

<b>Initials:</b>		<b>Date:</b>	DD/MM/YY
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# Example eating plan 1500kcal/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 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 15px; font-weight: bold; font-size: 1.2em;">7</span>	<b>Servings</b>	Bread, chapatti and alternatives
<span style="border: 1px solid black; padding: 5px 15px; font-weight: bold; font-size: 1.2em;">4</span>	<b>Servings</b>	Meat, fish and dahls
<span style="border: 1px solid black; padding: 5px 15px; font-weight: bold; font-size: 1.2em;">6</span>	<b>Servings</b>	Fruit and vegetables
<span style="border: 1px solid black; padding: 5px 15px; font-weight: bold; font-size: 1.2em;">2</span>	<b>Servings</b>	Milk and dairy foods
<span style="border: 1px solid black; padding: 5px 15px; font-weight: bold; font-size: 1.2em;">3</span>	<b>Servings</b>	Fats and oils
<span style="border: 1px solid black; padding: 5px 15px; font-weight: bold; font-size: 1.2em;">150</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>	Tea, non/low fat milk powder, no sugar							
	1 cup of boiled rice	2						
	30g fish + curry				1		1	
	2 tbsp kiri hodi						1	
	2tbsp pol sambol						1	
	1/2 glass full fat milk					1		

<b>Mid-Morning</b>	1 large piece of papaw		1					
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<b>Midday</b>	2 cup of boiled rice	4						
	2 serving cooked fish (60g dried fish total)				2			
	3tbsp cucumber curry (added fat allocated as snack)			1				50
	1 cup of mallum (added fat allocated as snack)			1				50
	3tbsp cooked green beans			1				

<b>Afternoon</b>	2-3 Veralu		1					
	1 Highland yoghurt					1		
	1 sweet biscuit							50

<b>Evening</b>	400ml soup (1 egg+ vegetables)			1	1			
	1 slice of bread	1						
	1 medium green apple		1					

<b>Total Servings</b>	<b>7</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>150</b>
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<b>DAY 2</b>	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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<b>Morning</b>	Tea, non/low fat milk powder, no sugar						
	2 (2.5 cm piece each) of pittu	2					
	30g fish + curry			1		1	
	2 tbsp onion sambol			1			
	2 tbsp of kirihodi					1	
	1/2 glass full fat milk				1		

<b>Mid-Morning</b>	1 medium banana		1				
	1 Highland yoghurt				1		

<b>Midday</b>	2 cups of boiled rice (extra starch portion allocated as snack)	3					100
	1 cup of mallum (added fat allocated as snack)			1			50
	1 serving of chicken curry (total 50g chicken without skin)				1	1	
	3tbsp cooked carrot (no fat)			1			
	1medium guava		1				

<b>Afternoon</b>	1 medium Mandarine		1				
	Tea, non/low fat milk powder, no sugar						

<b>Evening</b>	2/3 rd cup boiled noodles 3 tbsp vegetables	2		1			
	2 grilled/baked fish				2		

<b>Total Servings</b>	<b>7</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>150</b>
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<b>DAY 3</b>	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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<b>Morning</b>	Tea, non/low fat milk powder, no sugar						
	1 cups of boiled green gram	2					
	3 tbsp of onion salad			1			
	1/2 glass full fat milk				1		

<b>Mid-Morning</b>	1 medium size guava		1				
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<b>Midday</b>	1 & 1/2 cups of boiled rice	3					
	3tbsp cooked green beans			1			
	2 tbsp cooked dhal curry				1		1
	4tbsp of soya curry (added fat allocated as snack)				1		50
	1 cup of mallum (added fat allocated as snack)			2			50

<b>Afternoon</b>	1 piece of pine apple		1				
	1 Highland yoghurt				1		
	1 sweet biscuit						50

<b>Evening</b>	1 plain dosa	2					
	4tbsp of Dhal curry				2		2
	1 small banana		1				

<b>Total Servings</b>	<b>7</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>150</b>
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