



<b>Initials:</b>		<b>Date:</b>	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:**

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

<b>DAY 1</b>	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks
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<b>Morning</b>	6 tbsn breakfast cereal, eg Special K	2					
	1/3 pint semi-skimmed milk				1		
	1 tbsp raisins		1				
	2slices toast	2					
	1 tsp margarine					1	
	Tea with semi-skimmed milk, no sugar						

<b>Mid-Morning</b>	Fresh fruit		1				
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<b>Midday</b>	2 slice bread	2					
	1 tsp margarine					1	
	1 small can tuna in brine			1			
	25g packet crisps						150
	150ml unsweetened fruit juice		1				
	Fresh fruit		1				

<b>Afternoon</b>	2 fingers Kit-Kat						100
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<b>Evening</b>	2 small chapati	2					
	4tbspn cooked beans			1			
	4 tbspn cooked curry veg			2		2	
	150g low fat yogurt				1		
	1 bowl salad		1				

<b>Late evening</b>	Fresh Fruit		1				
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<b>Total Servings</b>	<b>8</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>250</b>
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<b>DAY 2</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>	2 slices toast	2						
	1tsp margarine						1	
	150ml unsweetened fruit juice		1					

<b>Mid-Morning</b>	1oz peanuts							150
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<b>Midday</b>	2 chapatis	2						
	4 tbspn veg curry			2			2	
	150g low fat yoghurt					1		
	2 fresh fruit		2					

<b>Afternoon</b>	3 dates		1					
	3 tbspn puffed savoury rice							100

<b>Evening</b>	2 chapatis	2						
	2tbsp boiled rice	1						
	8 tbspn dahl				2			
	2 tbspn veg curry			1			1	
	Mixed salad			1				

<b>Late evening</b>	1 glass of semi-skimmed milk					1		
	1 plain biscuit	1						

<b>Total Servings</b>	<b>8</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>250</b>
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<b>DAY 3</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>	2 dry parathas	2					
	2 tbsp veg curry		1			1	
	150g low fat yoghurt				1		
	150ml fruit juice		1				
	Tea with semi-skimmed milk, no sugar						

<b>Mid-Morning</b>	2 fruits		2				
	1 plain biscuit	1					

<b>Midday</b>	1 pita	2					
	100g (4oz) cooked diced chicken			1			
	Bowl of salad		1				
	Fresh fruit		1				

<b>Afternoon</b>	1 slice sponge cake						200
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<b>Evening</b>	2 small chapati	2					
	4 tbsp veg curry		2			2	
	Bowl of salad		1				
	150g white fish in curry			1		1	

<b>Late evening</b>	3 crackers	1					
	40g cheddar				1		

<b>Total Servings</b>	<b>8</b>	<b>4</b>	<b>5</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>200</b>
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