

<b>Initials:</b>		<b>Date:</b>	DD/MM/YY
------------------	--	--------------	----------



# 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 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;">2</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/ Fish</b>	<b>Dairy</b>	<b>Fat</b>	<b>Snacks</b>
--------------	---------------	--------------	------------	-----------------------	--------------	------------	---------------

<b>Morning</b>	30g raw oats	1					
	1/3 pint semi skimmed milk				1		
	1tbsp raisins		1				
	Tea with semi-skimmed milk, no sugar						

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

<b>Midday</b>	1 pitta bread	2					
	2 tbsp cooked veg (not potato)			1		1	
	1 bowl salad			1			

<b>Afternoon</b>	2 plain biscuits	2					
------------------	------------------	---	--	--	--	--	--

<b>Evening</b>	2 small chapatis	2					
	8 tbsp cooked dahl			2		2	
	150g low fat yoghurt				1		
	1 bowl salad			1			
	Fresh fruit		1				

<b>Late evening</b>	1oz peanuts						15 0
---------------------	-------------	--	--	--	--	--	---------

<b>Total Servings</b>		<b>7</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>15 0</b>
-----------------------	--	----------	----------	----------	----------	----------	----------	-----------------

<b>DAY 2</b>	<b>Starch</b>	<b>Fruit</b>	<b>Veg</b>	<b>Meat/ Fish</b>	<b>Dairy</b>	<b>Fat</b>	<b>Snacks</b>
--------------	---------------	--------------	------------	-----------------------	--------------	------------	---------------

<b>Morning</b>	2 dry methi paratha	2					
	150g low fat yoghurt				1		
	Tea with semi-skimmed milk, no sugar						

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

<b>Midday</b>	2 slices bread	2					
	1 tsp margarine					1	
	2 tbsp hummus			1		1	
	1/4 avocado		1				
	150g cottage cheese				1		
	1 bowl salad		1				

<b>Afternoon</b>	Fresh fruit		1				
	3 tbsp savoury puffed rice						100

<b>Evening</b>	2 small chapatis	2					
	2 tbsp cooked rice	1					
	100g cooked lean chicken in curry			1		1	
	1 bowl salad		1				
	Fresh fruit		1				

<b>Late evening</b>	1 jaffa cake biscuit						50
---------------------	----------------------	--	--	--	--	--	----

<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>
-----------------------	----------	----------	----------	----------	----------	----------	------------

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

<b>Morning</b>	2 slices toast	2					
	1tsp margarine					1	
	3tbsp branflakes	1					
	1/3 pint semi-skimmed milk				1		

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

<b>Midday</b>	1 small chapati	1					
	2 tbsp cooked veg		1				
	1 bowl of salad		1				
	150g low fat yogurt				1		

<b>Afternoon</b>	Fresh fruit		1				
	1 packet crisps (25g)						150

<b>Evening</b>	2 small chapatis	2					
	8 tbsp chickpea curry			2		2	
	1 bowl salad		1				

<b>Late evening</b>	Fresh fruit		1				
	1 plain biscuit	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>
-----------------------	----------	----------	----------	----------	----------	----------	------------