

Example Week

Plan for 2 diet days and
5 days of 1800 calories

Each restricted and unrestricted day aim for:

RESTRICTED DAY (shaded)

- ◆ 0 carbohydrate portions
- ◆ min 4 to max 12 protein portions
- ◆ max 5 fat portions
- ◆ 3 dairy portions
- ◆ 5 low carb vegetable portions
- ◆ 1 low carb fruit portion
- ◆ at least 8 drinks

UNRESTRICTED DAY

- ❖ max 9 carbohydrate portions
- ❖ aim for 11 protein portions
- ❖ max 4 fat portions
- ❖ 3 dairy portions
- ❖ 7 fruit and vegetable portions (no more than 2 fruit)
- ❖ at least 8 drinks

❖ Plus a maximum of 3 'Treats' per week.

Meal	Monday	Tuesday	Wednesday	Thursday
Breakfast	2 heaped tbsp porridge with a handful of dried fruit made with milk	2 slices wholemeal bread with 1 tsp of olive oil spread and 2 well-cooked boiled eggs Glass of milk	Grilled kipper with grilled tomato	Baked portabello mushroom stuffed with scrambled egg and diced tomatoes
Mid-Morning	Portion of nuts/seeds	1 banana	30g/1oz of low fat cheese	80g/2 ¾ oz Raspberries
Lunch	Tuna salad and 3 tbsp low fat hummus with carrot sticks	120g / 4oz baked potato with 135g / 4½oz of tinned tuna and 1 tbsp low fat mayonnaise, served with a green salad	1 bowl creamy broccoli soup (2 day diet meal ideas and recipes pg 7)	2 slices of ham with a boiled egg and salad Portion of walnuts
Mid-Afternoon	Glass of vegetable juice, portion of unsweetened popcorn	10 Cherry tomatoes	Portion of pistachio nuts	Yoghurt, plain or diet
Evening Meal	Fish pie served with 2 portions of green vegetables. (Simple Healthy Recipes pg 14) 2 Satsumas	Chilli made with 100g / 3½ oz lean mince and 1½ tbsp red kidney beans, served with 30g/1oz brown rice (uncooked weight), a dollop of plain yoghurt, and a tomato and cucumber salad Fromage fraise pancakes with honey and blueberries (Simple Healthy Recipes pg 35)	Easy Italian Chicken served with a side salad and ¼ of an avocado (2 day diet meal ideas and recipes pg 14) Slice of melon	Vegetable kebabs with meat, poultry, fish or Quorn/Tofu (2 day diet meal ideas and recipes pg 10)
Supper	5 minute tomato soup (Simple Healthy Recipes pg 8) Served with 4 rye crispbreads	Portion of unsalted peanuts	Portion of olives	Cocoa made with milk, 2tsp cocoa and sweetener
Other	⅓ pint milk in drinks throughout day	⅓ pint milk in drinks throughout day	⅓ pint milk in drinks throughout day	⅓ pint milk in drinks throughout day
Portions	Carbohydrate 7 Protein 10 Fat 2 Dairy 3 Veg 5 Fruit 2	Carbohydrate 7 ½ Protein 10 Fat 3 Dairy 3 Veg 5 Fruit 2	Carbohydrate 0 Protein 7 Fat 3 Dairy 3 Veg 5 Fruit 1	Carbohydrate 0 Protein 7 Fat 3 Dairy 3 Veg 5 Fruit 1

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Meal	Friday	Saturday	Sunday
Breakfast	1 wholemeal toast with 4 tablespoons of baked beans	6 tbsp bran flakes and milk	2 slices of toasted rye bread and olive spread with 2 slice of grilled lean bacon and a grilled tomato
Mid-Morning	1/3 pint milk	Banana	Portion of unsalted Brazil nuts
Lunch	Carrot and Lentil soup (Simple Healthy Recipes pg 7) Served with 1 wholemeal pitta bread and 2 tbsp low fat hummus and 1 tbsp low fat guacamole	½ a 200g tin of sardines in tomato sauce on 2 slices of wholemeal toast Celery sticks with 2 tsp of peanut butter	60g/2oz wholewheat pasta (uncooked weight) with 135g / 4½oz tinned tuna mixed with low fat mayonnaise. Served with a large salad
Mid-Afternoon	Apricot	Tzatsiki dip made with low fat natural yogurt and mint served with cucumber and red pepper crudités	Fresh Fruit
Evening Meal	Vegetable lasagne with a large side salad with 2 tbsp mixed beans (Simple Healthy Recipes pg 21) Yogurt and fruit	Lean beef and mushroom hotpot (Simply healthy recipes pg 25) Ginger oranges (Simple Healthy Recipes pg 37)	Chicken and spinach curry made with 120g/4oz chicken breast. Served with 60g/2oz wholemeal basmati rice (uncooked weight), half a wholemeal chapatti and low fat plain yoghurt to serve Stewed fruit and custard made with sweetener
Supper	Portion of olives or nuts	2 tbsp low fat hummus and 3 oat cakes	Glass of vegetable juice
Other	1/3 pint milk in drinks throughout day	1/3 pint milk in drinks throughout day	1/3 pint milk in drinks throughout day
Portions	Carbohydrate 7 Protein 10 Fat 3 Dairy 3 Veg 7 Fruit 2	Carbohydrate 7 ½ Protein 8 Fat 3 Dairy 3 Veg 8 Fruit 2	Carbohydrate 7 Protein 9 Fat 3 Dairy 3 Veg 6 Fruit 2