



Initials:		Date:	DD/MM/YY
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Example eating plan 1800kcal/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 **1800** 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:

8	Servings	Bread, chapatti and alternatives
2	Servings	Meat, fish and dahls
8	Servings	Fruit and vegetables
2	Servings	Milk and dairy foods
4	Servings	Fats and oils
200-250	Kcal	Snacks

DAY 1		Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	60g raw oats made up with water	2						
	200ml double toned milk					1		
	Sprouts/fruit/vegetable		1					
	1 tsp butter/oil						1	
	Tea with semi-skimmed milk, no sugar							

Mid-Morning	Fresh lime water							
	Fresh fruit		1					

Midday	4 slice bread	4						
	100 g chicken				1			
	1 bowl salad			1				
	Fresh fruit		1					

Afternoon	Dhokala 2 pieces							100
	25g peanuts							150

Evening	2 small chapati	2						
	1 katori whole pulse (30gm raw)				1		1	
	4 tbspn cooked curry veg			2			1	
	125 g low fat yogurt					1		
	Bowl of mixed salad			1				
	1 fresh fruit		1					

Late evening								
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Total servings	8	4	4	2	2	3	250
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DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	2 slices toast	2					
	1tsp butter/oil					1	
	1 egg omelette+ vegetables		1	1			
	Fruit		1				

Mid-Morning	30gms roasted chana						50
	Coconut water						

Midday	3 small chapatis	3					
	4 tbspn veg curry		2			1	
	1 katori dal (30gm raw)			1		1	
	150g low fat yoghurt				1		
	2 fresh fruit		2				

Afternoon	3 tbsp puffed savoury rice+roasted chana+veg						100
	20g roasted channa						50

Evening	4tbsp boiled rice	2					
	2 tbspn veg curry		1			1	
	125g low fat curd				1		
	Bowl of mixed salad		1				

Late evening	Fruit	1					
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Total servings	8	3	5	2	2	4	200
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DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	1 paratha (oil from this is accounted as snack allowance today)	2					200
	2 tbsp veg curry		1			1	
	150g low fat yoghurt				1		
	Boiled beans+veg		1				
	Tea with semi-skimmed milk, no sugar						

Mid-Morning	2 fruits		2				
	Butter milk						

Midday	1 pita bread	2					
	100gms cooked diced chicken			1			
	Bowl of salad		1				
	Fresh fruit		1				

Afternoon	Vegetable sandwich	2		1			
	Fat spread (1 tsp)					1	

Evening	Rice cooked (4 tbsp)	2					
	4 tbsp veg curry			2		2	
	Bowl of salad		1				
	1 katori dal (30gm raw)			1			

Late evening	200ml double toned milk				1		
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Total servings	8	3	7	2	2	4	200
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