

Meal Plan for Naurin Ali

Female, 49, 68kg, 1.6m, 26.6 BMI

OCT 2017 DAY 1

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Meal 1						
Oat flakes, rolled	40g		152kcal	25.7g	4.4g	3.2g
Oat Milk, unsweetened, Oatly	100g		33kcal	6.3g	1g	0.72g
Chicken, breast, grilled without skin, meat only	100g		135kcal	0g	29.5g	1.9g
<i>Meal Total:</i>			320kcal	32g	34.9g	5.9g
Meal 2						
Peppers, capsicum, red, raw	20g	1x Average Portion	4.2kcal	0.86g	0.16g	0.04g
Carrots, old, raw	20g	0.7x baby carrot	6.8kcal	1.5g	0.1g	0.08g
Cucumber, raw, flesh and skin	40g		5.6kcal	0.48g	0.4g	0.24g
Tomatoes, standard, raw	30g		4.2kcal	0.9g	0.15g	0.03g
Celery, raw	40g		2.8kcal	0.36g	0.2g	0.08g
Peppers, capsicum, green, raw	20g	1x Average Portion	3kcal	0.52g	0.16g	0.06g
Cabbage, red, raw	30g		6.3kcal	1.1g	0.33g	0.09g
Chicken, breast, grilled without skin, meat only	100g	1x Pieces in a long roll	135kcal	0g	29.5g	1.9g
Avocado, Hass, flesh only	70g	1x NHS serving (1/2 Avocado)	134kcal	1.3g	1.1g	13.8g
Balsamic Vinegar	11.4g	1x tablespoon	10kcal	1.9g	0.06g	0g
<i>Meal Total:</i>			312kcal	9g	32.2g	16.3g
Meal 3						
Lentils, green and brown, whole, dried, boiled in unsalt	100g		105kcal	15.4g	8.8g	0.7g
Roast Veg 200g	200g		36.8kcal	4.7g	3.2g	0.72g
Oil, coconut	15g		135kcal	0g	0g	15g
Tuna, canned in spring water, drained	100g		99kcal	0g	23.5g	0.6g
<i>Meal Total:</i>			376kcal	20.1g	35.5g	17g
SNACKS						
Apples, eating, raw, flesh and skin	125g		64kcal	14.4g	0.75g	0.63g
Almonds, with skin	30g		179kcal	2.1g	6.3g	15.8g
<i>Meal Total:</i>			243kcal	16.5g	7g	16.4g
<i>Plan Total:</i>			1250kcal	78g	110g	56g

Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
Intake	77.6g	109.6g	55.5g	0g
g/kg body-weight	1.1	1.6	0.8	0
Kilocal	312	438	500	0
Kilocal %	25%	35.1%	40%	0%

