

Initials:		Date:	DD/MM/YY
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Example eating plan 1800kcal/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 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
4	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	Tea, non/low fat milk powder, no sugar						
	1.5 cups of boiled rice	3					
	30g fish (dried) + curry				1		1
	2 tbsp dhal curry				1		
	2 tbsp cooked green beans curry			1			1
	1/2 glass full fat milk					1	

Mid-Morning	1 large piece of papaw		1				
	Highland yoghurt					1	

Midday	3 coconut spoons of boiled rice	3					
	1 serving cooked fish (30g)				1		
	1 cup of mallum (dark green leaves cooked with scraped coconut)			1			2
	3 tbsp cucumber curry (added fat allocated as snack)			1			50
	1 vegetable roti						150

Afternoon	Tea, non/low fat milk powder, no sugar						
	1 small banana		1				

Evening	400ml soup (1 egg+ vgetables)			1	1		
	2 slices of bread	2					
	1 cup of Fresh fruit salad,no sugar		2				

Total Servings	8	4	4	4	2	4	200
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DAY 2	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	Tea, non/low fat milk powder, no sugar						
	3 (2.5 cm piece each) of pittu	3					
	30g fish + curry			1		1	
	2 tbsp onion sambol			1			
	2 tbsp of kiri hodi					1	
	Highland yoghurt					1	

1/2 glass full fat milk 1

Mid-Morning	1 medium size guava		1				
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Midday	1 cup of boiled rice	2					
	1 cup of mallum (green leaves cooked with coconut)			1		1	
	2 serving of chicken curry (total 100g chicken without skin)			2		1	
	3 tbsp cooked carrot (added fat allocated as snack)			1			50

Afternoon	Tea, non/low fat milk powder, no sugar						
	2 slices of mango		2				
	1 small slice of fruit cake						200

Evening	1 cup boiled noodles+ 3tbsp vegetables	3		1			
	1 boiled egg			1			
	1 small banana		1				

Total Servings	8	4	4	4	2	4	250
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DAY 3	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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Morning	Tea, non/low fat milk powder, no sugar						
	1 & 1/2cup of boiled green gram	3					
	3 tbsp of onion salad			1			
	1/2 glass full fat milk				1		

Mid-Morning	1 medium size green apple		1				
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Midday	1 cup of boiled rice	2					
	1/3 cup cooked breadfruit	1				1	
	3 tbsp cooked green beans			1			
	2 tbsp cooked dhal curry				1	1	
	2tbsp of soya curry				1	1	
	1 cup of mallow (added fat allocated as snack)			1			50

Afternoon	2 round slices of pineapple		2				
	1 Highland yoghurt				1		
	1 chocolate biscuit						100
	1 plain sweet biscuit						50

Evening	2plain dosa	2					
	4 tbsp of Dhal curry				2	1	
	3 tbsp onion salad			1			
	1/2 cup of fresh fruit salad, no sugar		1				

Total Servings	8	4	4	4	2	4	200
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