



Date: 02 September 2018

Practitioner: Isabel Hall - Weight Management

Client Name:

Meal Plan

	Food Name
Breakfast	Banana Strawberry Yoghurt Smoothie, 471 g
Lunch	Chicken Broccoli Pasta, 177 g
Dinner	Chicken with brown rice, asparagus, carrot and broccoli, 451 g
Snacks	Whole grain sandwich with vegetables and tuna, 155 g

Macronutrients Analysis

Food Name	Quantity	Energy	Protein	Total lipid (fat)	Carbohydrate
Breakfast					
Banana Strawberry Yoghurt Smoothie	471 g	300.55 kcal	22.22 g	4.69 g	46.73 g
Lunch					
Chicken Broccoli Pasta	177 g	320.67 kcal	29.49 g	6.44 g	36.24 g
Dinner					
Chicken with brown rice, asparagus, carrot and broccoli	451 g	680.25 kcal	55.61 g	13.19 g	83.5 g
Snacks					
Whole grain sandwich with vegetables and tuna	155 g	151.86 kcal	15.42 g	2.57 g	16.81 g
Total		1453.33 kcal	122.74 g	26.89 g	183.28 g

Formulas

Formula	Value	Comments
BMI (Body Mass Index)	30.1 – Obesity	Weight (kg) divided by height squared (m)
BMR (Basal Metabolic Rate)	1467 Kcal	Harris/Benedict Equation
Weight maintenance level	2017 Kcal	BMR (Harris/Benedict) × Activity Level
BMR (Basal Metabolic Rate)	1393 Kcal	Mifflin and St Jeor Equation
Weight maintenance level	1915 Kcal	BMR (Mifflin and St Jeor) × Activity Level
BMR (Basal Metabolic Rate)		Katch-McArdle Formula
Weight maintenance level		BMR (Katch-McArdle) × Activity Level
PA values for different physical activity		BMR (Katch-McArdle) × Adjusted Activity Level
DRI for Protein (body weight)	64 g	DRI as a function of body weight
Protein recommendation based on lean body mass		More accurate than DRI if LBM is known

For information about references used on this table, please check

<https://docs.nutriadmin.com/reference-for-nutritional-information-and-formulas-in-nutriadmin>

Recipes

Banana Strawberry Yoghurt Smoothie

Banana Strawberry Yoghurt Smoothie 1 serving. Ready in 5 min.

Ingredients

Banana, **1 banana (119 g)**

Strawberries, **1 cup, halves (152 g)**

Greek Yogurt (Low Fat), **1 portion (200 g)**

Instructions/Preparation

Blend all ingredients together until achieving uniform consistency

Chicken Broccoli Pasta

Chicken Broccoli Pasta 1 serving. Ready in 20 min.

Ingredients

Chicken Breast, **1 large breasts (199 g)**

Whole Wheat Pasta, Dry, **1 cup spaghetti (91 g)**

Broccoli, **1 portion(s) (50 g)**

Olive Oil, **1 tsp (5 g)**

Garlic, **2 garlic clove (8 g)**

Instructions/Preparation

For the pasta:

1. Boil water in a saucepan.
2. When the water boils, add the pasta.
3. Cook for 8-10 minutes (or as otherwise indicated on packaging). You can check periodically by picking a piece of pasta with a fork and probing for tenderness.
4. Drain water and serve on a plate.

For the chicken and broccoli:

1. Chop the chicken breast into small pieces.
2. Heat oil in a pan.
3. Add the chicken to the pan and cook for 3 minutes at medium heat, stirring frequently.
4. Chop the garlic and broccoli into small pieces.
5. Add the garlic and broccoli to the pan, and mix well with the chicken.
6. Raise the heat and cook, stirring frequently for 6-8 minutes, until the chicken acquires a golden surface.
7. Serve with the pasta.

Whole grain sandwich with vegetables and tuna

Whole grain sandwich with vegetables and tuna 1 serving. Ready in 5 min.

Ingredients

Whole Wheat Bread, 2 slice (64 g)

Asparagus, Can, 4 spears (60 g)

Tomato, Fresh, 2 slice, thick/large (1/2" thick) (54 g)

Onion, Fresh, 2 slice, thin (18 g)

Spinach, Fresh, 1 ounces (28 g)

White Tuna, Canned in Water, 0.5 can (86 g)

Instructions/Preparation

1. Toast the bread (optional)
2. Wash and cut the vegetables
3. Arrange the vegetables in the sandwich
4. Add the tuna

Chicken with brown rice, asparagus, carrot and broccoli

Chicken with brown rice, asparagus, carrot and broccoli 1 serving. Ready in 35 min. □

Ingredients

Brown Rice, Raw, **0.5 cup (95 g)**

Chicken Breast, **1 portion(s) (200 g)**

Garlic, **1 garlic clove (4 g)**

Olive Oil, **1 tsp (5 g)**

Parsley, **1 Tablespoon (4 g)**

Black Pepper, **1 tsp, ground (2 g)**

Asparagus, Fresh, **4 spear, large (7-1/4" to 8-1/2") (80 g)**

Broccoli, **1 oz (29 g)**

Carrot, **0.5 carrot (32 g)**

Instructions/Preparation

Note: start with the rice as it takes longer to cook.

For the chicken:

1. Heat the olive oil in a pan.
2. Chop the chicken breast into large chunks.
3. Fry the chicken breast over medium-high heat in the pan. Cook for 2 minutes on each side.
4. Chop the garlic and parsley, add to the chicken, pressing them against the chicken skin so that they stick with the help of a fork or spoon.
5. Chop the asparagus into 3 or 4 pieces each and add to the pan.
6. Cook the chicken on both sides until golden/brown.
7. Add the black pepper to the chicken.

For the carrot and broccoli

1. Chop into pieces
2. Boil or steam until tender.

For the brown rice:

Boil the rice with 2 parts water and 1 part rice for 16-19 minutes or as otherwise specified in the packaging.

Shopping List

Vegetables and Vegetable Products

- Asparagus, Fresh, 80 g
- Broccoli, 54 g
- Carrot, 32 g
- Garlic, 8 g
- Onion, Fresh, 9 g
- Parsley, 4 g
- Spinach, Fresh, 14 g
- Tomato, Fresh, 27 g
- Asparagus, Can, 30 g

Finfish and Shellfish Products

- White Tuna, Canned in Water, 43 g

Baked Products

- Whole Wheat Bread, 32 g

Cereal Grains and Pasta

- Brown Rice, Raw, 95 g
- Whole Wheat Pasta, Dry, 46 g

Fruits and Fruit Juices

- Banana, 119 g
- Strawberries, 152 g

Dairy and Egg Products

- Greek Yogurt (Low Fat), 200 g

Poultry Products

- Chicken Breast, 300 g

Fats and Oils

- Olive Oil, 8 g

Spices and Herbs

- Black Pepper, 2 g

Other

