

Meal Plan for Carol Bailey

Female, 62, 69kg, 1.57m, 28 BMI,

Day 1 Example

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
Chicken and Apple							
Chicken, breast, grilled without skin, meat only	130g	2.9x Pieces in a wrap/sandwich	176kcal	0g	38.4g	2.5g	0g
Apples, eating, raw, flesh and skin	120g	1x Small	65kcal	13.8g	0.72g	0.6g	1.4g
Oil, coconut	3.7g	1x teaspoon liquid	33.3kcal	0g	trace	3.7g	0g
<i>Meal Total:</i>			274kcal	13.8g	39.1g	6.8g	1.4g
Lunch - Prawn Salad with Avocado							
Carrots, old, raw	40g	1.3x baby carrot	14kcal	3g	0.2g	0.16g	1.6g
Cucumber, raw, flesh and skin	100g	1.8x 1/2 cup slices	14kcal	1.2g	1g	0.6g	0.7g
Tomatoes, cherry, raw	100g	0.7x cup	23kcal	3.6g	1.1g	0.5g	1.3g
Prawns, king, purchased cooked	140g	1x Medium Portion (1 Cup)	95kcal	0g	22.7g	0.56g	0g
Celery, raw	30g	1x 1/2 stick	2.1kcal	0.27g	0.15g	0.06g	0.33g
Mixed Salad Leaves	36g	1x cup	6.5kcal	0.72g	0.53g	0.17g	0.43g
Avocado, average, flesh only	35g	1x 1/4 avocado	67kcal	0.67g	0.67g	6.8g	1.2g
<i>Meal Total:</i>			221kcal	9.5g	26.3g	8.9g	5.5g
Dinner - Beef mince and Roast Veg 200g							
Peppers, bell, raw, mixed	40g		10kcal	1.9g	0.4g	0.12g	0.8g
Courgette, raw	40g		7.2kcal	0.72g	0.72g	0.16g	0.8g
Mushrooms, white, raw	40g		2.8kcal	0.12g	0.4g	0.08g	0.28g
Broccoli, green, boiled in unsalted water	40g		11.2kcal	1.1g	1.3g	0.2g	1.1g
Aubergine, raw	40g		6.4kcal	0.88g	0.36g	0.16g	0.8g
Beef, mince, raw, extra lean	140g	1x Medium	182kcal	0g	30.7g	5.9g	0g
Oil, olive	10g	2.4x teaspoon	90kcal	0g	0g	10g	0g
Rice, brown, wholegrain, boiled in unsalted water	80g	1x Small portion	103kcal	21.3g	2.9g	0.72g	1.2g
<i>Meal Total:</i>			413kcal	26g	36.7g	17.3g	5g
Yoghurt with Apple, Raspberries and Flexseed							
Apples, eating, raw, flesh and skin	125g		68kcal	14.4g	0.75g	0.63g	1.5g
Yogurt, whole milk, plain	200g	1.3x Larger pot	160kcal	15.2g	11.4g	6g	0g
Strawberries, raw	78g	3x large	25kcal	4.8g	0.47g	0.39g	3g
Raspberries, raw	65g	1x Half cup	16.9kcal	3g	0.91g	0.2g	4.4g
Flax Seed (milled or whole)	14g	1x heaped tablespoon (milled)	71kcal	0.21g	3.1g	6.5g	4g
<i>Meal Total:</i>			341kcal	37.5g	16.6g	13.7g	12.9g

	CALORIES	CARBS	PROTEIN	FAT	FIBRE
<i>Plan Total:</i>	1248kcal	87g	119g	47g	24.8g

Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
Intake	86.8g	118.7g	46.6g	0g
g/kg body-weight	1.3	1.7	0.7	0
Kilocal	354	475	420	0
Kilocal %	28.3%	38%	33.6%	0%



28.3% Carbs
38% Protein
33.6% Fat