

Meal Plan for Patient 1

Female, 69, 65kg, 1.62m,

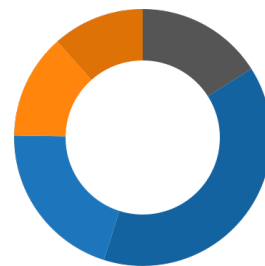
Patient 1 Meal Plan

FOOD NAME:	QUANTITY:	DESCRIPTION:	CALORIES	CARBS	PROTEIN	FAT
Breakfast						
Eggs, chicken, scrambled, with semi-skimmed milk	80g		190kcal	0.56g	8.8g	17g
Butter, spreadable, light (60% fat)	8g		44kcal	0.06g	0.04g	4.8g
Bread, white, toasted	30g		79kcal	15.4g	2.9g	0.6g
Tomatoes, standard, grilled, flesh and seeds only	85g		15.1kcal	2.9g	0.51g	0.17g
		<i>Meal Totals:</i>	328kcal	18.9g	12.3g	22.5g
Morning Snack						
Yogurt, whole milk, plain	80g		64kcal	6.1g	4.6g	2.4g
Blueberries	40g		16.7kcal	3.6g	0.36g	0.08g
Honey, raw	22g		71kcal	17.6g	0.1g	0g
Strawberries, raw	78g		24.4kcal	4.8g	0.47g	0.39g
Bananas, flesh only	100g		86kcal	20g	1.2g	0.1g
		<i>Meal Totals:</i>	262kcal	52g	6.7g	3g
Lunch						
Bread, brown soda, homemade	60g		151kcal	21.7g	4.7g	5g
Butter, spreadable, light (60% fat)	8g		44kcal	0.06g	0.04g	4.8g
Soup, chicken and vegetable, homemade	210g		104kcal	9.5g	13.2g	1.5g
Salad, mixed	170g		32.5kcal	4.6g	2.4g	0.51g
		<i>Meal Totals:</i>	331kcal	35.8g	20.4g	11.8g
Afternoon Snack						
Sugar, white	15g		60kcal	15g	0g	0g
Grapefruit, raw, flesh only	300g		93kcal	20.1g	2.4g	0.3g
		<i>Meal Totals:</i>	153kcal	35.1g	2.4g	0.3g
Dinner						
Broccoli, green, boiled in unsalted water	85g		24.2kcal	2.3g	2.8g	0.43g
Cauliflower, boiled in unsalted water	85g		25.2kcal	3g	1.6g	0.77g
Carrots, old, boiled in unsalted water	90g		26.7kcal	5.2g	0.45g	0.45g
Potatoes, old, boiled in unsalted water, flesh only	270g		200kcal	47g	4.9g	0.27g
Gravy instant granules, made up with water	50g		15.4kcal	2.4g	0.15g	0.6g
Garlic butter, homemade	9g		58kcal	0.2g	0.14g	6.3g

Chicken, breast, grilled without skin, meat only	48g		70kcal	0g	15.4g	0.91g	
			<i>Meal Totals:</i>	419kcal	60g	25.4g	9.7g
Dessert							
Apples, cooking, stewed with sugar, flesh only	248g		210kcal	50g	0.5g	0.74g	
Custard, made up with skimmed milk	65g		52kcal	10.1g	2.6g	0.2g	
			<i>Meal Totals:</i>	263kcal	60g	3.1g	0.94g
			<i>Plan Total:</i>	1754kcal	263g	70g	48g

Macronutrient Analysis

	CARBOHYDRATE	SUGARS	PROTEIN	FAT	SATFAT	ALCOHOL
Intake	262.6g	170.5g	70.2g	48.3g	22.5g	0g
g/kg body-weight	4	2.6	1.1	0.7	0.3	0
Kilocal	1039	682	281	434	203	0
Kilocal %	59.2%	38.9%	16%	24.8%	11.6%	0%



59.2% Carbs
16% Protein
24.8% Fat