

Healthy Eating plan for Women (On average 1600 kcal per day)

approximate Kcal guide in brackets or use your hand as a method of portion control.

Carbohydrate portions: no bigger than the size of your fist

Protein portions: should fit in your cupped palm

Fat portions: Cheese and nuts should be the size of your thumb

Vegetable portions: should be the size of your hand with your fingers spread wide

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Small 30g bowl of porridge with 150ml skimmed milk (180) & 2 boiled eggs (154)		120g Chicken (180) salad (30) sandwich on wholemeal bread (174)		Grilled salmon (308) and 200g green beans (60)
Tuesday	2 scrambled eggs (154) on whole meal toast (174)		Tuna (120) salad (30) in a wholemeal wrap (180)		200g Prawns (230) and vegetable (100) stir fry with butternut noodles (60)
Wednesday	Toast (174) with half a tablespoon of peanut butter (121) and mashed banana (90)		Ham (100) and 50g cheese (200) salad (30) sandwich on wholemeal bread (174)		100g Smoked salmon (117) 2 egg omelette (154) in a wholemeal wrap (180)
Thursday	Small (30g) bowl of porridge with 150ml skimmed milk (180) & 2 boiled eggs (154)		Ham (100) salad (30) in a wholemeal wrap (180)		Chicken (180) and vegetable (100) fajita wrap (180)
Friday	2 Poached eggs (154) on whole meal toast (174)		Chicken (180) vegetable (100) and wholemeal noodle (150) stir fry		175g Lean steak (300) with sugar snap peas (60)
Saturday	60g Porridge with 300ml skimmed milk (330) banana (90) and honey (86)		One pot sausage and vegetable casserole (400)		2 Beef burgers (270) in an ice-burg lettuce bun (30)
Sunday	60g Porridge, 300ml skimmed milk (330) cinnamon, 1 tablespoon of raisins (82)		4 slices of Bacon (200) sweet potato wedges (100) and beans (180)		2 breasts Grilled Chicken (360) and broccoli (60)

Fruit options; Add a piece of fruit to your lunch and dinner options to act as pudding.

Snack options; These should be high in protein and low in carbohydrates where possible.

- 2 Boiled eggs (154)
- 30g raw nuts and raisins (250)
- Low fat Greek yoghurt with fruit (150)
- Vegetable crudité and 4 tablespoons of humous (160)
- 100g Low fat cottage cheese with vegetable crudité (160)
- Protein shake (100-150)