

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	2 Weetabix	2					
	1/3 pint semi skimmed milk				1		
	Tea with semi-skimmed milk, no sugar						

Mid-Morning	Fresh fruit		1				
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Midday	2 slices of bread	2					
	1 tsp margarine					1	
	40g (1.5oz) cheddar cheese				1		
	2 sliced tomatoes		1				
	1 boiled egg			1			

Afternoon	Fresh fruit		1				
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Evening	1 small chapati	1					
	4 tbsp cooked veg (no potatoes)		1			1	
	4 tbsp dahl			1		1	
	1 bowl salad		1				

Late evening	1 ginger biscuit						50
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Total servings	5	2	3	2	2	3	50
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DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	2 slices wholemeal toast	2					
	1 tsp margarine					1	
	1 boiled egg			1			
	1 glass of semi skimmed milk				1		

Mid-Morning	Fresh fruit		1				
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Midday	2 slices wholemeal toast	2					
	2tbsp cooked veg curry			1		1	
	1 bowl salad			1			

Afternoon	Fresh fruit		1				
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Evening	2 tbsp boiled rice	1					
	100g chicken in curry			1		1	
	150g low fat yoghurt				1		
	1 bowl salad			1			

Late evening	2 tbsp roasted chick peas						100
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Total servings	5	2	3	2	2	3	100
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DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 small chapati	1					
	2tbsp cooked veg curry		1			1	
	Tea with semi-skimmed milk, no sugar						

Mid-Morning	Fresh fruit		1				
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Midday	1 jacket potato	1					
	150g cottage cheese				1		
	1 bowl salad		1				

Afternoon	Fresh fruit		1				
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Evening	2 small chapati	2					
	2 tbsp boiled rice	1					
	4 tbsp cooked dhal			1		1	
	100g chicken in curry			1		1	
	150g low fat yoghurt				1		
	1 bowl salad		1				

Late evening	1 jaffa cake						50
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Total servings	5	2	3	2	2	3	50
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