

My Healthy Eating Plan

Name: Sita Patel

Supported by:

Week beginning:

My diet goals

My ideal weight
58 Kilos

How much I weigh
65 Kilos

I will try to eat 3 Portions of Fruit or Veg a day

I will try to eat junk food only 3 times a week.

My Dietary requirements

No solids

Any other: Strawberry allergy

Foods that I do not like:
Runny eggs
make me gag

Breakfast

Lunch

Dinner

Treats

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit smoothie	Pasta and vegetable sauce	Fruit smoothie	Fruit smoothie	Fruit with yoghurt		
Lunch	Hamburger and fries	Sandwich and banana	Pasta and tomatoes	Sandwich and apple			
Dinner	Tomato soup	Pasta and vegetable sauce	Went out and had Vegetable curry	Tinned fruit			
Treats	Biscuits	CHOCOLATE	Biscuits	Fresh mangoes			
My '5 a Day' Score Mark down how many portions you have had each day.	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5