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Women's 14 Day Eating Plan

Days 1 – 5

Total Daily Count: 1000 Calories (Breakfast)

Breakfast							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Porridge Oats 40g (uncooked)	149	4.8	23.6	3.1	3.6	0	0.4
Skimmed Milk 200ml	70	6.8	10	0.2	0	120	10
Honey 5g / to taste	15.2	0	4.1	0	0	0.2	4.1
Golden Flaxseed 10g	49.5	2.3	0.9	3.6	2.1	4	0.1
Orange (medium)	62	1.23	15.39	0.16	3.1	0	12.25
Total	345.7	15.1	54	7.1	8.8	124.2	26.9
Swaps: Blueberries for orange.							

Days 1-5

Total Daily Count: 1000 Calories (Lunch)

Lunch							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Chicken Breast 100g	195	29.55	0	7.72	0	393	0
Mixed Green Salad	9	0.84	1.76	0.13	1.1	16	0.48
Sweet Potato 100g	86	1.57	20.12	0.05	3	55	4.18
Total	290	32	21.9	7.9	4.1	464	4.7

Days 1 - 5

Total Daily Count: 1000 Calories (Dinner)

Dinner							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Wild Atlantic Salmon 0.5 fillet	281	39.28	0	12.25	0	87	0
Cooked Green Cabbage 1 cup	65	1.53	6.76	4.32	2.8	428	4.36
Broccoli 1 Cup	31	2.57	6.04	0.34	2.4	30	1.55
Total	377	43.4	12.8	17.2	5.2	545	5.9

Liquid:

Water 1500ml or as needed. Herbal teas are fine.

Days 1 – 5

TOTALS: 1000 Calories Daily

Daily Total							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Total	1012.7	90.5	88.7	32.2	18.1	1163.22	37.4
Target	1000						
Remaining	-12.7						

Total Daily Count: 1300 Calories

Days 6 – 9

Total Daily Count: 1300 Calories (Breakfast)

Breakfast							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Porridge Oats 40g (uncooked)	149	4.8	23.6	3.1	3.6	0	0.4
Skimmed Milk 200ml	70	6.8	10	0.2	0	120	10
Honey 5g / to taste	15.2	0	4.1	0	0	0.2	4.1
Golden Flaxseed 10g	49.5	2.3	0.9	3.6	2.1	4	0.1
Orange (medium)	62	1.23	15.39	0.16	3.1	0	12.25
Total	345.7	15.1	54	7.1	8.8	124.2	26.9

Swaps:

Blueberries for orange.

Oats for granola (but be aware of fruit and nut in granola cereal mixes pushing up the calorie intake).

Days 6 - 9

Total Daily Count: 1300 Calories (Lunch)

Lunch							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Chicken Breast 100g	195	29.55	0	7.72	0	393	0
Mixed Green Salad	9	0.84	1.76	0.13	1.1	16	0.48
Sweet Potato 200g	172	3.14	40.24	0.1	6	110	8.36
Total	376	33.50	42	8	7.1	519	8.8

Notes: We've doubled your sweet potato intake here from the 1000 calorie plan – more carbs!

Swaps:

Switch sweet potatoes for white potatoes or rice / pasta (uncooked 40 – 50g)

Add in small amounts of olives, olive oil, or pumpkin seeds to salads – choose one. 5g of oil, 5 – 10g of seeds, half a dozen or so olives.

Days 6 - 9

Total Daily Count: 1300 Calories (Dinner)

Dinner							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Wild Atlantic Salmon 0.5 fillet	281	39.28	0	12.25	0	87	0
Cooked Green Cabbage 1 cup	65	1.53	6.76	4.32	2.8	428	4.36
Broccoli 1 Cup	31	2.57	6.04	0.34	2.4	30	1.55
Brown Rice 2 oz / 57g (uncooked)	208	4.86	43.28	1.7	3.4	572	0.66
Total	585	48.2	56.1	18.9	8.6	1117	6.6

Notes: We've added in carbs (rice) to your evening meal.

Swaps: Any green vegetables of your choice.

Liquid:

Water 1500ml or as needed. Herbal teas are fine.

Days 6 – 9

TOTALS: 1300 Calories Daily

Daily Total							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Total	1306.26	96.9	152.1	33.9	24.5	1790.2	42.3
Target	1300						
Remaining	-6.7						

Total Daily Count: 1600 Calories

You may find around 1600 – 2000 calories the ideal intake for sustainable weight loss.

Days 10 - 14

Total Daily Count: 1600 Calories (Breakfast)

Breakfast							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Porridge Oats 2oz / 57g (uncooked)	220	9.58	37.58	3.92	6	2	0
Skimmed Milk 200ml	70	6.8	10	0.2	0	120	10
Honey 5g / to taste	15.2	0	4.1	0	0	0.2	4.1
Golden Flaxseed 10g	49.5	2.3	0.9	3.6	2.1	4	0.1
Orange (medium)	62	1.23	15.39	0.16	3.1	0	12.25
Total	416.7	19.9	68	7.9	11.2	126.2	26.5

Swaps:

Blueberries for orange.

Oats for granola (but be aware of fruit and nut in granola cereal mixes pushing up the calorie intake).

Days 10 - 14

Total Daily Count: 1600 Calories (Lunch)

Lunch							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Chicken Breast 100g	195	29.55	0	7.72	0	393	0
Mixed Green Salad	9	0.84	1.76	0.13	1.1	16	0.48
Sweet Potato 200g	172	3.14	40.24	0.1	6	110	8.36
Total	376	33.50	42	8	7.1	519	8.8

Swaps:

Switch sweet potatoes for white potatoes or rice / pasta (uncooked 40 – 50g)

Add in small amounts of olives, olive oil, or pumpkin seeds to salads. 5g of oil, 5 – 10g of seeds, half a dozen or so olives – choose 2 if required.

Days 10 - 14

Total Daily Count: 1600 Calories (Dinner)

Dinner							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg)	Sugar (g)
Wild Atlantic Salmon 0.5 fillet	281	39.28	0	12.25	0	87	0
Cooked Green Cabbage 1 cup	65	1.53	6.76	4.32	2.8	428	4.36
Broccoli 1 Cup	31	2.57	6.04	0.34	2.4	30	1.55
Brown Rice 2 oz / 57g (uncooked)	208	4.86	43.28	1.7	3.4	572	0.66
Total	585	48.2	56.1	18.9	8.6	1117	6.6
Swaps: Any green vegetables of your choice.							

Liquid:

Water 1500ml or as needed. Herbals teas are fine.

Total Daily Count: 1600 Calories (Snacks)

Snacks							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Mixed Nuts	156	5	1.7	13.6	3.1	0.01	1.3
Blueberries (50 berries)	83	1.07	21.01	0.48	3.5	1	14.44
Totals	239	6.1	22.7	14.1	6.6	1	15.7
Notes: 4-6 Brazil Nuts, or 6 – 8 Almonds, or Walnut Halves.							

Days 10 - 14

TOTALS: 1600 Calories

Daily Total							
	Calories	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)	Sodium (mg?)	Sugar (g)
Total	1616.7	107.8	188.88	48.8	33.5	1793.2	57.6
Target	1600						
Remaining	-16.7						
Notes:							