

Registered Clinical Nutritionist.

MEAL PLAN

Day One

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
4 slice(s) Bread, Brown				

Day Two

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Three

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Four

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Five

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Six

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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Day Seven

Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Supper
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COMPANY NAME

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NUTRIENT ANALYSIS

Nutrient	Reference Intake	Meal Plan Composition
Energy (Kcals)	3121.6	35.0
Water (mls)	3121.6	5.1
Protein (g)	117.1	1.1
Fat (g)	103.9	0.2
Fibre (g)	38.0	0.8
Carbohydrate (g)	429.2	6.7
Calcium (mg)	1000.0	8.0
Iron (mg)	8.0	0.4
Magnesium (mg)	400.0	8.3
Phosphorous (mg)	700.0	19.1
Potassium (mg)	4700.0	27.3
Sodium (mg)	2300.0	63.7
Zinc (mg)	11.0	0.2
Selenium (mcg)	55.0	1.9
Vit-A-RAE (mcg)	900.0	0.0
Vit-A-RE (mcg)	0.0	0.0
Retinol (mcg)	0.0	0.0
B-carotene (mcg)	0.0	0.0
Thiamin (mg)	1.2	0.0
Riboflavin (mg)	1.3	0.0
Niacin (mg)	16.0	0.5
Dietary Folate (mcg)	400.0	5.3
Food Folate (mcg)	0.0	5.3
Vit-B12 (mcg)	2.4	0.0
Vit-C (mg)	90.0	0.0
Cholesterol (mg)	300.0	2.0
Oxalic Acid (mg)	0.0	0.0
Phytate (mg)	0.0	0.0

Nutritionist Report :

[illegible]

Prepared on

Prepared by

Registered Clinical Nutritionist.