

## Example Week

Plan for 2 diet days and  
5 days of 2100 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 11 carbohydrate portions
- ❖ aim for 13 protein portions
- ❖ max 5 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
<b>Breakfast</b>	3 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 eggs Glass of milk	Grilled kipper with grilled tomato	Baked portabello mushroom stuffed with scrambled egg and diced tomatoes
<b>Mid-Morning</b>	Portion of nuts/seeds	1 banana	30g/1oz of low fat cheese	80g/2 ¾ oz Raspberries
<b>Lunch</b>	2 egg omelette (cooked in vegetable oil) 2 tablespoons of baked beans and 1 slice wholemeal toast	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
<b>Mid-Afternoon</b>	Glass of vegetable juice, portion of unsweetened popcorn	10 Cherry tomatoes 2 portions sautéed chicken or tofu strips	Portion of pistachio nuts	Yoghurt, plain or diet
<b>Evening Meal</b>	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 60g/2oz 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)
<b>Supper</b>	5 minute tomato soup (Simple Healthy Recipes pg 8) Served with 4 rye crispbreads, 2 slices ham and 3 tbsp low fat hummus with carrot sticks	Portion of unsalted peanuts	Portion of olives	Cocoa made with milk, 2tsp cocoa and sweetener
<b>Other</b>	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
<b>Portions</b>	Carbohydrate 9 Protein 12 Fat 3 Dairy 3 Veg 5 Fruit 2	Carbohydrate 8 ½ Protein 12 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

Continued.....

<b>Meal</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	2 slices of wholemeal toast and 4 tablespoons of baked beans	2 scrambled eggs on a wholemeal bagel and milk	2 slices of toasted rye bread and olive spread with 2 slices of grilled lean bacon and a grilled tomato
<b>Mid-Morning</b>	1/3 pint of milk	Banana	Portion of unsalted Brazil nuts
<b>Lunch</b>	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	120g / 4oz 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
<b>Mid-Afternoon</b>	Apricot	Tzatsiki dip made with low fat natural yogurt and mint served with cucumber and red pepper crudités, and half a toasted pitta sliced	Fresh Fruit
<b>Evening Meal</b>	Vegetable lasagne (Simple Healthy Recipes pg 21) with a large side salad with 2 tbsp mixed beans and a hard boiled egg  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), a wholemeal chapatti and low fat plain yoghurt to serve  Stewed fruit and custard made with sweetener
<b>Supper</b>	Portion of olives or nuts	2 tbsp low fat hummus and 3 oat cakes	Glass of vegetable juice
<b>Other</b>	1/3 pint milk in drinks throughout day	1/3 pint milk in drinks throughout day	1/3 pint milk in drinks throughout day
<b>Portions</b>	Carbohydrate 10 Protein 11 Fat 3 Dairy 3 Veg 7 Fruit 2	Carbohydrate 8 ½ Protein 11 Fat 3 Dairy 3 Veg 8 Fruit 2	Carbohydrate 8 Protein 9 Fat 3 Dairy 3 Veg 6 Fruit 2