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 4 tablespoons of oats + 1 cup of low fat milk/ reduced sugar soy milk **Breakfast** (300 -400kcal) 1 bowl of fish/ chicken/ 3 pieces of idli + 1 serve of pork porridge yogurt chutney or sambar 4 pieces of chwee kueh with 3 pieces of soon kueh (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^ + 34 cup vegetables (500kcal) 1 serving of 1 bowl rice or 1 bowl noodles fruit + fish slice soup^ + ¾ cup vegetables Grilled chicken + 4 small roasted potato + 34 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 + 34 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) + 3/4 cup vegetables









1 bowl of ban mian soup^ + 3/4 cup vegetables



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











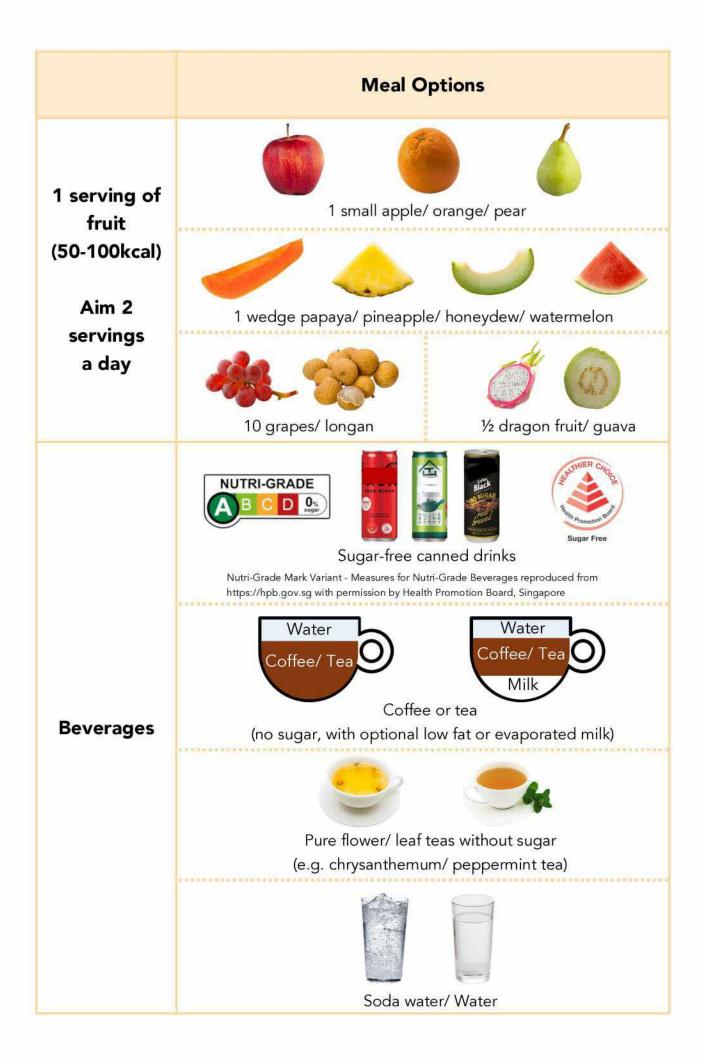
2 piece of chapati (18cm diameter) + 1 serve of dhal curry <u>or</u> 1 palm size of lean meat/ fish curry^







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



Meal Options



3 pieces of plain biscuits



1 piece of red bean pancake



1 handful of unsalted and baked nuts (30g)







1 cup of low fat milk/ reduced sugar soymilk/ Milo kosong

[Optional]

Snacks

Up to once a day (100-200kcal)



1 small tub of plain low-fat yogurt



1 cup corn (no butter)



1 roll steamed popiah







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

