

<b>Initials:</b>		<b>Date:</b>	DD/MM/YY
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# Example eating plan 1500kcal/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 **1500** 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:**

<span style="border: 1px solid black; padding: 5px; display: inline-block;"><b>7</b></span>	<b>Servings</b>	Bread, chapatti and alternatives
<span style="border: 1px solid black; padding: 5px; display: inline-block;"><b>2</b></span>	<b>Servings</b>	Meat, fish and dahls
<span style="border: 1px solid black; padding: 5px; display: inline-block;"><b>6</b></span>	<b>Servings</b>	Fruit and vegetables
<span style="border: 1px solid black; padding: 5px; display: inline-block;"><b>2</b></span>	<b>Servings</b>	Milk and dairy foods
<span style="border: 1px solid black; padding: 5px; display: inline-block;"><b>3</b></span>	<b>Servings</b>	Fats and oils
<span style="border: 1px solid black; padding: 5px; display: inline-block;"><b>150</b></span>	<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>	30g raw oats	1					
	200ml double toned milk				1		
	1 tbsp raisins		2				
	25g almonds						150
	Tea with semi-skimmed milk, no sugar						

<b>Mid-Morning</b>	Fresh fruit		1				
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<b>Midday</b>	1 pitta bread	2					
	2 tbsp cooked veg (no potato in small amount of oil)			1		1	
	1 bowl salad			1			
	Chicken curry 100gms			1		1	

<b>Afternoon</b>	2 plain biscuits	2					
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<b>Evening</b>	2 slices bread	2					
	1 katori boiled beans (30g raw)			1		1	
	150g low fat yoghurt				1		
	1 bowl salad			1			
	Fresh fruit		1				

<b>Late evening</b>							
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<b>Total servings</b>	<b>7</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>150</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>	3tbsp breakfast cereal	1						
	200ml double toned milk					1		
	Tea with semi-skimmed milk, no sugar							

<b>Mid-Morning</b>	Fresh fruit		1					
	2 plain biscuits	2						

<b>Midday</b>	2 slices bread	2						
	1 tsp butter							50
	30gms boiled chana				1		1	
	1 bowl salad			1				
	Fresh fruit		1					

<b>Afternoon</b>	3 tbsp savoury puffed rice							100
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<b>Evening</b>	2 small chapatis	2						
	100gms cooked lean chicken curry				1		1	
	1 bowl salad			1				
	2tbsp Cooked veg			1			1	

<b>Late evening</b>	Fresh Fruit		1					
	125g low fat curd					1		

<b>Total servings</b>		<b>7</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>150</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 slices toast	2						
	1tsp oil/butter							50
	Sprouts+vegetables			1				
	200ml double toned milk					1		

<b>Mid-Morning</b>	Fresh fruit		1					
	1 plain biscuit	1						

<b>Midday</b>	2 small chapati	2						
	Dal 1 katori(30gms raw)				1		1	
	2tbsp cooked veg			1			1	
	1 bowl of side salad			1				
	150g low fat yogurt					1		
	Fresh fruit		1					

<b>Afternoon</b>	Dhokala 2 pieces							100
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<b>Evening</b>	2 small chapatis	2						
	Whole pulse/Chickpea curry (1 katori, 30g raw)				1			
	2tbsp Cooked Veg			1			1	
	1 bowl salad			1				

<b>Late evening</b>								
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<b>Total servings</b>		<b>7</b>	<b>2</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>150</b>
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