snack)			1			50
	1 cup of mallum (dark green leaves cooked with coconut)			1		1	

Afternoon	1 Highland yoghurt				1		
	1 medium orange		1				

Evening	300ml soup (vegetables+1 egg)			1	1		
	1 slice of bread	1					

Total Servings	5	2	3	4	2	3	50
-----------------------	----------	----------	----------	----------	----------	----------	-----------

DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
--------------	--------	-------	-----	-----------------------	-------	-----	--------

Morning	Tea, non/low fat milk powder, no sugar						
	2 thin slices of bread with margarine	2				1	
	1 serving of cooked fish (30g)			1			
	1/2 glass full fat milk				1		

Mid-Morning	1 large piece of papaw		1				
--------------------	------------------------	--	---	--	--	--	--

Midday	1 cup of boiled rice	2					
	1 cup of mallum (green leaves cooked with coconut)			1		1	
	1 serving of chicken curry (50g chicken without skin)				1	1	
	3tbsp cucumber curry (added fat allocated as snack)			1			50

Afternoon	1 Highland yoghurt				1		
	1 medium guava		1				

Evening	2 pieces of Baked/grilled fish (75g each)				2		
	1 cup boiled vegetables			1			
	1 slice of bread	1					

Total Servings	5	2	3	4	2	3	50
-----------------------	----------	----------	----------	----------	----------	----------	-----------

DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
--------------	--------	-------	-----	-----------------------	-------	-----	--------

Morning	Tea, non/low fat milk powder, no sugar						
	2/3 cup of boiled green gram	2					
	1/2 glass full fat milk				1		

Mid-Morning	1 large piece of papaw		1				

Midday	1 cup of boiled rice	2					
	3tbsp cooked green beans			1			
	4 tbsp cooked dhal curry			2		1	
	2 tbsp of soya curry (added fat allocated as snack)			1			50
	1 cup of mallum (dark green leaves cooked with scraped coconut)			1		1	

Afternoon	1 Highland yoghurt				1		
	1 medium apple		1				

Evening	1/2 cup boiled noodles	1					
	1 cup boiled vegetables			1			
	2 tbsp soya curry			1		1	

Total Servings	5	2	3	4	2	3	50
-----------------------	----------	----------	----------	----------	----------	----------	-----------