

PERSONAL NUTRITION

1600kcal 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	171	3 Medium Eggs	228	2.1	21.5	14.9	0
	Salmon Smoked (cold-smoked)	56	1 Average Portion	103	0.3	12.8	5.7	0
Meal Totals				411	16.8	37.9	21.5	2.6

Snack 1

Snack	Grapes Red	150	1 Medium Bunch	106.5	25.5	0.9	0.2	2.0
Meal Totals				106.5	25.5	0.9	0.2	2.0

Lunch - Chicken Salad Wrap

Lunch	Lettuce	63	Normal Serving	7.1	0.9	0.8	0.1	0.9
	Chicken Breast Chopped	45	1 in a Wrap	55	0.5	11.3	0.9	0
	Cucumber	55	5-6 Slices	7.8	0.7	0.6	0.3	0.4
	Lime Juice Fresh	8	Squeeze in Wrap	0.7	0.1	0.03	0.0	0.0
	Wholemeal Wrap	67	1 Average Wrap	200	30.2	5.8	6.3	4
Meal Totals				270.6	32.3	18.4	7.6	4.8

Snack 2

Snack	Houmous	45	1.5 Tablespoon	138	4.4	3	12	2.3
	Carrots	67	1 Medium Carrot	22.8	5.2	0.3	0.3	2.6
Meal Totals				160.8	9.6	3.3	12.3	4.9

Dinner - Spaghetti Bolognese

Dinner	Wholewheat Spaghetti/Pasta	69.6	Small Serving	242.4	42.9	8.8	1.7	8.1
	Lean Mince Beef	100	Medium Serving	125	0	21.8	4.1	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				431.3	51.9	33.1	8.0	10.9

Snack 3

Snack	Rice Cakes Plain	27	3 Plain Rice Cakes	94.5	19.5	2.0	0.9	1.4
	Tuna Canned in Brine Drained	130	1 Normal Can Drained	121.2	0	27.8	1.1	0
Meal Totals				215.7	19.5	29.8	2	1.4

				Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:				1595.9	155.6	123.4	51.5	26.5

PERSONAL NUTRITION

1600kcal 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	140	2.8 Tablespoon	186.2	6.4	8.0	14.3	0
	Strawberries	120	Small/Medium Serving	37.6	7.3	0.7	0.6	4.6
	Honey (runny)	21	2 Teaspoon	67.5	11.2	0.1	0	0
Meal Totals				291.3	25	8.8	14.9	4.6

Snack 1

Snack	Banana	100	1x Medium	86	20	1.2	0.1	1.4
	Whole Almonds	10.02	10 Whole	58.6	0.7	2.2	5.3	1.6
Meal Totals				144.6	20.7	3.4	5.4	3

Lunch - Tuna Pasta

Lunch	Wholemeal Pasta	75	Small/Medium Serving	241.5	45.8	9.9	2.1	7.1
	Tuna Canned in Brine Drained	130	1x 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				579.2	59.3	49.1	16.3	14.1

Snack 2

Snack	Cucumber	225	1/3 Average Cucumber	32	2.7	2.3	1.4	1.7
	Houmous	45	1.5 Tablespoon	138	4.4	3	12	2.3
	Kiwi	120	2 Kiwi	71	13	1.4	0.6	2.8
Meal Totals				241	20.1	6.7	14.0	6.7

Dinner - Chicken, Potatoes and Veg

Dinner	New Potatoes	192	1 Medium/Large Serving	142.5	33.6	3.45	0.2	3
	Chicken	156	1 Medium/Large Fillet	165.6	0	37.4	1.7	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				348.9	36	45.9	3.1	7.1

	Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:	1604.9	161.1	113.7	53.7	35.4

PERSONAL NUTRITION

1600kcal 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	50	Small/Medium Serving	170	30	6.6	1.4	4.8
	Chicken	125	1 Medium Fillet	132.5	0	30	1.4	0
	Mixed Veg (onions, peppers, mushrooms etc)	100	Medium/Large Serving	60	8.5	3.3	0.4	4.5
	Green Pesto	50.001	1/2 Tablespoon	155.7	4.1	2.1	14.1	1.1
Meal Totals			518.2	42.6	42.1	17.3	10.4	

Snack 2 - Tomato, Cucumber and Mozzarella Salad

Snack	Mozarella	50	Small/Medium Serving	128	0	9.1	10	0
	Cucumber	150	1/4 Average Cucumber	21.3	1.8	1.5	0.9	1.1
	Cherry tomatoes	140	Average Serving	42	5	1.5	0.7	1.8
	Balsamic Vinegar	10	1 Tablespoon	10	1.9	0	0	0
Meal Totals			201.3	8.7	12.1	11.6	2.9	

Dinner - Salmon, Rice and Veg

Dinner	Wholegrain Brown Rice	50	1 Small/Medium Portion	175	35	4.3	1.4	1.8
	Salmon	100	1 Small/Medium Fillet	177.5	0	23.8	9.4	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			451.1	38.8	33.6	11.9	7.9	

				Energy(Kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Fibre (g)
Plan Total:				1594.6	150.4	104	52.1	30.5