

Planning your meals

People who have successfully lost weight at the recommended rate of 1 lb a week say two of the main things that helped them are: 1) planning and 2) eating regular meals. This leaflet shows examples of two daily eating plans (1,500 and 1,800 calories) with three meals spaced evenly throughout the day.

There is then a blank eating plan, for you to use with the planning of your own daily plan.

This is followed with some ideas for breakfasts, light meals and main meals to help you plan ahead.

SAMPLE

An example 1,500 calorie eating plan based on 6,6,3,2,2 and 150 calories for extras

	Number of servings	Fruit & veg 6	Starch food 6	Dairy 2	Protein 2	Fats	Extras 150 cal
Item	Amount consumed						
Skimmed milk in tea coffee throughout the day	$\frac{1}{3}$ pint (200ml)			1			
7.30am Breakfast							
Breakfast cereals	6 tablespoons		2				
With skimmed milk	$\frac{1}{3}$ pint (200ml)			1			
Sliced banana	1	1					
10am Mid morning snack							
Apple	1	1					
12.30pm Light lunch							
Ham sandwich: Bread	2 slices (2oz)		2				
Low-fat spread	1 spoon					1	
Lean ham	2 slices (2oz)				1		
Cherry tomatoes	4	$\frac{1}{2}$					
Sliced beetroot	1 slice (2oz)	$\frac{1}{2}$					
Grapes	1 handful (1oz)	1					
4pm Mid afternoon snack							
Low-fat yogurt	1 pot			1			
1 fig	1						50
6pm Main meal							
Chicken portion	100g/4oz				1		
Sauce/gravy	1 tablespoon					1	
Mashed potato	4 tablespoons		2				
Broccoli	3 tablespoons	1					
Low-calorie jelly & peaches	3 tablespoons	1					
Glass of wine	1 small glass (125ml/5floz)						100

Planning your meals

An example 1,800 calorie eating plan based on 7,7,3,2,2 and 300 calories for extras

	Number of servings	Fruit & veg	Starchy foods	Dairy	Protein	Fats	Extras 300 cal
Item	Amount consumed						
Skimmed milk in tea and coffee throughout the day	$\frac{1}{3}$ pint (200ml)			1			
7.30am Breakfast							
Low-fat yogurt	1 small tub			1			
Toast (no butter)	2 slices		2				
Lean bacon, cooked without fat or oil	3 slices (75g/3oz)				1		
10am Mid morning snack							
Banana and dried apricots	1 3	2					
12.30pm Light lunch							
Cheese and pickle roll: Bread roll	1		2				
Low-fat spread	2 teaspoons					1	
Cheddar	Small rectangular size (25g/1oz)			1			
Pickle	1 teaspoon						-
Reduced-fat crisps	1						100
Apple	1	1					
4pm Mid afternoon snack							
Slice marmalade (no butter)	1 slice		1				
Grapes	1 handful (12)	1					
6pm Main meal							
Beef or pork steak	100g/4oz				1		
Sauce made with olive oil & onions/mushrooms/tomatoes	1 teaspoon oil Veg – 1 serving	1				1	
Boiled rice	4 heaped tablespoons		2				
Peas	3 heaped tablespoons	1					
Cauliflower	3 heaped tablespoons	1					
Evening							
Beer/lager	1 pint (600ml)						200

In simple terms, a suggested daily eating plan for you will look something like this:

A suggested meal plan

Your dietitian will fill this in, to suit your own lifestyle.

		Fruit & veg	Starchy foods	Dairy	Proteins	Extras
Meal Time	Amount					
Breakfast						
10am Mid morning snack						
12.30pm Light lunch						
4pm Mid afternoon snack						
6pm Main meal						
Milk						
Fats						
Extras						

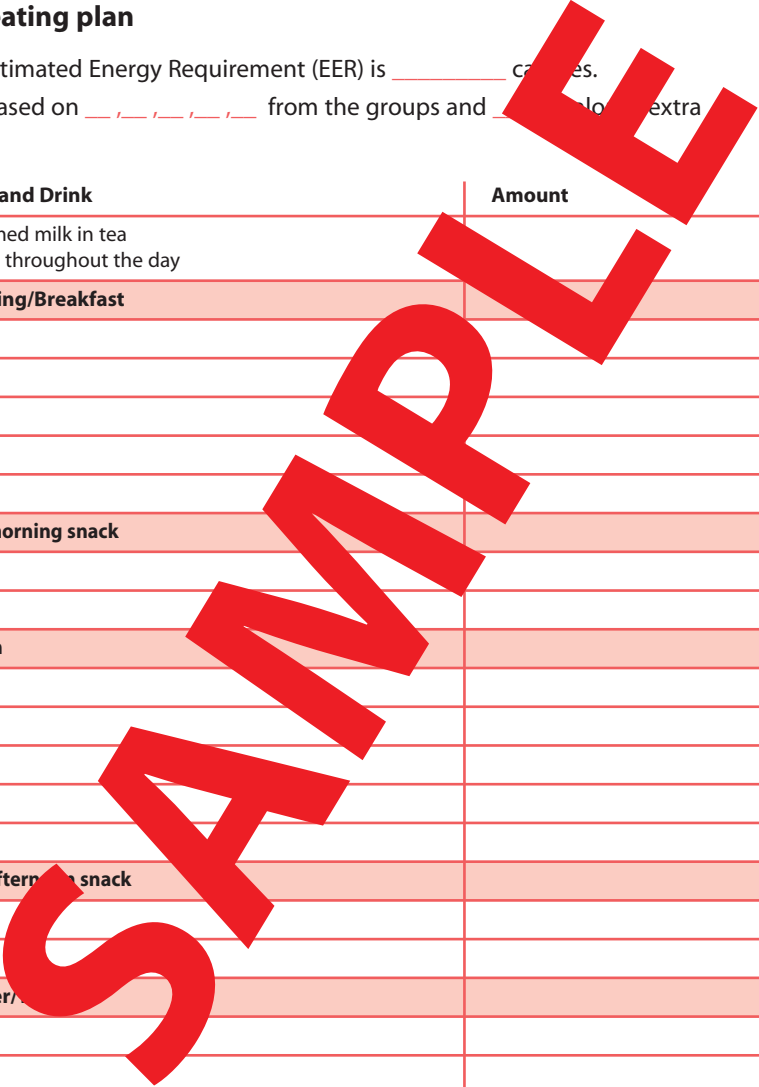
The blank chart on the following page will help you track and measure the amounts of food you are eating to keep within your energy requirement for weight loss.

My eating plan

My Estimated Energy Requirement (EER) is _____ calories.

It is based on _____ from the groups and _____ extra

Food and Drink	Amount
Skimmed milk in tea coffee throughout the day	
Morning/Breakfast	
Mid morning snack	
Lunch	
Mid afternoon snack	
Dinner/	
Evening	



Breakfast ideas

Apart from your usual fruit, breakfast cereals or toast here are some other breakfast suggestions:

Something fruit-based:

- Fruit salad – chopped kiwi, red grapes, melon and mandarin segments with a swirl of low-fat yogurt
- Banana smoothie – a banana whizzed up in ice-cold, skimmed milk, with a sprinkle of cinnamon

Cereals:

- Porridge made with skimmed milk, topped with sliced banana or raisins
- Favourite cereal (preferably wholegrain) with sliced strawberries and hot, skimmed milk

A cooked breakfast:

- Poached egg on a toasted bagel with sliced tomato
- Whole mushrooms cooked with peppers or bacon, on toast
- Baked beans and scrambled egg on a toasted muffin

Light meal ideas

Here is a variety of light meals you can prepare at home, for packed lunch, from the sandwich shop or in your work's dining room or a café. If you buy these out, ask for butter and mayonnaise. Follow them with fruit and/or yogurt for afters:

- Ham sandwich with green salad (lettuce, cucumber, tomato, grated carrot and sliced onion)
- Baked beans on toast (add chopped tomatoes, mushrooms and peppers into the bean mixture)
- Tortilla wrap with melted cheese and cold, roasted vegetables
- Chapati with dhal, chutney and chunks of tomato
- Sliced chicken with corn on the cob, green salad and piece of crusty bread
- Pasta quills with tomato and mushroom pasta sauce, lightly sprinkled with grated cheddar
- Crackers and Edam cheese with pickle and a large, mixed salad
- Bagel filled with houmous and grated carrot
- Tuna with cold rice salad of rice, chopped onion and peppers, peas and raisins

- Fresh vegetable and pasta soup with a bread roll
- Jacket potato with tuna and sweetcorn (no mayo) or baked beans or flavoured cottage cheese
- Pitta bread filled with chopped chicken & chopped apricots mixed with curried yogurt and pepper, and green leaves
- Sandwich on granary bread with low fat cream cheese and beetroot

Pre-prepared light meals

You may want to choose a ready meal such as a sandwich, complete salad meal or pasta/rice pot from a supermarket or service station. Check the label and choose something with less than 300 calories. If possible, add your own salad or vegetables to make a more balanced and filling meal.

Main meal ideas

Here are some family meal ideas for special occasions too.

Family meals:

- Sausages with onion gravy. Serve with jacket potato, carrots and courgettes.
- Spaghetti with chilli sauce topped with lean crispy bacon bits. Serve with a green salad.
- Haddock pie (haddock, sweetcorn and broccoli mixed in a white sauce, topped with mashed potato). Serve with green beans.
- Tuna and broccoli on rice. Serve with a slice of unbuttered bread & grated raw carrot with raisins.
- Lamb stew (with onions, chopped carrots, tomatoes and spices). Serve with rice and a mixed green salad with sliced red onions
- Beef casserole (lamb or raising beef with diced onions and a mixture of root vegetables like carrot, swede and parsnip cooked on a long, slow heat). Serve with mashed potato & peas.
- Baked fish (cod, haddock or coley). Serve with jacket potato, carrots and sweetcorn.
- Chicken Risotto (chicken with mushroom, pepper and peas in boiled rice). Serve with broccoli.

Special meals

- Chicken Breast with Red Pepper Sauce.
Serve with cous cous and a salad of green leaves and cucumber.
- Potato and mixed bean curry with boiled rice.
Serve with a chappati, sliced banana, grated cucumber and green chutney.
- Grilled lean lamb cutlets with redcurrant sauce.
Serve with garlic mashed potatoes, broccoli and carrots and a thin gravy.
- Roast chicken with lemon and garlic.
Serve with dry-roasted potatoes and parsnips, peas and cauliflower.
- Sweet and sour pork with shredded cabbage and pineapple.
Serve with noodles.

Pre-prepared meals

If you want to choose a ready meal, choose a main course dish with less than 300 calories. You will need to add extra carbohydrates such as pasta or bread as well as vegetables or salad. For a complete meal (a main course WITH potatoes, rice or pasta) allow up to 450 calories. Add your own vegetables or salad for a more balanced and filling meal.

Try new recipes and meal ideas to ensure variety and keep things interesting. There are many good books with low-fat and calorie-counted recipes. You may be able to borrow them from your local library. Websites, magazines and tips from friends can be very useful too.