

Initials:		Date:	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:

7	Servings	Bread, chapatti and alternatives
2	Servings	Meat, fish and dahls
6	Servings	Fruit and vegetables
2	Servings	Milk and dairy foods
3	Servings	Fats and oils
150	Kcal	Snacks

DAY 1	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 Whole wheat chapatti (6")	1					
	1 Chicken Kebab (cooked in 1 tsp oil)			1		1	
	1 cup of Kehva						

Mid-Morning	2 fresh fruit		2				
	2 bran rusks	2					

Midday	1 Whole wheat chapatti (6")	1					
	1/2 cup lentil curry			1		1	
	1/2 cup plain raita				1		
	1 cup fresh vegetable salad		1				

Afternoon	1 Chali/(Corn on cob)	1					

Evening	1 Whole wheat chapatti (6")	1					
	1 cup Boiled Basmati Rice	1					
	½ cup Vegetable curry		1			1	
	1 cup Steamed spiced Seasonal Vegetables		1				
	1/3 cup low fat yoghurt				1		

Late evening	1 tbsp dried fruit		1				
	25g nuts						150

Total servings	7	3	3	2	2	3	150
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DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	2 Bran bread slices	2					
	1 tsp fat spread					1	
	1 boiled egg			1			
	1 cup/ 250 ml dodh patti /(tea) with little milk						

Mid-Morning	Chali (Corn on cob without salt)	1					
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Midday	1 whole wheat chapatti (6")	1					
	½ cup lentils Curry (e.g. Sabat Masar)			1		1	
	1 cup fresh vegetable salad without dressing		1				

Afternoon	½ Cup Yoghurt				1		
	2 fruit		2				
	2pcs paneer tikka						150

Evening	1 whole wheat chapatti (6")	1					
	½ cup Vegetable curry		1			1	
	½ cup yogurt raita				1		
	1 cup Steamed spiced Seasonal Vegetables		1				

Late evening	1 tbsp dired fruit		1				
	2 bran rusks	2					
	Tea with little milk and no sugar						

Total servings	7	3	3	2	2	3	150
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DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 Gram flour chapatti	1					
	1 cup/ 250 ml yogurt				1		
	1 fruit		1				

Mid-Morning	1 fruit		1				
	1 bran rusk	1					
	tea with little miolk and no sugar						

Midday	1 whole wheat chapatti 100 grams (half flour + half bran)	1					
	1 cup Boiled Basmati Rice	1					
	1/2 cup Chicken curry			1		1	
	½ cup Mint and cucumber raita				1		
	1 cup fresh vegetable salad		1				

Afternoon	Doodh patti / Tea with little milk						
	2 Tuc Biscuits	1					
	1 fresh fruit		1				

Evening	2 Whole Wheat chapattis (6 inches)	2					
	½ cup cauliflower with minced chicken			1	1		1
	1/2 cup vegetable curry			1			1

Late evening	150g rice Kheer						150
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Total servings	7	3	3	2	2	3	150
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