

PERSONAL NUTRITION

1200kcal Meal Plan - Day 1

Breakfast - Smoked Salmon, Eggs on Wholemeal Toast

	Food Name	Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Breakfast	Bread wholemeal Toasted	32	1 Medium slice	80	14.4	3.6	0.9	2.6
	Eggs	114	2 Medium Eggs	152	1.4	14.3	9.9	0
	Salmon smoked (cold-smoked)	56	1 Average Portion	103	0.3	12.8	5.7	0
Meal Totals				335	16.1	30.7	16.5	2.6

Snack 1

Snack	Grapes Red	100	1 Small Bunch	71	17	0.6	0.1	1.3
Meal Totals				71	17	0.6	0.1	1.3

Lunch - Chicken Salad Wrap

Lunch	Lettuce	63	Normal Serving	7.1	0.88	0.8	0.1	0.9
	Chicken Breast Chopped	45	1 in a Wrap	55	0.45	11.3	0.9	0
	Cucumber	55	5-6 Slices	7.8	0.66	0.6	0.3	0.4
	Lime Juice Fresh	8	Squeeze In Wrap	1	0.1	0.0	0.0	0.0
	Wholemeal Wrap	67	1 Average Wrap	200	30.2	5.8	6.3	3.5
Meal Totals				270.6	32.3	18.4	7.6	4.8

Snack 2

Snack	Rice Cakes Plain	18	2 Plain Rice Cakes	63	13	1.3	0.6	0.9
	Tuna Canned in Brine Drained	65	Half a Standard Can Drained	71	0	16.2	0.7	0
Meal Totals				134	13	17.5	1.3	0.9

Dinner - Spaghetti Bolognese

Dinner	Wholewheat Spaghetti/Pasta	60	Small Serving	209	37	8.1	1.5	7
	Lean Mince Beef	75	Medium Serving	94	0	16.4	3.1	0
	Onions	40	1 Large	14.6	3.2	0.4	0.0	0.9
	Garlic	1	1/3 of a Garlic Clove	1.0	0.2	0.1	0.0	0.0
	Passata Plain	83	1 Average Jar	28.2	5	1.7	0.2	1.2
	Chopped Olives	8	10 Average Pieces	18	0.4	0.2	1.8	0.2
	Corriander Dried Ground	1	0.5 Teaspoon	1	0.2	0.1	0.0	0.3
	Parsley Fresh	3	Pinch of Parsley Leaves	1.1	0.1	0.1	0.0	0.2
Meal Totals				366.9	46.0	27.0	6.7	9.8

	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:	1177.5	124.4	94.2	32.2	19.4

My PERSONAL NUTRITION

1200kcal Meal Plan - Day 2

Breakfast - Natural Yoghurt, Strawberries and Honey

	Food Name	Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Breakfast	Yogurt Greek Style Plain	100	2.2 Tablespoon	133	4.6	5.7	10	0
	Strawberries	100	Small Serving	31.3	6.1	0.6	0.5	3.8
	Honey (runny)	14	2 Teaspoon	45	11.2	0.1	0	0
Meal Totals				209.3	21.9	6.4	10.7	3.8

Snack 1

Snack	Banana	100	1 Medium	86	20	1.2	0.1	1.4
	Whole Almonds	6	6 Whole	35.1	0.4	1.3	3.2	1.0
Meal Totals				121.1	20.4	2.5	3.3	2.4

Lunch - Tuna Pasta

Lunch	Wholemeal Pasta	50	Small Serving	161	30.5	6.6	1.4	4.7
	Tuna Canned in Brine Drained	130	1 Standard Can (180g) Drained	141	0	32.4	1.3	0
	Sweetcorn (tinned)	66	1 Average Serving	39.7	5	2.2	1.2	2.6
	Peas (frozen)	80	1 Average Serving	56	8.4	4.4	0.6	4.4
	Mayonnaise	14	2 Teaspoon	101	0.2	0.2	11.1	0
Meal Totals				498.7	44.1	45.8	15.6	11.7

Snack 2

Snack	Cucumber	150	1/4 Average Cucumber	21.3	1.8	1.5	0.9	1.1
	Houmous	30	1 Tablespoon	92	2.9	2	8	1.5
Meal Totals				113.3	4.7	3.5	8.9	2.6

Dinner - Chicken, Potatoes and Veg

Dinner	New Potatoes	128	1 Average Portion	95	22.4	2.3	0.1	2
	Chicken	130	1 Medium Fillet	138	0	31.2	1.4	0
	Asparagus	84	1 Average Serving	22.2	1.2	2.9	0.67	1.2
	Spinach	75	1 Average Serving	18.6	1.2	2.1	0.6	2.9
	Meal Totals				273.8	24.8	38.5	2.8
				Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:				1216.2	115.9	96.6	41.3	26.6

PERSONAL NUTRITION



1200kcal Meal Plan - Day 3

Breakfast - Wholemeal Bagel and Peanut Butter

	Food Name	Quantity (g)	Measure	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Breakfast	Wholemeal Bagel	76	1 Average Size Bagel	224	39	9.8	1.7	6.7
	Peanut Butter	18	Thin Spread On One Side	114	1.3	5.2	9.6	1.3
Meal Totals				338	40.3	15	11.3	8

Snack 1 - Banana

Snack	Banana	100	1x Medium	86	20	1.2	0.1	1.4
Meal Totals				86	20	1.2	0.1	1.4

Lunch - Pesto Chicken Pasta

Lunch	Wholemeal Pasta	40	Small Serving	136	24	5.3	1.1	3.8
	Chicken	100	1 Small/Medium Fillet	106	0	24	1.1	0
	Mixed Veg (onions, peppers, mushrooms etc.)	100	Medium/Large Serving	60	8.5	3.3	0.4	4.5
	Green Pesto	35	1/2 Tablespoon	109	2.9	1.5	9.9	1.1
Meal Totals				411	35.4	34.1	12.5	9.4

Dinner - Salmon, Rice and Veg

Dinner	Wholegrain Brown Rice	40	1x Small Portion	140	28	3.4	1.1	1.4
	Salmon	80	1 x Small Fillet	142	0	19	7.5	0
	Spinach	75	1 Average Serving	18.6	1.2	2.1	0.6	2.9
	Broccoli	80	1 Average Serving	80	2.6	3.5	0.5	3.2
Meal Totals				380.6	31.8	28	9.7	7.5

	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:	1215.6	127.5	78.3	33.6	26.3