## 1800kcal 7 day Sample Meal Plan

### **Meal Options** 2 teaspoons of margarine/ 3 slices of unsalted & sugar-free peanut butter/ wholemeal bread no added sugar jam 6 tablespoons of oats + 1 cup of low fat milk/ reduced sugar soy milk **Breakfast** (300-400kcal) 3 pieces of idli + 1 serve of 1 bowl of fish/ chicken/ yogurt chutney or sambar pork porridge 3 pieces of soon kueh 4 pieces of chwee kueh with (no/ less sauce) chye poh (preserved radish) 1 bowl of minced meat/ wanton/ prawn noodle soup/ chicken macaroni^

# **Meal Options** 1 bowl of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy) Yong tau foo: 1 bowl of rice or 1 bowl noodles + 3 vegetables + 3 pieces of non-fried items^ (e.g. egg/ tofu/ stuffed vegetables) Lunch 1 bowl of mee soto^ + 3/4 cup vegetables (500kcal) 1 serving of 1 bowl rice or 1 bowl noodles fruit + fish slice soup $^ + \frac{3}{4}$ cup vegetables Grilled chicken + 4 small roasted potato + ¾ cup salad 6-inch sandwich (turkey breast/ chicken breast/ teriyaki chicken) + 150g raw leafy vegetables, low fat dressing 1 bowl mee rebus^ + ¾ cup vegetables

#### **Meal Options**











Grilled fish + 1 cup mashed potato + 3/4 cup salad











1 piece of thosai (36cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry^







1 bowl of chicken/ duck rice (change to white rice, remove skin and less sauce) + ¾ cup vegetables

Dinner (500kcal) + 1 serving of

fruit







1 bowl of ban mian soup $^ + \frac{3}{4}$  cup vegetables



Nasi padang: 1 bowl of rice + 1 lean meat/ fish + 2 vegetables (no/ less gravy or sambal)











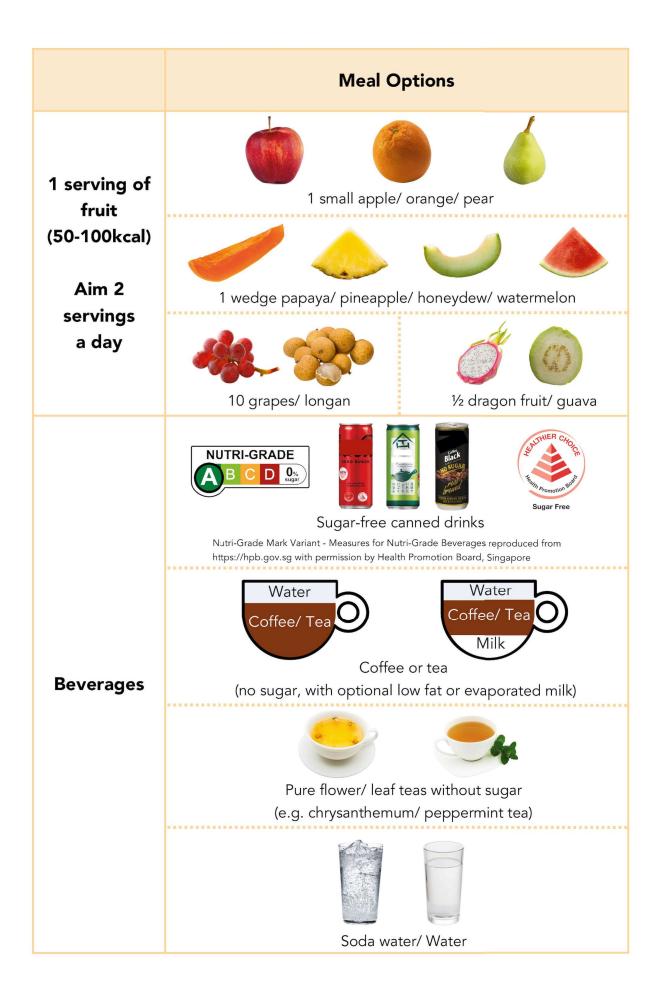
2 piece of chapati (18cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry^







1 bowl spaghetti in tomato-based sauce and seafood + ¾ cup vegetables



## **Meal Options** 1 piece of red bean pancake 3 pieces of plain biscuits 1 handful of unsalted 1 cup of low fat milk/ reduced and baked nuts (30g) sugar soymilk/ Milo kosong [Optional] **Snacks** 1 small tub of plain 1 cup corn 1 roll steamed popiah low-fat yogurt (no butter) Up to once a day (100-200kcal) 1 medium steamed sweet potato/ tapioca/ yam 1 small bowl of tau huay/ gingko beancurd barley dessert/ red or green bean soup (with less sugar) 1 slice of wholemeal bread + 1 teaspoon of margarine/ unsalted

& sugar-free peanut butter/ no added sugar jam

Contributed by Nutrition & Dietetics Service, Allied Health Services

