Food planning

Different type of user

+Protein food: (Can give us a feeling of being fullness)

Main:

* Chicken
* Eggs
* Fish
* Beef
* Green peas
* Milk

Snacks:

* Nuts
* Seeds
* Cottage Cheese

+Fiber: (easier to digest for digestion system)

* Whole grains
* Fresh fruits
* Fresh vegetables
* Salad
* Potatoes
* Beans

+Healthy fats (Fats from healthy food)

* Olive oil
* Coconut oil
* Avocado

1. Recommendation:

For gaining and losing weight user, each have a different need. Weight loss will have less amount of calories intake a day while gaining weight will have 2 times more intake.

Recommended proteins.

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| --- | --- |
| Lose weight | Gain weight |
| For losing weight user, chicken is commonly used for a better result in losing weights. And chicken breast are the parts that they consume the most in chicken. “chicken breast offers many benefits when you're trying to lose weight, which is why it's a staple on so many diet plans.  First, it's low in calories. According to the USDA, a 3-ounce portion of cooked lean chicken breast has 133 calories.” (Jill August 26) | For losing weight user, salmon, and oily fish is the best protein intake to lose weight. “Salmon and oily fish are excellent sources of protein and important healthy fats. Out of all the nutrients that salmon and oily fish provide, omega-3 fatty acids are among the most significant and well known. They offer numerous benefits for your health and help fight diseases.” (Rudy November 5) |

Recommended Menus:

+Normal people should consume a total of 2 liters a day or more.

+Fruits is a good snack that can replace sweet such as ice cream candy or cookies.

+ We should consume less sugar product a day for efficient weight loss.

+For gaining weight, we should have healthy fat suck as avocado or nuts. And take in more milk.

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| --- | --- |
| Lose weight | Gain weight |
| * **Day 1**   + Morning:  Coffee with some milk for less bitter taste (40kcal)  +Snack:  2 Apple (189 kcal)  + Lunch:  2 hardboiled egg (141kcal)  200g spinach(46kcal)  Boiled tomato(123kcal)  +Dinner  100g of grilled beef without butter or oil (265 kg)  150g of salad (23kcal)   * **Day 2**   +Morning:  1 cup of oatmeal 40g (150kcal)  Add some fruits such as banana or apple for some sweetness.  +Lunch:  1 hardboiled egg(69kcal)  100g of salad(20kcal)  Half of an Avocado(200kcal)  + Dinner:  150g of boiled or grill chicken breast(300kcal)  100g lettuce(24kcal)   * **Day 3**   +Morning:  Nothing, fast until lunch time  +Lunch:  150g salmon steamed with some salt and pepper. (218kcal)  Salad 100g (22kcal)  Optional: Dressing on salad(50kcal)  + Dinner:  100g of grilled beef without butter or oil (265 kg)  100g broccoli(30kcal)   * **Day 4**   +Morning:  Optional: Tea or coffee  1 slice of toast(82kcal)  +Lunch:  2 eggs and make a scramble eggs with tomatoes. (220 kcal)  + Dinner:  150g of boiled or grill chicken breast(300kcal)  100g lettuce(24kcal)   * **Day 5**   +Morning:  1 slice of toast(82kcal)  1 Cottage cheese (20g)  1 banana(134kcal)  +Lunch:  150g of grilled beef (265kcal)  100 grams of broccoli (30kcal)  + Dinner:  150g of boiled or grill chicken breast(300kcal)  100g lettuce(24kcal) | * **Day 1**   + Morning:  Cereal with normal skim milk. (200kcal)  + Lunch:  150g salmon steamed with some salt and pepper. (218kcal)  Sides of mash potato 200g (180kcal)  +Dinner  150g ground beef(400kcal)  150g Spinach(38kcal)  150g white rice (200kcal)   * **Day 2**   + Morning:  Banana smoothie  With a mix of some protein powder 100ml  (100kcal)  + Lunch:  150g Chicken breast(300kcal)  100g broccoli(30kcal)  150g white rice (200kcal)  +Dinner  200g of grilled beef (392kcal)  100g salad (20kcal)   * **Day 3**   + Morning:  2 bananas (268kcal)  1 cup of milk (149kcal)  + Lunch:  Scramble eggs with tomato mix in.  2 eggs mix in with one tomato (268kcal)  150g white rice (200kcal)  +Dinner  Steak cook in butter(385kcal)  150g mushroom (44kcal)  Salad 100g (22kcal)   * **Day 4**   + Morning:  Peanut butter and jelly sandwich (300 kcal)  1 cup of milk (149kcal)  + Lunch:  150g salmon steamed with some salt and pepper. (218kcal)  100 grams of broccoli (30kcal)  150g white rice (200kcal)  +Dinner  150g ground beef(380kcal)  100g salad (20kcal)  Sides of mash potato 200g (180kcal)   * **Day 5**   + Morning:  3 eggs omelet with onion pepper, (279kcal)  + Lunch:  Steak cook in butter(385kcal)  Green peas100g(81kcal)  50 g Cooked carrot (16kcal)  +Dinner  150g salmon steamed with some salt and pepper. (218kcal)  150g white rice (200kcal)  6 stick of Asparagus (18kcal) |

Food planning for sick people

For if we have a Cold, fever:

**Day 1**

+Morning

Since people with cold and fever will turn into a picky eater. For that, something that can be easy to swallow will be a good choice.

* Soup is a good option for people that have a fever. It can be something like Chicken soup or veggies soup.

+Lunch

* Next for lunch we can have porridge. Porridge is a good to eat when you have a fever. We can add some beef in the porridge to enhance more beefy smells.
* Remember to drink more water.

+Dinner

* At this rate we may start to feel better and able to move more with some sleep, at this moment some honey in tea would help sooth the throat. “But honey's best feature is one that you can't taste — a few teaspoons in tea can provide much needed antibacterial and antimicrobial agents to help fight off any infectious colds.” (Jaclyn February 6).

**Day 2**

+Morning

* When waking up the next morning, we may have a better result and feel more relax after that.

Fruit on this day is best for recovering after a fever. We need vitamin C to build up some antibacterial. We need citrus fruit that produce vitamin C, such as orange, kiwi, mango, …

+Lunch

* Ginger tea is another drink that can help recover with the feeling of being sick. “There's a reason why many people swear by ginger ale when they're feeling nauseous or sick — while it's diluted in this kind of drink, raw, unprocessed ginger is actually predisposed to lower bacterial counts.” (Jaclyn February 6)
* We start to choose food that we can chew on which is eggs mix with spinach.” Spinach also contains iron, a key mineral responsible for delivering oxygen to your cells. That’s super important when you’re under the weather since not getting enough can make your already lethargic.” (Jaclyn February 6).

+Dinner

* “Chicken is high in protein and other micronutrients, including selenium. Selenium acts as an antioxidant, which helps relieve some symptoms of the common cold.” (Jaclyn February 6).
* So, for that chicken is on of a good protein intake to fix in our fever.
* Since our fever on day 2 will decrease, we can chew better and not being picky about what we eat anymore.

Work cited

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