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| 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 | 2 Whole wheat chapatti | 2 | | | | | |
| | 1 egg omelet (cooked in 1 tsp oil) | | | 1 | | 1 | |
| | 1 glass fruit juice (unsweetened) | | 1 | | | | |

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| Mid-Morning | 2 Fresh fruit | | 2 | | | | |
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| Midday | 2 Whole wheat chapatti | 2 | | | | | |
| | 1 cup chickpeas gravy | | | 1 | | 1 | |
| | ½ cup plain raita | | | | 1 | | |
| | 1 cup fresh vegetable salad | | 1 | | | | |

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| Afternoon | 3 Bran Rusk | 3 | | | | | |
| | Tea with little milk | | | | | | |
| | Fresh fruit | | 1 | | | | |

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|----------------|----------------------------------|---|---|--|---|---|--|
| Evening | 1 Whole wheat chapatti | 1 | | | | | |
| | ½ cup cooked egg plant (baingan) | | 1 | | | 1 | |
| | ½ cup Vegetable curry | | 1 | | | 1 | |
| | ½ cup mint raita | | | | 1 | | |

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| Late evening | 1 tbsp dried fruit | | 1 | | | | |
| | small slice of sponge cake | | | | | | 200 |

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| Total servings | 8 | 5 | 3 | 2 | 2 | 4 | 200 |
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| DAY 2 | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
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|----------------|---------------------------------------|---|---|--|---|--|--|
| Morning | 1 Gram flour chapatti (Besan ki roti) | 1 | | | | | |
| | 1 cup/ 250 ml yogurt | | | | 1 | | |
| | 2 Fresh fruit | | 2 | | | | |
| | Black tea with little milk | | | | | | |

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| Mid-Morning | 1 plain biscuit | 1 | | | | | |
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| Midday | 2 whole wheat chapatti 100 grams | 2 | | | | | |
| | 1/2 cup Chicken curry | | | 1 | | 1 | |
| | ½ cup Mint and cucumber raita | | | | 1 | | |
| | 1 cup fresh vegetable salad | | 1 | | | | |

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| Afternoon | Doodh patti without sugar | | | | | | |
| | 4 Tuc Biscuits | | | | | | 10 0 |
| | Fresh fruit | | 1 | | | | |

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|----------------|--|---|--|---|---|---|--|
| Evening | 2 Whole Wheat chapattis (6 inches) | 2 | | | | | |
| | ½ cup cooked cauliflower with minced chicken | | | 1 | 1 | 1 | |
| | 1/2 cup vegetable curry | | | 1 | | 1 | |
| | 1 cup Steamed spiced Seasonal Vegetables | | | 1 | | | |

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| Late evening | 2 slices of toast | 2 | | | | | |
| | 1 tsp margarine/butter | | | | | 1 | |
| | 2 cookies | | | | | | 10 0 |
| | 1 tbsp dried fruit | | 1 | | | | |

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| Total servings | 8 | 4 | 4 | 2 | 2 | 4 | 20 0 |
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| DAY 3 | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
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|----------------|------------------------------------|---|--|---|---|---|--|
| Morning | 1 cup Barley Porridge | 1 | | | | | |
| | 1 cup low fat milk | | | | 1 | | |
| | 1 Boiled egg | | | 1 | | | |
| | 1 slice of toast | 1 | | | | | |
| | 1 tsp fat spread | | | | | 1 | |
| | Tea with little milk without sugar | | | | | | |

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| Mid-Morning | 2 fresh fruit | | 2 | | | | |
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|---------------|--|---|---|---|--|---|--|
| Midday | 1 cup Boiled basmati Rice | 1 | | | | | |
| | 2 Whole Wheat chapatti | 2 | | | | | |
| | ½ cup Moong Daal curry | | | 1 | | 1 | |
| | 1 cup fresh vegetables + lemon juice (without oil dressing) | | 1 | | | | |

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| Afternoon | Tea with milk without sugar | | | | | | |
| | Almonds 25g | | | | | | 150 |

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|----------------|-------------------------|---|--|---|--|---|--|
| Evening | 2 Whole Wheat chapatti | 2 | | | | | |
| | ½ cup Okra Bhujia | | | 1 | | 1 | |
| | 1/2 cup vegetable curry | | | 1 | | 1 | |
| | 1 cup squash raita | | | 1 | | 1 | |

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| Late evening | 2 fruit | | 2 | | | | |
| | 1 piece of bread | 1 | | | | | |
| | 1 tsp fat spread | | | | | | 50 |

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| Total servings | 8 | 4 | 4 | 2 | 2 | 4 | 200 |
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