

P5 - Produce clear plans to improve the nutritional health of two individuals with different dietary needs

Week 1-

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Omelette and an apple Calories:510 Protein:31.2g Carbohydrates: 23.3g Sugars: 20g Fat: 30.9g Saturated fat: 12.4g Fibre: 5.4g	Scrambled eggs Calories:445 Protein:19g Carbohydrates: 1g Sugars: 0.6g Fat: 40g Saturated fat:19.3g Fibre:0g	Yogurt with blueberries Calories:405 Protein:18g Carbohydrates: 15g Sugars: 9.8g Fat: 31g Saturated fat:1.1g Fibre:3g	Strawberry watermelon smoothie and pecans Calories:479 Protein:6.5g Carbohydrates: 22.6g Sugars: 18.4g Fat: 41.1g Saturated fat: 3.5g Fibre:7.7g	Pancake and strawberries Calories:457 Protein:19.5g Carbohydrates:21.1g Sugars: 17.2g Fat: 31g Saturated fat: 14.5g Fibre:7.1g	Almond milk coffee shake Calories:450 Protein:54g Carbohydrates: 32g Sugars: 0g Fat: 9g Saturated fat: 0g Fibre:7g	Avocado smoothie and strawberries Calories: 399 Protein: 5.8g Carbohydrates:20.7g Sugars: 14.5g Fat: 27.3g Saturated fat: 6.9g Fibre:15.9g
L U N C H	Turkey lettuce roll up and almonds Calories:586 Protein:35.7g Carbohydrates: 8.3g Sugars: 4.9g Fat: 44.7g Saturated fat: 12.1g Fibre:7.7g	Tuna stuffed pepper and avocado Calories:533 Protein:39.1g Carbohydrates: 11.6g Sugars: 9.2g Fat: 32.2g Saturated fat:4.8g Fibre:18g	Cucumber turkey sandwich Calories:520 Protein:20g Carbohydrates: 28g Sugars: 13.3g Fat: 40g Saturated fat: 25.8g Fibre:3g	Red pepper lettuce wrap Calories:463 Carbohydrates: 7g Sugars:3.8g Fat: 33g Saturated fat: 19.6g Fibre:3g	Keto avocado salad Calories:688 Protein:31g Carbohydrates: 4g Sugars: 1.1g Fat: 58g Saturated fat: 18.1g Fibre:9g	Cheese board Calories:541 Protein:26g Carbohydrates: 37g Sugars: 30.9g Fat: 28g Saturated fat: 4.4g Fibre:16g	Chicken salad Calories:456 Protein:57g Carbohydrates: 13g Sugars: 10.8g Fat: 18g Saturated fat: 4.8g Fibre:4g
S N A C K	Cheese slices Calories:230 Protein:14g Carbohydrates: 1g Sugars:0.2g Fat: 19g Saturated fat: 11g Fibre:0g	Raspberry yogurt Calories:271 Protein:14g Carbohydrates: 13g Sugars: 6.6g Fat: 17g Saturated fat: 0g Fibre:1g	Strawberry smoothie Calories:282 Protein:11g Carbohydrates: 30g Sugars: 24.7g Fat: 12g Saturated fat: 0g Fibre:3g	almonds Calories:328 Protein:12g Carbohydrates: 5g Sugars: 2.5g Fat: 28g Saturated fat: 2.2g Fibre:7g	Peppered cottage cheese Calories:201 Protein:24g Carbohydrates: 13g Sugars: 11.3g Fat: 5g Saturated fat: 2.8g Fibre:1g	avocado Calories:322 Protein:4g Carbohydrates: 4g Sugars: 1.3g Fat: 29g Saturated fat: 4.3g Fibre:13g	oranges Calories: 123 Protein:2g Carbohydrates: 24g Sugars:24.5g Fat:0g Saturated fat: 0g Fibre:6g

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