

PERSONAL NUTRITION

1800kcal 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	126	Normal Serving Per Wrap	14.2	1.8	1.5	0.1	1.9
	Chicken Breast Chopped	90	1 in Each Wrap	110	0.9	22.6	1.8	0
	Cucumber	110	5-6 Slices Per Wrap	15.6	1.3	1.1	0.7	0.8
	Lime Juice Fresh	16	Squeeze in Each Wrap	1.3	0.2	0.1	0.0	0.0
	Wholemeal Wrap	134	2 Average Wrap	400	60.4	11.6	13	7
Meal Totals			541.1	64.6	36.9	15.2	9.7	

Snack 2

Snack	Houmous	45	1.5 Tablespoon	138	4.4	3	12	2.3
	Carrots	100.5	1.5 Medium Carrot	34.2	7.8	0.5	0.4	3.9
Meal Totals			172.2	12.2	3.5	12.4	6.2	

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	0.97	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	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	

Plan Total:				1796.2	184	129.7	58.4	32.2
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PERSONAL NUTRITION

1800kcal 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
	Raspberries	65	Medium Handful	30	3	0.9	0	4.4
	Honey (runny)	21	2 Teaspoon	67.5	11.2	0.1	0	0
Meal Totals				321.3	28	9.7	14.9	9.0

Snack 1

Snack	Banana	100	1 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	3.0

Lunch - Tuna Pasta

Lunch	Wholemeal Pasta	75	Small/Medium Serving	241.5	45.8	9.9	2.1	7.05
	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
	Kiwi	120	2 Kiwi	71	13	1.4	0.6	2.8
Meal Totals				650.2	72.3	50.5	16.9	16.9

Snack 2

Snack	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
	Prawns	150	Average Serving	92	0.8	22	0.8	0.8
	Avocado	70	1/2 Avocado	138	1.3	1.3	14	2.4
	Balsamic Vinegar	10	1 Tablespoon	10	1.9	0	0	0
Meal Totals				303.3	10.8	26.3	16.4	6.1

Dinner - Chicken, Potatoes and Veg

Dinner	New Potatoes	192	1 Medium/Large Serving	142.5	33.6	3.5	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

Plan Total:				1768.3	167.8	135.7	56.7	42
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PERSONAL NUTRITION

1800kcal 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 and Cashew Nuts

Snack	Banana	100	1x Medium	86	20	1.2	0.1	1.4
	Cashew Nuts	18	10 Whole Nuts	107	3	3.8	8.7	0.8
	Meal Totals			193	23	5	8.8	2.2

Lunch - Pesto Chicken Pasta

Lunch	Wholemeal Pasta	60	Small/Medium Serving	204	36	8.0	1.65	5.7
	Chicken	140	1 Large Fillet	148.4	0	33.6	1.54	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			568.1	48.6	47.0	17.7	11.3

Snack 2 - Tomato, Cucumber and Mozzarella Salad

Snack	Mozzarella	50	Small/Medium Sreving	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	60	1 Small/Medium Portion	210	42	5.1	1.7	2.1
	Salmon	120	1 Medium Fillet	213	0	28.5	11.3	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			521.6	45.8	39.2	14	8.2

Plan Total:				1822.0	166.4	118.3	63.4	32.6
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