

Breakfast

Choose one of the following:

3 tablespoons plain (no added sugar) breakfast cereal or dry porridge oats

1 Shredded wheat or 1 ½ Weetabix

1 medium slice toast with scraping of margarine.

Lunch

Choose one of the following:

1 slice medium sliced bread/toast

2 crispbreads or ½ bagel or ½ pitta bread

With one of the following (weights are when cooked):

2 eggs

60g/2oz cheese (2 x match box size) – only have cheese once a day so if you have it for lunch, you should not have it at your evening meal and instead choose another food from the list

8 thin packet slices of ham, chicken or turkey

small chicken breast without skin

4 rashers of grilled back bacon

100g/4oz meat (with fat cut off)

2 grilled sausages

100g/4oz fish

100g/4oz tofu or Quorn

A small cereal bowl amount of vegetables or salad can also be included (try to have mostly the green coloured varieties, such as leafy greens and if using a dressing, choose low fat options/vinegar-based dressing without oils).

Evening meal

Choose one of the following:

2 average sized old potatoes (boiled or mashed)

4 egg sized new potatoes with skin

2 tablespoons of cooked rice or 2 tablespoons of cooked pasta

With one of the following (weights are when cooked):

2 eggs

60g/2oz cheese (2 x match box size) – only have cheese once a day so you can have it at evening meal if you did not have any for lunch. If you had cheese at lunch, you should avoid it and choose another food from this list.

8 thin packet slices of ham, chicken or turkey

small chicken breast without skin

4 rashers of grilled back bacon or 2 grilled sausages

100g/4oz meat (with fat cut off) or 100g/4oz fish

100g/4oz tofu or Quorn

A small cereal bowl amount of vegetables or salad can also be included (try to have mostly the green coloured varieties, such as leafy greens and if using a dressing choose low fat options/vinegar-based dressing without oils).

Additional daily allowances

one third of a pint (200ml) of semi-skimmed or skimmed milk for drinks and cereal

two portions of fruit (a portion is one apple, one pear, one small banana, an orange, a handful of berries or 100ml pure fruit juice)

one small pot (125g) diet/light yoghurt or low fat fromage frais

unlimited water, tea, coffee, low calorie/no added sugar squash, low calorie/diet

fizzy drinks (but limit fruit juice as above).

Any of the spices/condiments listed below can be used to add flavour to food:

Salt, pepper, fresh or dried herbs, spices, mustard, curry powder, lemon/lime juice, vinegar, yeast extract, soy sauce, fish sauce, Worcester sauce, stock cubes, vanilla and other essences.

