

WOMEN'S 1200KCAL PLANNER

All recipes marked ● are available at diabetes.org.uk/recipes

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

