

PiePlan

Meal plan for women aged 19-50 years

Day 1

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
Wheat cereal (eg Weetabix)	2 biscuits/37.5g	126.8	4.3	25.6	0.8	0.2	3.8	0.1
Milk semi-skimmed	125ml	60.8	4.2	6.3	2.1	1.3	-	0.2
Strawberries	28g/1oz	7.7	0.2	1.7	-	-	0.3	-
Lunch								
Egg & cress sandwich on wheatgerm bread	1 pack/174g	365.8	19.1	35.1	15.8	3.1	3.6	0.5
Apple	1 medium/165g	79.2	0.6	18.7	0.2	0.1	2.9	-
Evening meal								
Holland's Potato & Meat Pie	1 pie/175g	395.0	10.5	46.1	18.6	6.5	2.6	0.8
Peas - boiled	85g	54.7	4.6	7.6	0.7	0.2	4.2	-
Carrots - boiled	28g	6.2	0.2	1.2	0.1	-	0.5	0.0
Sweetcorn - boiled	28g	6.7	0.7	0.8	0.1	-	0.5	0.0
Snacks								
Yoghurt - low fat fruit	1 pot/125g	112.5	5.4	17.6	2.2	1.5	-	0.1
Almonds	50g	305.8	11.7	4.1	27.4	2.3	4.2	0.0
Mixed dried fruit salad	100g	268.0	2.3	68.1	0.4	-	7.0	-
TOTALS		1,789.2	63.8	232.9	68.4	15.3	29.6	1.8
UK Guideline Daily Amounts for Women 1940-2000		1940-2000	45.0	230.0	70.0	20.0	24.0	2.4



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Day 2

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
Toasted granary bread	2 slices/70g	164.5	6.5	32.4	1.9	0.4	3.0	0.4
Margarine	thin spread/14g	101.7	-	0.1	11.3	-	-	0.1
Marmalade	20g	55.8	0.1	13.8	-	-	0.1	-
Banana	medium/102g	96.9	1.2	21.3	0.3	-	4.3	-
Lunch								
Holland's sausage roll	1	448.0	8.9	34.2	30.5	13.9	1.9	0.7
Ketchup	2 tablespoons/10g	12.0	0.2	2.8	-	-	0.1	0.1
Salad - mixed green	large/225g	54.6	2.3	10.1	0.6	-	2.3	-
Evening meal								
Spaghetti - cooked	112g/2oz	132.4	4.6	23.0	0.8	0.2	1.2	-
Bolognese sauce (minced beef)	1/2 cup/400g	254.8	22.5	12.7	12.7	5.0	3.2	0.2
Broccoli - boiled	80g	19.2	2.5	0.9	0.6	0.2	1.8	0.1
Red wine	small glass/125ml	85.0	0.1	0.2	-	-	-	0.0
Snacks								
Milkshake - semi-skimmed milk	1 glass/200ml	155.0	6.8	25.3	3.3	2.1	-	0.1
Pretzels	60g	228.0	6.2	47.9	1.6	0.2	1.8	0.8
TOTALS		1,807.9	61.9	224.7	63.6	22.0	19.7	2.5
UK Guideline Daily Amounts for Women 1940-2000		1940-2000	45.0	230.0	70.0	20.0	24.0	2.4



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Day 3

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
Fruit loaf - toasted	2 slices/66g	178.1	5.3	33.8	2.4	0.66	1.9	0.1
Margarine	thin spread/14g	101.7	0	0.1	11.3	0	0	0.1
Yoghurt - low fat fruit	1 pot/125g	112.5	5.4	17.6	2.2	1.5	0	0.1
Snack								
Holland's Cheese & Onion Pasty	1	492.0	8.7	43.2	31.5	6.0	3.1	0.8
Lunch								
Chicken salad sandwich	1 pack/177g	357.5	20.9	39.3	14.2	1.2	3.2	0.7
Orange	1 medium/145g	90.1	1.4	22.6	0.4	0	4.7	0.0
Evening meal								
Salmon - grilled	140g	301	33.9	0	18.3	3.5	0	0.1
Peas - boiled	75g	51.2	4.5	7.1	0.7	0.2	3.8	0.0
Cauliflower - boiled	80g	22.4	2.3	1.7	0.7	0.2	1.3	0.0
Rice - brown, boiled	140g	172.9	3.6	37.2	1.5	0	1.2	0.0
TOTALS		1,879.4	86.0	202.6	83.2	13.3	19.2	2.0
UK Guideline Daily Amounts for Women 1940-2000			45.0	230.0	70.0	20.0	24.0	2.4



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Day 4

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
PorrIDGE oats	45g	160.2	5.0	27.0	3.6	0.7	4.0	-
Milk semi-skimmed	125ml	60.8	4.2	6.3	2.1	1.3	-	0.2
Raisins	56g/2oz	160.8	1.2	38.4	0.2	-	1.8	0.0
Lunch								
Bagel - smoked salmon & low fat cream cheese	1/192g	365.0	27.2	54.7	5.9	0.6	-	0.7
Orange	1 medium/145g	90.1	1.4	22.6	0.4	-	4.7	-
Yoghurt - low fat fruit	1 pot/125g	112.5	5.4	17.6	2.2	1.5	-	0.1
Evening meal								
Holland's Lancashire Pasty	1 pie/175g	511.0	9.9	41.8	33.7	15.4	4.9	0.9
Salad - mixed green	large/225g	54.6	2.3	10.1	0.6	-	2.3	-
Potato - homemade mashed with margarine	150g	156.0	2.7	23.2	6.5	-	1.6	0.1
Snacks								
Fruit salad	1 pot/140g	77.0	1.0	19.3	0.0	-	2.1	-
TOTALS		1,748.0	60.3	261.0	55.2	19.5	21.4	2.0
UK Guideline Daily Amounts for Women 1940-2000		1940-2000	45.0	230.0	70.0	20.0	24.0	2.4



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Day 5

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
Muesli - no added sugar	large bowl/80g	281.6	8.9	52.1	4.2	0.5	6.2	0.1
Milk semi-skimmed	125ml	60.8	4.2	6.3	2.1	1.3	-	0.2
Orange juice - fresh	1 glass/200ml	92.0	1.4	21.4	0.2	0.2	0.6	0.2
Lunch								
Jacket potato with tuna & sweetcorn	300g	273.5	15.1	37.7	6.9	2.8	2.6	0.6
Cottage cheese - low fat	75g	67.5	10.3	2.7	1.4	0.9	-	0.0
Apple	1 medium/125g	61.9	0.5	14.6	0.1	-	2.3	-
Evening meal								
Holland's Chicken & Mushroom Pie	1 pie/176g	434.7	12.8	55.1	18.1	6.6	2.9	0.7
Potato wedges - 5% fat oven baked	100g	173.0	3.3	30.2	4.3	0.5	2.8	0.1
Coleslaw - 99% fat free	80g	100.8	0.8	23.1	0.8	-	2.0	0.2
Snacks								
Malt loaf	2 slices/84g	224.0	5.8	46.2	1.8	0.9	2.3	0.3
Margarine	thin spread/14g	101.7	-	0.1	11.3	-	-	0.1
TOTALS		1,871.5	63.1	289.5	51.2	13.7	21.7	2.5
UK Guideline Daily Amounts for Women 1940-2000		1940-2000	45.0	230.0	70.0	20.0	24.0	2.4



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Day 6

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
Wholegrain cereal	1 bowl/47g	170.6	3.8	32.5	2.8	1.6	4.2	0.1
Milk semi-skimmed	125ml	60.8	4.2	6.3	2.1	1.3	-	0.2
Pear	1 large/209g	102.4	0.6	24.2	0.4	-	4.8	-
Lunch								
Holland's Baked Prime Steak Pie	1 pie/ 182g	446.0	17.5	46.0	21.3	8.4	2.9	0.6
Mushy peas	100g	86.4	6.2	14.3	0.5	0.1	2.2	0.3
Fruit smoothie	1 bottle/250ml	142.5	1.2	36.0	0.2	-	3.2	0.0
Evening meal								
Low fat chicken curry	200g	184.0	20.0	14.4	5.2	0.8	1.0	0.4
Basmati rice - boiled	140g	188.7	5.1	36.4	2.5	-	1.0	0.1
Green salad	100g	12.0	0.7	1.8	0.3	-	1.0	-
Snacks								
Dried fruit and nuts	50g	249.5	5.9	11.4	20.1	1.8	4.5	-
Ice cream - vanilla	1/2 cup/66g	132.7	2.3	15.6	7.3	4.5	-	0.1
TOTALS		1,775.6	67.5	238.9	62.7	16.9	24.8	1.9
UK Guideline Daily Amounts for Women 1940-2000		1940-2000	45.0	230.0	70.0	20.0	24.0	2.4



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Day 7

	Servings	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Breakfast								
English muffin	1muffin/57g	133.9	4.4	26.2	1.0	0.1	1.5	0.3
Margarine	thin spread/14g	101.7	-	0.1	11.3	-	-	0.1
Strawberry jam	spread/30g	56.1	0.1	13.5	0.1	-	-	-
Milk semi-skimmed	1 glass/ 250ml	121.6	8.4	12.5	4.2	2.6	-	0.5
Lunch								
Holland's Steak & Onion Slice	1 pie/ 163g	406.0	15.2	35.0	22.8	11.1	6.5	0.6
Tomato salad	150g	93.0	1.4	6.6	6.8	-	2.4	-
Evening meal								
Chicken & leek pasta bake	400g	460.0	43.2	52.4	7.6	2.4	6.4	0.6
Boiled new potatoes	100g	75.0	1.5	17.8	0.8	0.1	1.1	0.1
Broccoli	80g	19.2	2.5	0.9	0.6	0.2	1.8	0.1
Snacks								
Custard - low fat	1 pot/141g	115.6	4.1	21.1	1.6	1.3	-	0.1
Banana	large/126g	119.7	1.5	26.3	0.4	-	5.3	-
TOTALS		1,701.8	82.3	212.4	57.2	17.8	25.0	2.3
UK Guideline Daily Amounts for Women 1940-2000			45.0	230.0	70.0	20.0	24.0	2.4



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Total for week

	Calories (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)
Day 1	1,789.2	63.8	232.9	68.4	15.3	29.6	1.8
Day 2	1,807.9	61.9	224.7	63.6	22.0	19.7	2.5
Day 3	1,879.4	86.0	202.6	83.2	13.3	19.2	2.0
Day 4	1,748.0	60.3	261.0	55.2	19.5	21.4	2.0
Day 5	1,871.5	63.1	289.5	51.2	13.7	21.7	2.5
Day 6	1,775.6	67.5	238.9	62.7	16.9	24.8	1.9
Day 7	1,701.8	82.3	212.4	57.2	17.8	25.0	2.3
Average	1,796.2	69.3	237.4	63.1	16.9	23.1	2.1
UK Guideline Daily Amounts for Women	1940-2000	45.0	230.0	70.0	20.0	24.0	2.4

