Daily menu plans providing approx 2500 kcal per day

Menu 1

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 average bowl (60 g) muesli	220	6	40	5
2 tbsp (80 g) low-fat yoghurt	34	3	5	0
200 ml skimmed milk	66	7	10	0
1 glass (150 ml) orange juice	54	1	13	0
Mid-morning				
2 apples	94	1	24	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Lunch				
1 large (225 g) baked potato	306	9	71	0
1 tbsp (5 g) olive oil spread	85	0	0	9
1 small tin (100 g) tuna in brine	99	24	0	1
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
2 kiwi fruit	59	1	13	1
Mid-afternoon				
1 orange	59	2	14	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
2 bananas	190	2	46	1
Dinner				
1 portion (120 g) grilled chicken	176	36	0	4
½ plate (85 g uncooked weight) pasta with:	296	10	64	2
1 tbsp (11 g) olive oil	99	0	0	11
1 large portion (125 g) broccoli	30	4	1	1
1 large portion (125 g) carrots	30	1	6	1
1 tbsp (30 g) pasta sauce/tomato salsa	14	1	2	0
Evening				
1 portion (85 g) red grapes	48	0	12	0
Total	**2552**	**124**	**428**	**50**
% energy		**19%**	**63%**	**18%**

Menu 2

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
2 slices wholegrain toast	174	7	34	2
2 tsp (10 g) olive oil spread	57	0	0	6
2 heaped tsp (30 g) honey	86	0	23	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Mid-morning				
2 apples	94	1	24	0
1 cereal or energy bar (33 g)	154	3	20	7
Lunch				
1 large (225 g) baked potato	306	9	71	0
Chopped cooked chicken (70 g)	103	21	0	2
Sweetcorn (125 g)	153	4	33	2
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
Mid-afternoon				
2 portions (200 g) berries e.g. strawberries	54	2	12	0
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
1 serving meal replacement product	174	18	26	0
Dinner				
1 average portion (175 g) grilled salmon	308	35	0	19
½ plate (85 g uncooked weight) brown rice	303	6	69	2
1 large portion (125 g) spinach	24	3	1	1
Evening				
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Total	**2577**	**123**	**413**	**59**
% energy		**19%**	**60%**	**21%**

Menu 3

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 cup (60 g) porridge oats	241	7	44	5
300 ml skimmed milk	99	10	15	0
1 tbsp (30 g) raisins	82	1	21	0
1 glass (200 ml) orange juice	72	1	18	0
Mid-morning				
1 cereal or fruit bar (33 g)	154	3	20	7
Lunch				
1 bagel (90 g)	241	8	46	4
spread with 2 tsp (10 g) olive oil spread	57	0	0	6
Half a carton (100 g) low-fat soft cheese	98	14	2	4
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
Mid-afternoon				
1 large handful (60 g) dried fruit, e.g. dates, apricots	162	2	41	0
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
4 rice cakes	129	2	29	1
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Dinner				
Spicy chicken with rice (recipe p. 205)	610	58	74	11
1 portion (85 g) green cabbage	14	1	2	0
1 portion (85 g) peas	64	0	16	0
Evening				
1 pear	57	0	0	6
Total	**2509**	**123**	**409**	**53**
% energy		**20%**	**61%**	**19%**

Menu 4

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 glass (150 ml) orange juice	54	1	13	0
2 slices (80 g) wholegrain toast	174	7	34	2
2 tsp (10 g) olive oil spread	57	0	0	6
2 scrambled or poached eggs	160	14	0	12
Mid-morning				
1 banana	95	1	23	0
1 portion (100 g) berries	27	1	6	0
Lunch				
Pasta salad made with:				
pasta (100 g uncooked weight)	348	12	76	2
2 tbsp (85 g) tuna in brine	84	20	0	1
1 large handful (100 g) chopped peppers	32	1	6	0
1 tbsp (11 g) oil dressing	99	0	0	11
1 orange	59	2	14	0
Mid-afternoon				
1 small cereal or protein bar (33 g)	154	3	20	7
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
1 serving meal replacement product	174	18	26	0
Dinner				
1 portion (100 g) turkey breast (baked/grilled)	105	23	0	2
1 portion noodles (100 g uncooked weight)	388	12	76	6
1 portion (85 g) curly kale	20	2	1	1
1 portion (85 g) cauliflower	24	2	2	1
Evening				
½ mango (150 g)	86	1	21	0
2 Weetabix and 150 ml skimmed milk	191	9	37	1
Total	**2510**	**133**	**400**	**53**
% energy		**21%**	**60%**	**19%**

Menu 5

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
3 Shredded Wheat (70 g)	228	7	48	2
200 ml skimmed milk	66	7	10	0
2 tbsp (60 g) raisins	163	1	42	0
1 glass (150 ml) orange juice	54	1	13	0
Mid-morning				
Peanut butter sandwich with:				
2 slices (80 g) wholegrain bread	174	7	34	2
and 1 tbsp (40 g) peanut butter	242	10	3	21
Lunch				
1 wholewheat pitta bread (80 g)	174	7	34	2
2 tsp (14 g) olive oil spread	80	0	0	9
2 slices (70 g) turkey	74	17	0	1
1 bowl (125 g) salad	15	1	2	0
Mid-afternoon				
125 g berries	27	1	6	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
2 cereal or energy bars	308	6	40	14
Dinner				
1 portion (175 g) grilled white fish	168	37	0	2
1 large (300 g) sweet potato	345	5	84	1
1 portion (85 g) carrots	20	1	4	0
1 portion (85 g) courgettes	16	2	2	0
Evening				
2 oranges	118	4	28	0
Total	**2509**	**121**	**399**	**58**
% energy		**19%**	**60%**	**21%**

Daily menu plans providing approx 3000 kcal per day

Menu 1

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 average bowl (60 g) muesli	220	6	40	5
2 tbsp (80 g) low-fat yoghurt	34	3	5	0
200 ml skimmed milk	66	7	10	0
1 glass (150 ml) orange juice	54	1	13	0
1 slice (40 g) wholegrain toast	87	4	17	1
1 heaped tsp (7 g) olive oil spread	40	0	0	4
Mid-morning				
2 apples	94	1	24	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Lunch				
1 large (225 g) baked potato	306	9	71	0
1 tbsp (5 g) olive oil spread	85	0	0	9
1 small tin (100 g) tuna in brine	99	24	0	1
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
2 kiwi fruit	59	1	13	1
Mid-afternoon				
1 orange	59	2	14	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
2 bananas	190	2	46	1
Dinner				
1 portion (120 g) grilled chicken	176	36	0	4
½ plate (125 g uncooked weight) pasta with:	435	15	95	2
1 tbsp (11 g) olive oil	99	0	0	11
1 large portion (125 g) broccoli	30	4	1	1
1 large portion (125 g) carrots	30	1	6	1
1 tbsp (30 g) pasta sauce/tomato salsa	14	1	2	0
Evening				
1 portion (85 g) red grapes	48	0	12	0
1 slice (40 g) wholegrain toast	87	4	17	1
1 heaped tsp (7 g) olive oil spread	40	0	0	4
Total	**3018**	**138**	**505**	**63**
% energy		**18%**	**63%**	**19%**

Menu 2 (3000 kcal)

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
4 slices wholegrain toast	347	14	67	4
4 tsp (20 g) olive oil spread	114	0	0	13
4 heaped tsp (60 g) honey	173	0	46	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Mid-morning				
2 apples	94	1	24	0
1 cereal or energy bar (33 g)	154	3	20	7
Lunch				
1 large (225 g) baked potato	306	9	71	0
Chopped cooked chicken (70 g)	103	21	0	2
Sweetcorn (125 g)	153	4	33	2
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
Mid-afternoon				
2 portions (200 g) berries e.g. strawberries	54	2	12	0
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
1 serving meal replacement product	174	18	26	0
Dinner				
1 average portion (175 g) grilled salmon	308	35	0	19
½ plate (115 g uncooked weight) boiled brown rice	411	8	93	3
1 large portion (125 g) spinach	24	3	1	1
Evening				
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Total	**3023**	**133**	**494**	**71**
% energy		**18%**	**61%**	**21%**

Menu 3 (3000 kcal)

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1½ cups (100 g) porridge oats	401	12	73	9
500 ml skimmed milk	165	16	25	1
2 tbsp (60 g) raisins	163	1	42	0
1 glass (200 ml) orange juice	72	1	18	0
Mid-morning				
1 cereal or fruit bar (33 g)	154	3	20	7
Lunch				
1 bagel (90 g)	241	8	46	4
with 2 tsp (10 g) olive oil spread	57	0	0	6
Half a carton (100 g) low-fat soft cheese	98	14	2	4
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
Mid-afternoon				
2 large handfuls (120 g) dried fruit, e.g. dates, apricots	162	2	41	0
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
4 rice cakes	129	2	29	1
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Dinner				
Spicy chicken with rice (recipe p. 205)	610	58	74	11
1 portion (85 g) green cabbage	14	1	2	0
1 portion (85 g) peas	64	0	16	0
Evening				
1 pear	57	0	0	6
Total	**2979**	**138**	**510**	**57**
% energy		**18%**	**64%**	**17%**

Menu 4 (2000 kcal)

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 glass (150 ml) orange juice	54	1	13	0
3 slices (120 g) wholegrain toast	260	11	50	3
3 tsp (15 g) olive oil spread	85	0	0	9
2 scrambled or poached eggs	160	14	0	12
Mid-morning				
2 bananas	190	2	46	1
1 portion (100 g) berries	27	1	6	0
Lunch				
Pasta salad made with:				
(150 g uncooked weight) pasta	522	18	114	3
2 tbsp (85 g) tuna in brine	84	20	0	1
1 large handful (100 g) chopped peppers	32	1	6	0
1 tbsp (11 g) oil dressing	99	0	0	11
1 orange	59	2	14	0
Mid-afternoon				
1 small cereal or protein bar (33 g)	154	3	20	7
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
1 serving meal replacement product	174	18	26	0
Dinner				
1 portion (100 g) turkey breast (baked/grilled)	105	23	0	2
1 large portion (125 g uncooked weight) noodles	485	15	95	8
1 portion (85 g) curly kale	20	2	1	1
1 portion (85 g) cauliflower	24	2	2	1
Evening				
½ mango (150 g)	86	1	21	0
2 Weetabix and 150 ml skimmed milk	191	9	37	1
Total	**2991**	**147**	**497**	**60**
% energy		**20%**	**62%**	**18%**

Menu 5 (2000 kcal)

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
4 Shredded Wheat (100 g)	325	11	68	3
300 ml skimmed milk	99	10	15	0
2 tbsp (60 g) raisins	163	1	42	0
1 glass (150 ml) orange juice	54	1	13	0
Mid-morning				
Peanut butter sandwich with:				
2 slices (80 g) wholegrain bread	174	7	34	2
and 1 tbsp (40 g) peanut butter	242	10	3	21
Lunch				
2 wholewheat pitta bread (160 g)	348	14	68	4
2 heaped tsp (14 g) olive oil spread	80	0	0	9
3 slices (100 g) turkey	105	24	0	1
1 bowl (125 g) salad	15	1	2	0
Mid-afternoon				
125 g berries	27	1	6	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
2 cereal or energy bars	308	6	40	14
Dinner				
1 portion (175 g) grilled white fish	168	37	0	2
2 large (450 g total weight) sweet potato	518	7	126	2
1 portion (85 g) carrots	20	1	4	0
1 portion (85 g) courgettes	16	2	2	0
Evening				
2 oranges	118	4	28	0
Total	**3017**	**144**	**500**	**62**
% energy		**19%**	**62%**	**19%**

Daily menu plans providing approx 3500 kcal per day

Menu 1

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 average bowl (60 g) muesli	220	6	40	5
2 tbsp (80 g) low-fat yoghurt	34	3	5	0
200 ml skimmed milk	66	7	10	0
1 glass (150 ml) orange juice	54	1	13	0
2 slices (80 g) wholegrain toast	174	7	34	2
2 heaped tsp (14 g) olive oil spread	80	0	0	9
Mid-morning				
2 apples	94	1	24	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Lunch				
2 average (350 g total weight) baked potatoes	476	14	111	1
2 tbsp (10 g) olive oil spread	170	0	0	18
1 small tin (100 g) tuna in brine	99	24	0	1
1 bowl (125 g) mixed salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
2 kiwi fruit	59	1	13	1
Mid-afternoon				
1 orange	59	2	14	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
2 bananas	190	2	46	1
Dinner				
1 large portion (150 g) grilled chicken	221	45	0	5
½ plate (125 g uncooked weight) pasta with:	435	15	95	2
1 tbsp (11 g) olive oil	99	0	0	11
1 large portion (125 g) broccoli	30	4	1	1
1 large portion (125 g) carrots	30	1	6	1
1 tbsp (30 g) pasta sauce/tomato salsa	14	1	2	0
Evening				
1 portion (85 g) red grapes	48	0	12	0
2 slices (80 g) wholegrain toast	174	7	34	2
2 heaped tsp (14 g) olive oil spread	80	0	0	9
Total	**3571**	**159**	**579**	**85**
% energy		**18%**	**61%**	**21%**

Menu 2

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
4 slices wholegrain toast	347	14	67	4
4 tsp (20 g) olive oil spread	114	0	0	13
4 heaped tsp (60 g) honey	173	0	46	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Mid-morning				
2 apples	94	1	24	0
1 cereal or energy bar (33 g)	154	3	20	7
Lunch				
1 very large (300 g) baked potato	408	12	95	1
Chopped cooked chicken (100 g)	147	30	0	3
Sweetcorn (150 g)	183	4	40	2
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
Mid-afternoon				
1 wholegrain roll	121	5	24	1
2 tsp (10 g) olive oil spread	57	0	0	6
2 portions (200 g) berries e.g. strawberries	54	2	12	0
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
1 serving meal replacement product	174	18	26	0
Dinner				
1 average portion (175 g) grilled salmon	308	35	0	19
½ plate (150 g uncooked weight) boiled brown rice	536	10	122	4
1 large portion (125 g) spinach	24	3	1	1
Evening				
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Total	**3502**	**152**	**577**	**81**
% energy		**17%**	**62%**	**21%**

Menu 3 (3500 Kcal)

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1½ cups (100 g) porridge oats	401	12	73	9
500 ml skimmed milk	165	16	25	1
2 tbsp (60 g) raisins	163	1	42	0
1 glass (200 ml) orange juice	72	1	18	0
Mid-morning				
2 energy or cereal bars (66 g)	309	7	40	15
Lunch				
2 bagels (180 g) with:	482	17	93	8
4 tsp (20 g) olive oil spread	114	0	0	13
1 carton (200 g) low-fat soft cheese	196	28	4	8
1 bowl (125 g) salad	15	1	2	0
1 tbsp (11 g) oil/vinegar dressing	99	0	0	11
Mid-afternoon				
2 large handful (120 g) dried fruit, e.g. dates, apricots	162	2	41	0
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
4 rice cakes	129	2	29	1
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Dinner				
Spicy chicken with rice (recipe p. 205)	610	58	74	11
1 portion (85 g) green cabbage	14	1	2	0
1 portion (85 g) peas	64	0	16	0
Evening				
1 pear	57	0	0	6
Total	**3530**	**163**	**578**	**79**
% energy		**18%**	**61%**	**20%**

Menu 4 (3500 Kcal)

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
1 glass (150 ml) orange juice	54	1	13	0
4 slices (160 g) wholegrain toast	347	14	67	4
4 tsp (20 g) olive oil spread	114	0	0	13
2 scrambled or poached eggs	160	14	0	12
Mid-morning				
2 banana	190	2	46	1
1 portion (100 g) berries	27	1	6	0
Lunch				
Pasta salad made with:				
pasta (175 g uncooked weight)	609	21	133	3
2 tbsp (85 g) tuna in brine	84	20	0	1
1 large handful (100 g) chopped peppers	32	1	6	0
1½ tbsp (16 g) oil dressing	144	0	0	16
1 orange	59	2	14	0
Mid-afternoon				
2 energy or cereal bars	309	7	40	15
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
1 serving meal replacement product	174	18	26	0
Dinner				
1 large portion (125 g) turkey breast (baked/grilled)	131	28	0	2
1 large portion noodles (150 g uncooked weight)	582	18	114	9
1 portion (85 g) curly kale	20	2	1	1
1 portion (85 g) cauliflower	24	2	2	1
Evening				
½ mango (150 g)	86	1	21	0
2 Weetabix and 150 ml skimmed milk	191	9	37	1
Total	**3516**	**166**	**572**	**78**
% energy		**19%**	**61%**	**20%**

Menu 5

	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)
Breakfast				
4 Shredded Wheat (100 g)	325	11	68	3
300 ml skimmed milk	99	10	15	0
4 tbsp (120 g) raisins	326	3	83	0
1 glass (150 ml) orange juice	54	1	13	0
Mid-morning				
Peanut butter sandwich with:				
2 slices (80 g) wholegrain bread	174	7	34	2
and 1 tbsp (40 g) peanut butter	242	10	3	21
Lunch				
2 wholewheat pitta bread (160 g)	348	14	68	4
2 heaped tsp (14 g) olive oil spread	80	0	0	9
3 slices (100 g) turkey	105	24	0	1
1 bowl (125 g) salad	15	1	2	0
Mid-afternoon				
125 g berries	27	1	6	0
1 carton (150 g) low-fat fruit yoghurt	135	6	27	1
Workout				
500 ml juice 500 ml water	180	3	44	1
Post-workout				
2 cereal or energy bars	308	6	40	14
Dinner				
1 portion (175 g) grilled white fish	168	37	0	2
2 large (450 g total weight) sweet potato	518	7	126	2
1 portion (85 g) carrots	20	1	4	0
1 portion (85 g) courgettes	16	2	2	0
Evening				
3 small (scotch) pancakes (90 g)	263	5	39	11
2 oranges	118	4	28	0
Total	**3435**	**167**	**560**	**73**
% energy		**20%**	**61%**	**19%**

VEGETARIAN MEAL PLANS

Notes:

Use an oil that is rich in linolenic acid, e.g. rapeseed, flax, soya, walnut.

Use a spread high in monounsaturates on polyunsaturates, containing no hydrogenated or trans fatty acids.