

# WOMEN'S 1200KCAL PLANNER

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

All recipes marked ● are available at [diabetes.org.uk/recipes](https://www.diabetes.org.uk/recipes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Breakfast</b>	Bircher muesli ● <b>275 kcal • 39.6g carbs • 4.8g fibre 9g protein • 1 Fruit &amp; Veg (F&amp;V)</b>	Very berry porridge ● <b>348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 F&amp;V</b>	Very berry porridge ● <b>348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 F&amp;V</b>	Summerberry smoothie ● <b>100 kcal • 14.4g carbs • 2.6g fibre 7.8g protein • 1 F&amp;V</b>
<b>Snack</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>	2 x 80g clementines <b>44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&amp;V</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>
<b>Lunch</b>	Cauliflower and leek soup ● <b>154 kcal • 18.1g carbs • 7.7g fibre 9.1g protein • 3 F&amp;V</b>	Chilli bean soup with avocado salsa ● <b>181 kcal • 19.3g carbs • 9.5g fibre 7.6g protein • 2 F&amp;V</b>	Cauliflower and leek soup ● <b>154 kcal • 18.1g carbs • 7.7g fibre 9.1g protein • 3 F&amp;V</b>	Chickpea and tuna salad ● <b>355 kcal • 22.7g carbs • 12.4g fibre 32.1g protein • 4 F&amp;V</b>
<b>Snack</b>	40g carrot sticks and 30g humous <b>105.6 kcal • 6.2g carbs • 2.6g fibre 2g protein • 0.5 F&amp;V</b>	100g cottage cheese with 40g cucumber and 40g tomato <b>117.4 kcal • 4.6g carbs • 0.8g fibre 9.8g protein • 1 F&amp;V</b>	1 large 230g orange <b>62 kcal • 13g carbs • 3g fibre 2g protein • 1 F&amp;V</b>	100g cottage cheese with 4 cherry tomatoes <b>121 kcal • 6g carbs • 1g fibre 9g protein • 1 F&amp;V</b>
<b>Dinner</b>	Chilli con carne served with cauliflower pilaf ● <b>360 kcal • 33.1g carbs • 13.1g fibre 28.4g protein • 5 F&amp;V</b>	Cod portugaise with boiled new potatoes and side salad ● <b>342 kcal • 34.3g carbs • 6.3g fibre 32.5g protein • 3 F&amp;V</b>	Chicken tikka masala served with cauliflower pilaf ● <b>301 kcal • 24.6g carbs • 10g fibre 28.4g protein • 4 F&amp;V</b>	70g smoked mackerel on 1 medium slice of granary toast with 1tsp vegetable-oil- based spread, 40g handful of rocket, one 80g sliced tomato and 80g cucumber <b>381 kcal • 34.5g carbs • 6.4g fibre 43.1g protein • 2 F&amp;V</b>
<b>Pudding</b>	125g low fat Greek yogurt <b>96 kcal • 8g carbs • 0g fibre 9g protein • 0 F&amp;V</b>	Cherry and chocolate pot ● <b>115 kcal • 17.6g carbs • 1.3g fibre 5.3g protein • 0 F&amp;V</b>	125g natural yogurt <b>99 kcal • 10g carbs • 0g fibre 7g protein • 0 F&amp;V</b>	2 x 80g clementines <b>44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&amp;V</b>
<b>Snack</b>	85g medium banana <b>69 kcal • 17g carbs • 1g fibre 1g protein • 1 F&amp;V</b>	1 large 230g orange <b>62 kcal • 13g carbs • 3g fibre 2g protein • 1 F&amp;V</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>	Wholemeal fruit bar ● <b>117 kcal • 17.3g carbs • 1.8g fibre 2.3g protein • 0 F&amp;V</b>
<b>Milk</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1208.1kcal • 143.7g carbs • 32.2g fibre 66.5g protein • 11.5 F&amp;V</b>	<b>1312.9 kcal • 156.2g carbs • 31.8g fibre 80g protein • 9 F&amp;V</b>	<b>1115.7 kcal • 145.1g carbs • 31.7g fibre 67.2g protein • 11 F&amp;V</b>	<b>1266.5 kcal • 126.6g carbs • 29.2g fibre 96.3g protein • 10 F&amp;V</b>

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	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Welsh leek rarebit and 65g tomato ● <b>244 kcal • 20.3g carbs • 6g fibre 13.1g protein • 1.5 F&amp;V</b>	2 oat biscuits with 150ml semi-skimmed milk <b>213 kcal • 35g carbs • 4g fibre 9g protein • 0 F&amp;V</b>	Summerberry smoothie ● <b>100 kcal • 14.4g carbs • 2.6g fibre 7.8g protein • 1 F&amp;V</b>
<b>Snack</b>	1 large 230g orange <b>62 kcal • 13g carbs • 3g fibre 2g protein • 1 F&amp;V</b>	50g grapes <b>50 kcal • 12g carbs • 1g fibre 1g protein • 1 F&amp;V</b>	Fruit and nut bar ● <b>124 kcal • 16.3g carbs • 1g fibre 2.9g protein • 0 F&amp;V</b>
<b>Lunch</b>	Butterbean pâté served with 40g tomatoes, 40g carrots and a 30g small mini wholemeal pitta bread ● <b>213.2 kcal • 31.3g carbs • 10.4g fibre 8.3g protein • 3 F&amp;V</b>	2 slices medium cut wholemeal bread with 25g grated cheddar, 10g vegetable-oil-based spread, 40g tomato and 80g cucumber <b>331 kcal • 33g carbs • 6g fibre 13g protein • 2 F&amp;V</b>	70g smoked mackerel on 1 medium slice of granary toast with tsp vegetable-oil-based spread, 40g rocket, 80g sliced tomato and 80g cucumber <b>354 kcal • 18g carbs • 5g fibre 21g protein • 2.5 F&amp;V</b>
<b>Snack</b>	20g plain almonds <b>124 kcal • 2g carbs • 2g fibre 4g protein • 0 F&amp;V</b>	125g low fat Greek yogurt <b>96 kcal • 8g carbs • 0g fibre 9g protein • 0 F&amp;V</b>	2 x 80g clementines <b>44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&amp;V</b>
<b>Dinner</b>	Crisp salmon salad and 40g sweetcorn ● <b>374 kcal • 29g carbs • 5.2g fibre 25.3g protein • 1.5 F&amp;V</b>	Aubergine and courgette parmesan bake served with 80g kidney beans ● <b>296 kcal • 26.1g carbs 15.3g fibre • 20.9g protein • 6 F&amp;V</b>	200g roast chicken served with 120g broccoli, 80g cabbage, 80g carrots – all boiled and 55g sweet potato <b>425 kcal • 23g carbs • 9g fibre 70g protein • 3.5 F&amp;V</b>
<b>Pudding</b>	125g natural yogurt <b>99 kcal • 10g carbs • 0g fibre 7g protein • 0 F&amp;V</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>	Warm exotic fruit salad ● <b>112 kcal • 14.2g carbs • 3.9g fibre 0.9g protein • 2 F&amp;V</b>
<b>Snack</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>	Wholemeal fruit bar ● <b>117 kcal • 17.3g carbs • 1.8g fibre 2.3g protein • 0 F&amp;V</b>	1 small 104g pear <b>45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&amp;V</b>
<b>Milk</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>	225ml semi-skimmed milk <b>103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1264.7 kcal • 127.3g carbs • 29.6g fibre 67.7g protein • 8 F&amp;V</b>	<b>1251.5 kcal • 153.1g carbs • 31.1g fibre 63.2g protein • 10 F&amp;V</b>	<b>1307.5 kcal • 117.6g carbs • 26.5g fibre 112.6g protein • 11 F&amp;V</b>

## SHOPPING LIST

