

# Meal Plan for Carol Bailey

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

Day 2 Example copy

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
<b>Breakfast - Oats, Cinnamon, Apple, Blueberries</b>							
Oat flakes, rolled	<b>40g</b>		142kcal	25.7g	4.4g	3.2g	3.1g
Oat Milk, unsweetened, Oatly	<b>100g</b>		33kcal	6.3g	1g	0.72g	0.86g
Cinnamon, ground	<b>2.3g</b>	1x teaspoon	2.9kcal	0.6g	0.09g	0.03g	1.2g
Apples, eating, raw, flesh and skin	<b>120g</b>	1x Small	65kcal	13.8g	0.72g	0.6g	1.4g
Blueberries	<b>10.5g</b>	1x 15 blueberries	4.4kcal	0.96g	0.09g	0.02g	0.16g
<i>Meal Total:</i>			<b>247kcal</b>	<b>47g</b>	<b>6.3g</b>	<b>4.6g</b>	<b>6.8g</b>
<b>Lunch - Chicken Salad with Feta</b>							
Peppers, capsicum, red, raw	<b>20g</b>	1x Average Portion	4.4kcal	0.86g	0.16g	0.04g	0.44g
Carrots, old, raw	<b>20g</b>	0.7x baby carrot	7kcal	1.5g	0.1g	0.08g	0.78g
Cucumber, raw, flesh and skin	<b>40g</b>		5.6kcal	0.48g	0.4g	0.24g	0.28g
Tomatoes, standard, raw	<b>30g</b>		4.5kcal	0.9g	0.15g	0.03g	0.3g
Celery, raw	<b>40g</b>		2.8kcal	0.36g	0.2g	0.08g	0.44g
Peppers, capsicum, green, raw	<b>20g</b>	1x Average Portion	3.2kcal	0.52g	0.16g	0.06g	0.38g
Cabbage, red, raw	<b>30g</b>		6.6kcal	1.1g	0.33g	0.09g	0.87g
Chicken, breast, grilled without skin, meat	<b>160g</b>	1x large fillet	216kcal	0g	47g	3g	0g
Balsamic Vinegar	<b>11.4g</b>	1x tablespoon	10.4kcal	1.9g	0.06g	0g	0g
Cheese, Feta	<b>30g</b>	1x 5 1cm cubes	75kcal	0.42g	4.7g	6.1g	0g
<i>Meal Total:</i>			<b>335kcal</b>	<b>8.1g</b>	<b>53g</b>	<b>9.7g</b>	<b>3.5g</b>
<b>Dinner - Salmon and Roast Veg</b>							
Roast Veg 200g <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">R</span>	<b>200g</b>		36.8kcal	4.7g	3.2g	0.72g	3.8g
Oil, coconut	<b>9g</b>	1x teaspoon (solid)	81kcal	0g	trace	9g	0g
Salmon, farmed, flesh only, grilled	<b>130g</b>	1.3x average darne	311kcal	0g	32g	20.3g	0g
<i>Meal Total:</i>			<b>428kcal</b>	<b>4.7g</b>	<b>35.2g</b>	<b>30g</b>	<b>3.8g</b>
<b>Snack - Ryvita with almond butter, Banana and strawberries</b>							
Strawberries, raw	<b>78g</b>	3x large	25kcal	4.8g	0.47g	0.39g	3g
Ryvita, multigrain	<b>22g</b>	2x slice	80kcal	12.3g	2.5g	1.6g	4g
Almond butter	<b>10g</b>	0.5x tablespoon	59kcal	0.7g	2.1g	5.2g	1.6g
Bananas, flesh only	<b>100g</b>	1x Medium	85kcal	20g	1.2g	0.1g	1.4g
<i>Meal Total:</i>			<b>249kcal</b>	<b>37.7g</b>	<b>6.2g</b>	<b>7.3g</b>	<b>10g</b>

	CALORIES	CARBS	PROTEIN	FAT	FIBRE
<i>Plan Total:</i>	<b>1260kcal</b>	<b>98g</b>	<b>101g</b>	<b>52g</b>	<b>24.1g</b>

## Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
<b>Intake</b>	97.9g	101.1g	51.6g	0g
<b>g/kg body-weight</b>	1.4	1.5	0.8	0
<b>Kilocal</b>	391	404	464	0
<b>Kilocal %</b>	31.1%	32.1%	36.8%	0%



**31.1% Carbs**  
**32.1% Protein**  
**36.8% Fat**