

Meal Plan for Carol Bailey

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

Day 3 Weekend example

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT	FIBRE
Breakfast - Bacon, Eggs and Bread (bread optional could have veg instead)							
Bacon rashers, back, raw	105g	3x piece, average	226kcal	0g	17.3g	17.3g	0g
Eggs, chicken, whole, raw	114g	2x Average, Size 3	149kcal	0g	14.4g	10.3g	0g
Butter, salted	9g	1x teaspoon	67kcal	0.05g	0.05g	7.4g	0g
Bread, brown, average	37g	1x Medium slice	75kcal	14.2g	2.9g	0.74g	1.9g
<i>Meal Total:</i>			517kcal	14.3g	34.7g	35.7g	1.9g
Lunch - Chicken and Mixed Salad 200g							
Carrots, old, raw	20g	0.7x baby carrot	7kcal	1.5g	0.1g	0.08g	0.78g
Peppers, capsicum, red, raw	20g	1x Average Portion	4.4kcal	0.86g	0.16g	0.04g	0.44g
Cucumber, raw, flesh and skin	40g		5.6kcal	0.48g	0.4g	0.24g	0.28g
Tomatoes, standard, raw	30g		4.5kcal	0.9g	0.15g	0.03g	0.3g
Celery, raw	40g		2.8kcal	0.36g	0.2g	0.08g	0.44g
Peppers, capsicum, green, raw	20g	1x Average Portion	3.2kcal	0.52g	0.16g	0.06g	0.38g
Cabbage, red, raw	30g		6.6kcal	1.1g	0.33g	0.09g	0.87g
Chicken, light meat, raw	107g	1x small fillet	113kcal	0g	25.7g	1.2g	0g
<i>Meal Total:</i>			148kcal	5.7g	27.2g	1.8g	3.5g
Dinner - Baked Cod Sweet Potato and Roast Veg							
Peppers, bell, raw, mixed	40g		10kcal	1.9g	0.4g	0.12g	0.8g
Mushrooms, white, raw	40g		2.8kcal	0.12g	0.4g	0.08g	0.28g
Broccoli, green, boiled in unsalted water	100g	2.2x spear	28kcal	2.7g	3.3g	0.5g	2.8g
Cod, flesh only, baked	140g	3.1x Small	140kcal	0g	33.5g	0.7g	0g
Oil, olive	4.2g	1x teaspoon	37.8kcal	0g	trace	4.2g	0g
Sweet potato, baked	98g	1x small 5	115kcal	26.2g	1.6g	0.39g	3g
<i>Meal Total:</i>			333kcal	30.9g	39.1g	6g	6.9g
Snack - Yoghurt, strawberries and flaxseed							
Yogurt, whole milk, plain	150g	1x Larger pot	120kcal	11.4g	8.6g	4.5g	0g
Strawberries, raw	104g	4x large	33.3kcal	6.3g	0.62g	0.52g	4g
Flax Seed (milled or whole)	14g	1x heaped tablespoon (millec	71kcal	0.21g	3.1g	6.5g	4g
<i>Meal Total:</i>			225kcal	18g	12.2g	11.5g	8g
Wine (optional)							
Wine, red	375ml	1x 1/2 standard bottle	285kcal	0.75g	0.38g	0g	0g

	CALORIES	CARBS	PROTEIN	FAT	FIBRE
<i>Meal Total:</i>	285kcal	0.75g	0.38g	0g	0g
<i>Plan Total:</i>	1508kcal	70g	114g	55g	20.3g

Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
Intake	69.6g	113.6g	55g	40.1g
g/kg body-weight	1	1.7	0.8	0.6
Kilocal	277	454	495	281
Kilocal %	18.4%	30.1%	32.8%	18.6%



18.4% Carbs
30.1% Protein
32.8% Fat
18.6% Alcohol