



# FOOD AND EXERCISE DIARY With Meal Guide



#### **WELCOME!**

You are about to embark on your weight loss journey. Keeping a record of the food and drink you consume each day, together with your portion size, mood and the amount of exercise you do, will help identify the patterns and behaviours which underlie your diet.

The key to weight loss success it seems is writing down everything – the simple act of documenting everything you eat can encourage you to consume fewer calories.

#### Remember...

To get the most out of your food diary it is important to set **SMART goals** and provide an **accurate record** of your food and drink intake.





#### SMART GOAL EXPLANATION

When setting lifestyle changing goals, set them SMARTly

Lifestyle changes are never easy to accomplish. We tend to set very general goals such as "I want to lose 10kg" - Unfortunately, these type of goals are usually set for failure, as they do not specify our action plan. Small goals that are specific, measurable, attainable, realistic and with a timeframe are easier to plan and accomplish.

When it comes with lifestyle changes, you can set goals regarding your food habits, your exercise and general behaviour. For example, if your final intention is to lose weight, you want to set up targets/action plans on what you need to do in order to accomplish that weight loss. SMART goals are perfect for it.

#### Here what SMART goals are all about:

S	Specific	A good way to be certain your goal is specific enough is to answer the 5 "W" questions: Who, What, When, Where, and Why. Start by asking who is involved, or who you need to ask for support.
М	Measurable	Can you measure your progress? Review your progress each week. Were you able to successfully meet your goals? Think about what worked and what didn't. This way you can make yourself accountable and monitor your milestones.
А	Attainable / Achievable	What is the action plan for this goal? Which tools do have that you can use, how much time you need in your day, how much effort do you need to put in.
R	Realistic	A good way to be certain your goal is specific enough is to answer the 5 "W" questions: Who, What, When, Where, and Why. Start by asking who is involved, or who you need to ask for support.
Т	Time-bound	Set a starting date, the frequency of your action and when is your deadline. Be sure to account for life circumstances that might hamper your efforts, such as work schedules, holidays and family commitments.

Some extra tips for you to successfully achieve your goals:

**Expect setbacks** - setbacks are a natural part of behaviour change. Identifying potential roadblocks - festive season, tight work deadlines, for example

Reassess and re-set your goals as needed - As you progress, be ready to change your goals. You might have reached a plateau in your weight loss journey, or the changes in your lifestyle were easier to accomplish and you are ready for new challenges.

#### Example of SMART goals

#### Date: 02 April 2019

Goal type	What do you want to achieve?	Starting date	Frequency	Deadline to reach full frequency	How do you plan to achieve it?	How confident are you that you can achieve it? 1-5
Food	Start eating breakfast	tomorrow	At least 5 times a week	1 week	Prepare breakfast on the night before. Wake up 10 minutes earlier. Have the breakfast prepared in a takeaway container for the days that I am late so I can eat it in the office.	4
Exercise	Start exercising regularly at least 150 minutes per week	2 Apr	Monday, Wednesday, Friday, Saturday	2 weeks	Monday – brisk walk for 30 minutes from 6.30-7pm Wednesday – 1-hour Zumba class during lunch time Friday – 30 minutes of brisk walking from 6-6.30pm Saturday – 1-hour Zumba class in the morning.	5
Others, lifestyle	Keep a food diary	tomorrow	everyday	1 month	Use an application and set alarms to record after each meal.	4



#### FOOD DIARY EXPLANATION

Keeping a record of your daily food intake will help you stay on track when trying to lose weight or to maintain a healthy weight and activity level.

Keeping a food diary daily will allow you to:

REFLECT on your specific eating habits, both good and bad, and your triggers for unhealthy eating. Most of our eating is done on "autopilot" and thus we are not always aware of what we actually eat, how we eat and why are we eating a specific food instead of another. Writing down what we eat everyday makes us aware of our eating habits and allows us to consciously SUBSITUTE with healthier choices, and to REINFORCE these.

#### How to do it:

Write what you eat, with as much detail as possible, as soon as your meal finishes. Include the time of the meal, portion size and method of cooking.

**Reflect** on your hunger and satiety levels, include where you ate and how were you feeling. You should also **include** if you were distracted while eating (while working, watching or reading the news or browsing over your favourite social media channel) and who you were having the meal with. If you are diabetic you may include your pre- and post-meal blood glucose levels.

At the end of the day, look at your diary and reflect on which **goals** have you achieved. You can also record any **exercise** and the number of steps taken that day.

**Highlight** the meals where you think you have room for improvement. You can discuss these with your health coach.

#### Example of a Food Diary

			MONDAY		
		Goal achievement [at the end of the looking at your fixelect the items was achieved your set]	day, after 🗹 Vegetables lled food diary, 🗹 Wholegrains where you 🗹 Water		
	Meal/Time	Time	Food & Drink Consumed	Remarks / Symptoms (blood sugar level; hunger levels, mood (1-5), other)	
FOOD AND DRINKS	Breakfast	8am	2 slices of wholemeal bread with 1 tablespoon of peanut butter; 1 pack of 3-in-1 coffee	mood 4; not so hungry	
	Snack		nil		
	Lunch	12pm	mix economical rice: 1 small bowl of white rice + long beans + steam fish + green vegetables. No gravy. No drinks	mood 3 (stressful morning); quite hungry	
8	Snack	4pm	1 teh	next time to have teh O	
	Dinner	7pm	at home: 1 cup of brown rice; 1/2 cup bok choy cooked in soy sauce; palm size of chicken, no skin. Clear soup. 1 apple	mood 4; hungry	
	Supper		nil		
	-	To classify mood le	evels, <b>1</b> is very low mood and <b>5</b> means very well and happy/rela	ixed	
,	<b># ∃</b> }	Duration	Exercise/Activities	Remarks	
	KERCISE & HYSICAL CTIVITY	30min	brisk walking		
	# ~ ₹ 5	20min	slow walking		
í					
			REMARKS		
		Was this a usual day? For food/symptoms and stress? Normal day, only had one fruit, to increase			



### **EXAMPLE OF WEEKLY GOAL SETTING**

Date:

Goal type	What do you want to achieve?	Starting date	Frequency	Deadline to reach full frequency	How do you plan to achieve it?	How confident are you that you can achieve it? 1-5
Food						
Exercise						
Others, lifestyle						



### **EXAMPLE OF DAILY FOOD DIARY FOR 7 DAYS**

			MONDAY	
		My weight this w My Waist Circum	reek is(kg): ference this week (cm):	
		Goal achievemer [at the end of the looking at your fil select the items v achieved your se	day, after Uegetables led food diary, Wholegrains where you Uater	
	Meal/Time	Time	Food & Drink Consumed with quantity	Remarks / Symptoms (blood sugar level; hunger levels, mood (1-5), other)
	Breakfast			
RINKS	Snack			
FOOD AND DRINKS	Lunch			
F0 0 D	Snack			
	Dinner			
	Supper			
	-	To classify mood le	evels, <b>1</b> is very low mood and <b>5</b> means very well and happy/rela	axed
	× .	Duration	Exercise/Activities	Remarks
	EXERCISE & PHYSICAL ACTIVITY			
	PHYS ACT			
			REMARKS  Was this a usual day? For food/symptoms and stres	ss?



#### **KNOW YOUR PORTIONS**

The serving sizes at restaurants, hawker centres, and food packaging are varied. Thus, this visual guide teaches you 1 portion of different food groups, for example, 1 fist (size and thickness of your fist) is the size of 1 serve of fruit; 2 serves of cooked rice, pasta, noodles; and 1 serve of raw/salad vegetables.



#### 1 FIST

Cooked Rice / Pasta / Noodles / Quinoa 150 – 240 gm Yoghurt 170 gm Beans / Legumes / Tofu / Soy 150 gm Whole Fruit 80 gm Raw / Salad Vegetable 75 – 100 gm

#### 1/2 FIST

Cooked Vegetable 75-100 gm





#### **FRUIT PORTIONS**

#### \*Fruit portion

Choose anv one.

1 PORTION	
1 Apple / Pear / Orange / Peach	
10 - 12 Grapes / Berries / Cherries	
2 Plums / Apricots / Kiwis / small mandarin Oranges	
1 wedge of Papaya / Watermelon / Honeydew	

#### \*\*Vegetables

½ regular Banana (Aloha, Dole)

Choose leafy and non-starchy vegetables. Avoid starchy vegetables.

LEAFY VEGETABLES	NON STARCHY VEGETABLES	STARCHY VEGETABLES
Spinach	Broccoli / Cauliflower	Potato
Kale	Asparagus	Sweet potato
Lettuce	Peppers	Yam
Celery / Basil	Mushrooms	Beet root
Pea sprouts	Tomatoes	Corn
Cabbage	Onions	
Bok Choy / Nai Bai	French / Long beans	
Kang Kong / Baby Chye Sim	Bottle / Bitter gourd	
Shanghai Green / Sio Peck Chye	Eggplant / Brinjal	
	Lady Fingers	

#### \*\*\* 1 Snack Portion

Choose any one.

1 serve fruit

1 bowl of cherry tomatoes / carrot / celery sticks / edamame, with optional low fat hummus

1 pc Muesli bar (Carman's)

1 portion (150 gm) soya bean curd, unsweetened or less sweet

1 small handful (30g) of unsalted/unsweetened plain nuts (almonds, walnuts, cashews, pumpkin seeds)

3 - 4 wholegrain crackers (Munchy's Oat Krunch Chunky Hazelnut)

3 - 4 wholegrain crackers (Corn Thins/Vita-Weat/Buckwheat crackers), with 2 tsp nut butters or low-fat hummus

2 hard-boiled egg whites

1 small tub (150 gm) non-fat yoghurt (Emmi's Greek Yoghurt / Marigold Non-fat), optional sprinkle of cinnamon



# TO ACHIEVE THE BEST POSSIBLE WEIGHT LOSS RESULTS

#### You should:

- Always choose water to drink, or plain tea, black coffee without sugar, sparkling water as they contain no calories. Avoid all types of fruit juice. Order kopi and drinks less sweetened.
- Always start your main meals with a bowl of clear soup, or salad, or cooked vegetables.
- Remove all visible fat and skin from chicken and meat, choose lean cuts when possible.
- Have oily fish 2 to 3 times per week e.g. salmon, mackerel, tuna, tenggiri batang, cod.
- Minimise fat and avoid coconut, full cream products, mayonnaise, Japanese sesame dressing, curry, gravy etc.
- Avoid adding extra sauce be mindful that sauces are hidden source of fat, sugar and salt.
- Use herbs and spices (with no added or salt sugar) to flavour your food.
- Avoid bakery products such as buns, croissants, flavoured bread, sweet bread, pau etc as they are high in salt, fat and sugar.
- Use non-stick pan to minimise oil consumption.



Daily Meal Guide with 1200, 1500, 1800 Kcal



#### **VEGETARIAN CHINESE MEAL GUIDE**

This meal guide is about 1200 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 slice	Open Tofu / Egg White and Vegetable** Sandwich (1 slice High Fibre Bread <b>or</b> Whole Grain Bread + 1 cup Tofu <b>or</b> 2 Egg Whites + ½ cup Vegetables**)	Read the food label while choosing your bread
	1 cup	Tea / Coffee (Adding milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning	½ small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
Snack	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1½ cup	Steamed / Stir-fried Vegetables** with Tofu (1 cup Vegetables** + 1 cup Tofu)	**Check vegetable guide Use 1 tsp oil
	1 cup	Cooked Brown Rice or High Fibre Rice or Brown Rice Beehoon	
Mid	1 no	Fruit*	Or pick 1 from Snack*** list
Afternoon Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Dinner	1 bowl	Vegetable** Soup	Avoid cream-based
	1 cup	Steamed / Stir-fried Egg Whites <b>or</b> Tofu with Vegetables** (1 cup Vegetables** + 2 Egg Whites <b>or</b> 1 cup Tofu)	**Check vegetable guide Use ½ tsp oil
	1 cup	Cooked Beans / Lentils	Use ½ tsp oil
	1 cup	Cooked Brown Rice or High Fibre Rice or Brown Rice Beehoon	



#### **NON-VEGETARIAN CHINESE MEAL GUIDE**

This meal guide is about 1200 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 slice	High Fibre <b>or</b> Whole Grain Bread	Read the food label while choosing your bread
	1 no	Scrambled Egg <b>or</b> Vegetable** Omelette	Use 1/4 tsp oil
	1 cup	Tea / Coffee	With up to ½ cup low-fat milk ½ tsp sugar
Mid Morning Snack	½ small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
SHack	1 no	Fruit*	
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	**Check vegetable guide Use ¼ tsp oil
	1 palm	Steamed / Grilled / Baked Chicken or Fish or King Prawns	Without Skin Flavour with herbs Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	
Mid	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Afternoon Snack	1 no	Fruit*	Or pick 1 from Snack*** list
Dinner	1 bowl	Clear Vegetable** Soup	Avoid cream-based
	1 cup	Steamed / Stir-fried Vegetables**	Use 1/4 tsp oil
	1 palm	Steamed / Grilled / Baked Chicken or Fish or King Prawns	Without Skin Flavour with herbs Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	



#### **VEGETARIAN INDIAN MEAL GUIDE**

# This meal guide is about 1200 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup or 2 no or 3 no or 1 no	Vegetable** Poha / Savoury Oats or Whole Moong Vegetable** chila Homemade Dosa or Hawker centre or restaurant Idli or Vegetable** Paratha	Avoid starchy vegetables ** Check vegetable guide Use ½ tsp oil
	2 tbsp	Tomato / Coriander Chutney	Avoid coconut chutney
	1 cup	Tea / Coffee (Adding milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid	1 cup	Vegetable** Salad	**Check vegetable guide
Morning Snack	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	Use ½ tsp oil
	1 cup	Dal <b>or</b> Sambhar <b>or</b> Pulse <b>or</b> Sprouts	Use ½ tsp oil
	¾ cup	Curd / Yoghurt	Avoid adding salt or sugar
	1 cup <b>or</b> 2 no <b>or</b> 1 no	Cooked Brown / High Fibre Rice or Homemade Chapati or Chapati (from hawker centre)	No ghee or oil on chapati
Mid	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Afternoon Snack	1 no	Fruit*	Or choose 1 from Snack*** list
Dinner	1 bowl	Clear Vegetable** Soup / Salad	Avoid cream-based
	1 cup	Palak Paneer / Paneer Bhurji** (40gm low-fat Paneer + 1 cup Vegetables)	Use ½ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown / High Fibre Rice or Homemade Chapati or Chapati (from hawker centre)	No ghee or oil on chapati

Avoid the use of coconut, cashew nut or peanut as masala or paste or gravy for vegetables, dals, pulses etc.



#### **NON-VEGETARIAN INDIAN MEAL GUIDE**

# This meal guide is about 1200 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 portion	Egg-white omelette with Vegetables** (2 no Egg white + ¼ cup Vegetable)	Use ½ tsp oil
	1 slice	High Fibre <b>or</b> Whole Grain Bread	Read the food label while choosing bread
	1 cup	Tea / Coffee	With up to $\frac{1}{2}$ cup low-fat milk With $\frac{1}{2}$ tsp sugar
Mid Morning	1 small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
Snack	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Sprout Vegetable** Salad (½ cup Sprouts + ½ cup Salad)	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	Use 1/4 tsp oil
	1 palm	Steamed / Stir-fried / Grilled Chicken or Fish or Lean meat	Without skin Use ¾ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown / High Fibre Rice or Homemade Chapati or Chapati (from hawker centre)	No ghee or oil on chapati
Mid	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Afternoon Snack	1 no	Fruit*	Or choose 1 from Snack*** list
Dinner	1 bowl	Clear Vegetable** Soup / Salad	Avoid cream-based
	1 cup	Steamed / Stir-fried Vegetables**	Use 1/4 tsp oil
	1 palm	Steamed / Stir-fried / Grilled Chicken or Fish or Lean meat	Without skin Use ¾ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown / High Fibre Rice or Homemade Chapati or Chapati (from hawker centre)	No ghee or oil on chapati

Avoid the use of coconut, cashew nut or peanut as masala or paste or gravy for vegetables, dals, pulses, fish, chicken etc.



#### **VEGETARIAN WESTERN MEAL GUIDE**

# This meal guide is about 1200 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	½ cup, before soaking	Overnight / Cooked Oats with	Rolled or steel-cut oats
	1 cup 10 no	Low-fat Milk / Soymilk and Berries*	*Check Fruit guide for options
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning Snack	½ small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1½ cup	Steamed / Stir-fried Vegetables** with Tofu (1 cup Vegetables** + $1/2$ cup Tofu)	**Check vegetable guide Use ½ tsp oil
	1 cup	Cooked Beans <b>or</b> Lentils	Use ½ tsp oil
	1 cup	Cooked Brown Rice or High Fibre Rice or Quinoa or Whole Wheat Pasta or Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread
Mid	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Afternoon Snack	1 no	Fruit*	Or choose 1 from Snack*** list
Dinner	1 bowl	Clear Vegetable** Soup	Avoid cream-based
	1 cup	Steamed / Stir-fried Egg White <b>or</b> Tofu with Vegetables** (1 cup Vegetables** + 2 Egg Whites <b>or</b> ½ cup Tofu)	**Check vegetable guide Use ½ tsp oil
	1 cup	Cooked Beans <b>or</b> Lentils	Use ½ tsp oil
	1 cup	Cooked Brown Rice or High Fibre Rice or Quinoa or Whole Wheat Pasta or Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	<b>or</b> Whole Grain High Fibre Bread	choosing your bread



#### **NON-VEGETARIAN WESTERN MEAL GUIDE**

This meal guide is about 1200 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup, (before soaking)	Overnight / Cooked Oats with	Rolled or steel cut oats
	1 cup 10 no	Low-fat Milk / Soymilk Berries	*Check fruit guide for options
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning	½ small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
Snack	1 no	Cherry Tomatoes / Carrot / Celery Sticks	With optional low-fat hummus
Lunch	1 cup	Egg White and Vegetable** Salad (2 Egg Whites + 1 cup Vegetables**)	**Check vegetable guide
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ¼ tsp oil
	1 palm	Steamed / Grilled / Roasted / Baked Chicken or Fish or King Prawns or 2 Boiled Egg Whites	Without Skin, Flavour with herbs Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread
Mid Afternoon	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Snack	1 no	Fruit*	Or choose 1 from Snack*** list
Dinner	1 bowl	Clear Vegetable** Soup / Salad	Avoid cream-based
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ¼ tsp oil
	1 palm	Steamed / Grilled / Roasted / Baked Chicken or Fish or King Prawns or 2 Boiled Egg Whites	Without Skin Flavour with herbs Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread



#### **VEGETARIAN CHINESE MEAL GUIDE**

# This meal guide is about 1500 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup, (before soaking) 1 cup 10 no	Overnight / Cooked Oats with Low-Fat Milk / Soymilk and Blueberries (optional)	Rolled or steel-cut oats
	1 cup	Tea / Coffee (Milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning	1 small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nut
Snack	1 no	Fruit*	*Check fruit guide
Lunch	1½ cup	Beans and Vegetable** Salad (1 cup cooked Beans + ½ cup salad Vegetables**)	**Check vegetable guide Flavour with herbs Use ½ tsp olive oil
	1½ cup	Tofu stir-fry Vegetables** (1 cup Leafy Vegetables** + 1 cup Tofu)	***Check vegetable guide Use 1 tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	
Mid	1 no	Fruit*	Or choose 1 from Snack*** list
Afternoon Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Dinner	1 bowl (1 cup Tofu)	Tofu and Vegetable** Soup	Avoid cream-based **Check vegetable guide Use ½ tsp olive oil Flavour with herbs
	1 cup	Steamed / Stir-fried / Grilled Vegetables**	**Check vegetable guide Use ½ tsp oil
	2 no <b>or</b> ½ cup	Boiled / Scrambled Egg Whites or Tofu	Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	



#### **NON-VEGETARIAN CHINESE MEAL GUIDE**

This meal guide is about 1500 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

Breakfast Soaking)       ½ cup, (before soaking)       Overnight / Cooked Oats with 1 cup Low-Fat Milk / Soymilk and 10 no Blueberries*       Rolled or steel-cut oats with 1 cup Low-Fat Milk / Soymilk and 10 no Blueberries*       Rolled or steel-cut oats with 1 cup Low-Fat Milk / Soymilk and 10 no Bolled / Scrambled Egg Whites       **Check Fruit guide for options         Mid Morning Snack       1 no Muesli Bar       Carman's         Lunch       1 no Fruit*       **Check fruit guide         Lunch       1 cup Vegetable** Salad       **Check vegetable guide         1 cup Steamed / Stir-fried Vegetables**       **Check vegetable guide Use ¼ tsp oil         1 palm       Steamed / Grilled / Baked Fish or Chicken or King Prawns       Without skin Flavour with herbs Use ½ tsp oil         1 cup       Cooked Brown Rice or High Fibre Rice or Brown Rice Beehoon       With up to ½ cup low-fat milk With ½ tsp sugar         Dinner       1 bowl       Clear Vegetable** Soup       Avoid cream-based         1 cup       Steamed / Stir-fried Vegetables**       ***Check vegetable guide Use ¼ tsp oil         1 palm or 2 no       Steamed / Baked Chicken or Fish or Boiled Egg Whites       ***Check vegetable guide Use ½ tsp oil         1 cup       Cooked Brown Rice or High Fibre Rice or Brown Rice Beehoon       **Check vegetable guide Use ½ tsp oil		AMOUNT	NAME OF DISH	TIPS
10 no   Blueberries* *Check Fruit guide for options   2 no   Boiled / Scrambled Egg Whites	Breakfast	soaking)	with	Rolled or steel-cut oats
1 cup   Tea / Coffee (Milk and sugar is optional)   With up to ½ cup low-fat milk with ½ tsp sugar		· ·	,	*Check Fruit guide for options
Mid Morning Snack		2 no	Boiled / Scrambled Egg Whites	
Norming   Snack   1 no   Fruit*   *Check fruit guide		1 cup		•
Snack   1 no   Fruit*   *Check fruit guide		1 no	Muesli Bar	Carman's
1 cup   Steamed / Stir-fried Vegetables** ***Check vegetable guide Use ¼ tsp oil	_	1 no	Fruit*	*Check fruit guide
1 palm   Steamed / Grilled / Baked Fish or Chicken or King Prawns   Without skin Flavour with herbs Use ½ tsp oil	Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
Or Chicken or King PrawnsFlavour with herbs Use ½ tsp oil1 cupCooked Brown Rice or High Fibre Rice or Brown Rice BeehoonMid Afternoon Snack1 noFruit*Or choose 1 from Snack**** list1 cupTea / Coffee (optional)With up to ½ cup low-fat milk With ½ tsp sugarDinner1 bowlClear Vegetable** SoupAvoid cream-based1 cupSteamed / Stir-fried Vegetables****Check vegetable guide Use ¼ tsp oil1 palm or 2 noSteamed / Baked Chicken or Fish or Boiled Egg WhitesWithout skin Flavour with herbs Use ½ tsp oil1 cupCooked Brown Rice or High Fibre Rice or Brown Rice		1 cup	Steamed / Stir-fried Vegetables**	9
Fibre Rice or Brown Rice Beehoon  Mid Afternoon Snack  1 cup Tea / Coffee (optional)  With up to ½ cup low-fat milk With ½ tsp sugar  Dinner  1 bowl Clear Vegetable** Soup Avoid cream-based  1 cup Steamed / Stir-fried Vegetables**  **Check vegetable guide Use ¼ tsp oil  1 palm or 2 no  Steamed / Baked Chicken or Fish or Boiled Egg Whites  Vithout skin Flavour with herbs Use ½ tsp oil  1 cup Cooked Brown Rice or High Fibre Rice or Brown Rice		1 palm		Flavour with herbs
Afternoon Snack       1 cup       Tea / Coffee (optional)       With up to ½ cup low-fat milk With ½ tsp sugar         Dinner       1 bowl       Clear Vegetable** Soup       Avoid cream-based         1 cup       Steamed / Stir-fried Vegetables**       **Check vegetable guide Use ¼ tsp oil         1 palm or 2 no       Steamed / Baked Chicken or Fish or Boiled Egg Whites       Without skin Flavour with herbs Use ½ tsp oil         1 cup       Cooked Brown Rice or High Fibre Rice or Brown Rice		1 cup	Fibre Rice <b>or</b> Brown Rice	
Dinner   Toup   Tea / Coffee (optional)   With up to ½ cup low-fat milk   With ½ tsp sugar		1 no	Fruit*	Or choose 1 from Snack*** list
1 cup Steamed / Stir-fried Vegetables** **Check vegetable guide Use ¼ tsp oil  1 palm Steamed / Baked Chicken or Without skin Flavour with herbs Use ½ tsp oil  1 cup Cooked Brown Rice or High Fibre Rice or Brown Rice		1 cup	Tea / Coffee (optional)	·
Use ¼ tsp oil  1 palm or 2 no Steamed / Baked Chicken or Fish or Boiled Egg Whites  Use ½ tsp oil  1 cup Cooked Brown Rice or High Fibre Rice or Brown Rice	Dinner	1 bowl	Clear Vegetable** Soup	Avoid cream-based
or 2 no Fish or Boiled Egg Whites Flavour with herbs Use ½ tsp oil  1 cup Cooked Brown Rice or High Fibre Rice or Brown Rice		1 cup	Steamed / Stir-fried Vegetables**	9
Fibre Rice <b>or</b> Brown Rice				Flavour with herbs
		1 cup	Fibre Rice <b>or</b> Brown Rice	



#### **VEGETARIAN INDIAN MEAL GUIDE**

# This meal guide is about 1500 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup or 3 no or 3 no or 2 no	Vegetable** Poha / Savoury Oats Porridge or Whole Moong Vegetable** Chila / Dosa or Idli (from hawker centre/ restaurant) or Vegetable** Paratha	Avoid starchy vegetables ** Check vegetable guide Use ½ tsp oil
	2 tbsp	Tomato / Coriander Chutney	Avoid coconut chutney
	1 cup	Tea / Coffee (Adding milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning Snack	1 no	Fruit*	**Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	Use ¼ tsp oil
	1 cup	Dal / Sambhar / Pulse / Sprouts	Use ½ tsp oil
	³⁄₄ cup	Curd / Yoghurt	Avoid adding salt or sugar
	1 cup or 2 no or 1 no	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Homemade Chapati <b>or</b> Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati
Mid	1 no	Fruit*	Or choose 1 from Snack*** list
Afternoon Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Dinner	1 bowl	Clear Vegetable** Salad / Soup	Avoid cream-based **Check vegetable guide
	1 no	Palak Paneer / Paneer Bhurji (½ cup Low-fat Paneer +1 cup Vegetables**)	Use ¼ tsp oil
	1 cup	Dal / Sambhar / Pulse / Sprouts	Use ½ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Homemade Chapati <b>or</b> Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati

Avoid the use of coconut, cashew nut or peanut as masala or paste or gravy for vegetables, dals, pulses etc.



#### **NON-VEGETARIAN INDIAN MEAL GUIDE**

This meal guide is about 1500 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup or 1 no or 1 slice	Vegetable Poha / Savoury Oats Porridge or Homemade Dosa or High Fibre or Whole Grain Bread	Avoid starchy vegetables Use ½ tsp oil Read food label when buying bread
	2 tbsp	Tomato / Coriander Chutney	Avoid coconut chutney
	2 no	Boiled / Scrambled Egg White	
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to $\frac{1}{2}$ cup low-fat milk With $\frac{1}{2}$ tsp sugar
Mid	1 no	Muesli Bar	Carman's
Morning Snack	1 no	Fruit*	**Check vegetable guide
Lunch	1½ cup	Sprout Vegetable** Salad (1 cup Sprouts + 1 cup Salad Vegetables**)	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	Use ¼ tsp oil
	1 palm	Steamed / Grilled / Baked Fish <b>or</b> Chicken <b>or</b> King Prawns	Without skin Use ¾ tsp oil
	3/4 cup	Curd / Yoghurt	Avoid adding salt or sugar
	1 cup or 2 no or 1 no	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Homemade Chapati <b>or</b> Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati
Mid	1 no	Fruit*	Or choose 1 from Snack*** list
Afternoon Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Dinner	1 bowl	Clear Vegetable** Soup /Salad	Avoid cream-based
	1 palm	Steamed / Grilled / Stir-fried Fish <b>or</b> Chicken <b>or</b> Lean Meat	Without skin Use ¾ tsp oil
	½ cup	Dal / Sambhar / Pulse / Sprouts	Cooked in ¼ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Homemade Chapati <b>or</b> Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati

Avoid the use of coconut, cashew nut or peanut as masala or paste or gravy for vegetables, dals, pulses etc.



#### **VEGETARIAN WESTERN MEAL GUIDE**

# This meal guide is about 1500 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	2 slices	Baked Beans on Toast 1 cup Beans / Chickpeas <b>or</b> 2 Scrambled Egg White <b>or</b> 1 cup Tofu with ½ cup Vegetables** on Toast (High Fibre / Whole Grain Bread)	Read the food label while choosing your bread **Check vegetable guide
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to $\frac{1}{2}$ cup low-fat milk With $\frac{1}{2}$ tsp sugar
Mid Morning	1 cup	Cherry Tomatoes / Carrot / Celery Sticks / Edamame	With optional low-fat hummus
Snack	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ½ tsp oil
	1 cup	Steamed / Stir-fried Tofu <b>or</b> Beans <b>or</b> Lentils	Use ½ tsp oil
	1 cup  or 2 slices	Cooked Brown Rice or High Fibre Rice or Quinoa or Whole Wheat Pasta or Baked Sweet Potatoes or Whole Grain High Fibre Bread	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while choosing your bread
Mid Afternoon	1 small tub	Non-fat Yoghurt	Marigold / Emmi's Or choose 1 from Snack*** list
Snack	1 cup	Fruit*	*Check fruit guide
	1 no	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Dinner	1 bowl	Clear Vegetable** Soup	Avoid cream-based
	1½ cup	Steamed / Stir-fried / Roasted Vegetables** with Egg Whites <b>or</b> Tofu (1 cup Vegetables** + 2 Egg Whites <b>or</b> ½ cup Tofu)	**Check vegetable guide Use ½ tsp oil
	1 cup	Cooked Beans <b>or</b> Lentils <b>or</b> Peas	Use ½ tsp oil
	1 cup	Cooked Brown Rice or High Fibre Rice or Quinoa or Whole Wheat Pasta or Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread



#### **NON-VEGETARIAN WESTERN MEAL GUIDE**

This meal guide is about 1500 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 no	Spinach Egg-White Omelette (2 Egg Whites + ½ cup Spinach / Vegetable)	Use ½ tsp oil
	2 slices	High Fibre <b>or</b> Whole Grain Bread	Read the food label while choosing your bread
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning	1 no	Muesli bar	Carman's
Snack	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ½ tsp oil
	1 palm	Steamed / Grilled / Roasted / Baked Chicken or Fish or King Prawns or 2 Boiled Egg Whites	Without Skin Flavour with herbs Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread
Mid Afternoon	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Snack	1 no	Fruit*	Or choose 1 from Snack*** list
Dinner	1 bowl	Clear Vegetable** Soup / Salad	Avoid cream-based
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ½ tsp oil
	1 palm	Steamed / Grilled / Roasted / Baked Chicken or Fish or King Prawns or 2 Boiled Egg Whites	Without Skin Flavour with herbs Use ½ tsp oil
	1 cup	Cooked Brown Rice or High Fibre Rice or Quinoa or Whole Wheat Pasta or Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread



#### **VEGETARIAN CHINESE MEAL GUIDE**

This meal guide is about 1800 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	2 slices	High Fibre <b>or</b> Whole Grain Bread	Read the food label while choosing your bread
	1 no <b>or</b> 1½ cup	Scrambled Egg White <b>or</b> Vegetable** Omelette <b>or</b> Tofu Scramble with Vegetables** (1 cup Tofu <b>or</b> 2 Egg Whites + 34 cup Vegetables**)	Use ¼ tsp oil **Check vegetable guide
	1 cup	Tea / Coffee (addition of milk and sugar is optional)	With up to $\frac{1}{2}$ cup low-fat milk With $\frac{1}{2}$ tsp sugar
Mid Morning	1 no	Fruit*	*Check fruit guide
Snack	1 small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	Use ½ tsp oil
	1 cup	Steamed / Stir-fried Tofu <b>or</b> Beans <b>or</b> Chickpeas <b>or</b> Egg Whites	Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	
Mid	1 no	Fruit*	Or choose 1 from Snack*** list
Afternoon Snack	1 cup 1 cup	Low-fat hummus with Cherry Tomatoes / Carrot / Celery Sticks/ Edamame	With up to ½ cup low-fat milk
	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk With ½ tsp sugar (optional)
Dinner	1 bowl	Stir-fried Tofu and Vegetable** soup (1 cup Tofu <b>or</b> 2 Egg Whites + 1 cup Vegetables**)	Avoid cream-based Use ½ tsp oil
	1 palm	Steamed / Stir-fried Vegetables	**Check vegetable guide Use ½ tsp oil
	½ cup	Soyabean Curd	Choose unsweetened or less sweet
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	



#### **NON-VEGETARIAN CHINESE MEAL GUIDE**

This meal guide is about 1800 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	½ cup (before soaking)	Overnight / Cooked Oats with	Rolled or steel-cut oats
	1 cup 10 no	Milk / Soymilk and Strawberries*	Low-fat, unsweetened *Check Fruit guide for options
	2 no	Boiled / Scrambled Egg Whites	
	1 cup	Tea / Coffee (optional) (Adding milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid Morning	1 cup	Cherry Tomatoes / Carrot / Celery sticks / Edamame	With optional low-fat hummus
Snack	1 no	Fruit*	*Check fruit guide
	1 small handful	Nuts - plain, natural	Avoid salted, sweetened and flavoured nuts
Lunch	1 bowl	Chicken Vegetable** Salad (½ palm Chicken + 1 cup Vegetables)	**Check vegetable guide Use ¼ tsp oil
	1 cup	Steamed / Stir-fried Vegetables**	Use ½ tsp oil
	1 palm	Steamed / Grilled / Baked Chicken <b>or</b> Fish <b>or</b> King Prawns <b>or</b> Boiled Egg White	Without Skin Flavour with herbs Use ½ tsp oil
	1½ cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	
Mid	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Afternoon	1 no	Fruit*	Or pick 1 from Snack*** list
Snack	3 - 4 pcs	Wholegrain Crackers	Munchy's Oat Krunch or Chunky Hazelnut
Dinner	1 bowl	Clear Vegetable** Soup	Avoid cream-based Use ½ tsp oil
	1 cup	Steamed / Stir-fried Vegetables**	Use ½ tsp oil
	1 cup or 1 small tub	Soybean Curd or Non-Fat Emmi's Greek Yoghurt	Unsweetened or less sweet
	1 palm	Steamed / Grilled / Baked Chicken <b>or</b> Fish <b>or</b> King Prawns	Without Skin Use ½ tsp oil
	1 cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Brown Rice Beehoon	



#### **VEGETARIAN INDIAN MEAL GUIDE**

This meal guide is about 1800 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup or 3 no or 3 no or 1 no with 1 cup	Vegetable** Poha / Savoury Oats Porridge or Whole Moong Vegetable** Chila / Dosa or Idli (from hawker centre/ restaurant) or Paratha / Phulka / Chapati with With Tofu Stir	Avoid starchy vegetables Use ½ tsp oil **Check vegetable guide
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to ½ cup low-fat milk With ½ tsp sugar
Mid	1 no	Muesli Bar	Carman's
Morning Snack	1 no	Fruit*	**Check fruit guide
Lunch	1 cup	Tofu Vegetable** Salad (½ cup Tofu + ½ cup Vegetables**)	**Check vegetable guide Flavour with herbs , use ½ tsp oil
	1 cup	Steamed / Stir-fried Vegetables**	Use ¼ tsp oil
	1 cup or ½ cup	Dal / Sambhar with vegetables** or Pulses / Sprouts / Beans	Use ½ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown Rice or High Fibre Rice or Homemade Chapati or Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati
Mid Afternoon	1 no	Fruit*	Or pick 1 from Snack*** list
Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Dinner	1 bowl	Vegetable** Salad / Soup	** Check vegetable guide
	1 cup or ½ cup	Thin Dal / Sambhar with vegetables** or Pulses / Sprouts / Beans	Use ½ tsp oil
	1 no	Paneer / Tofu with Stir-fried Vegetables** or in gravy (1 cup Paneer / Tofu + 1 cup Vegetables**)	Use ½ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown Rice or High Fibre Rice or Homemade Chapati or Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati

Avoid the use of coconut, cashew nut or peanut as masala or paste or gravy for vegetables, dals, pulses etc.



#### **NON-VEGETARIAN INDIAN MEAL GUIDE**

# This meal guide is about 1800 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 cup or 1 no or 1 slice	Vegetable** Poha / Savoury Oats Porridge or Homemade Dosa or High Fibre / Whole Grain Bread	Avoid starchy vegetables Use ½ tsp oil
	2 tbsp	Tomato / Coriander Chutney	Avoid coconut chutney
	2 no	Boiled / Scrambled Egg White	
	1 cup	Tea / Coffee	With up to ½ cup low-fat milk With ½ tsp sugar (optional)
Mid Morning	1 no	Fruit*	*Check fruit guide
Snack	1 no	Muesli Bar	Carman's
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried Vegetables**	Use ¼ tsp oil
	1 cup	Dal / Sambhar / Pulse with vegetables	Use ¼ tsp oil
	1 palm	Steamed / Grilled / Stir-fried Fish <b>or</b> Chicken <b>or</b> Lean Meat	Without skin Use ¾ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown Rice or High Fibre Rice or Homemade Chapati or Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati
Mid	1 no	Fruit*	Or choose 1 from Snack*** list
Afternoon Snack	1 no	Egg White Open Sandwich (2 Boiled Eggs + 1 slice Bread)	Choose Whole Grain Bread
	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk (optional)
Dinner	1 bowl	Sprout Salad ( $\frac{1}{2}$ cup Sprouts + $\frac{1}{2}$ cup Salad Vegetables**)	**Check vegetable guide Use ½ tsp oil
	1 palm	Steamed / Grilled / Stir-fried Fish <b>or</b> Chicken <b>or</b> Lean Meat	Without skin Use ¾ tsp oil
	1 cup or 2 no or 1 no	Cooked Brown Rice or High Fibre Rice or Homemade Chapati or Chapati (from hawker centre/ restaurant)	No ghee or oil on chapati

Avoid the use of coconut, cashew nut or peanut as masala or paste or gravy for vegetables, dals, pulses etc.um



#### **VEGETARIAN WESTERN MEAL GUIDE**

# This meal guide is about 1800 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	2 slices	High Fibre <b>or</b> Whole Grain Bread	Read the food label while choosing your bread
	1 no <b>or</b> 1 cup	Scrambled Egg <b>or</b> Vegetable** Omelette <b>or</b> Tofu scramble with Vegetables** (1 cup Tofu <b>or</b> 2 Egg Whites + 1 cup Vegetables**)	**Check vegetable guide Use ¼ tsp oil
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to $\frac{1}{2}$ cup low-fat milk With $\frac{1}{2}$ tsp sugar
Mid	1 no	Muesli bar	Carman's
Morning Snack	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ½ tsp oil
	1 cup	Steamed / Stir-fried Tofu <b>or</b> Beans <b>or</b> Chickpeas <b>or</b> Egg Whites	Use ½ tsp oil
	1½ cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread
Mid	1 cup	Cherry Tomatoes / Carrot / Celery sticks	·
Afternoon Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
Jilack	1 no	Fruit*	or choose 1 from Snack*** list
Dinner	1 bowl	Stir-fried Tofu <b>and/or</b> Lentils and Beans and Vegetable** Soup (1 cup Tofu / Beans / Lentils + 1 cup Vegetables**)	Avoid cream-based Use ½ tsp oil
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ¼ tsp oil
	1½ cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread
	½ cup	Soybean Curd	Choose unsweetened / less sweet



#### **NON-VEGETARIAN WESTERN MEAL GUIDE**

This meal guide is about 1800 kcal per day, providing healthy, balanced meals to help you lose between 500g – 1kg per week.

	AMOUNT	NAME OF DISH	TIPS
Breakfast	1 no	Vegetable** / Egg / Chicken / Tuna Sandwich (2 slices High Fibre <b>or</b> Whole Grain Bread +1 boiled Egg / 1 palm-sized Chicken / Tuna +1 cup Vegetables**)	Use 1 tsp oil / plant spread (non-margarine) Read the food label while choosing your bread **Check vegetable guide
	1 cup	Tea / Coffee (Addition of milk and sugar is optional)	With up to $\frac{1}{2}$ cup low-fat milk With $\frac{1}{2}$ tsp sugar
Mid Morning Snack	1 no	Muesli bar	Carman's
	1 no	Fruit*	*Check fruit guide
Lunch	1 cup	Vegetable** Salad	**Check vegetable guide
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ¼ tsp oil
	1 palm	Steamed / Grilled / Roasted / Baked Chicken or Fish or King Prawns or 2 Boiled Egg Whites	Without Skin Flavour with herbs Use ½ tsp oil
	1½ cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread
Mid Afternoon Snack	1 cup	Tea / Coffee (optional)	With up to ½ cup low-fat milk
	1 no	Fruit*	Or choose 1 from Snack*** list
Dinner	1 bowl	Chicken Soup	Avoid cream-based
	1 cup	Steamed / Stir-fried / Roasted Vegetables**	**Check vegetable guide Use ¼ tsp oil
	1 palm	Steamed / Grilled / Roasted / Baked Chicken or Fish or King Prawns or 2 Boiled Egg Whites	Without Skin Flavour with herbs Use ½ tsp oil
	1 small tub	Non-fat Yoghurt	Marigold / Emmi's
	1½ cup	Cooked Brown Rice <b>or</b> High Fibre Rice <b>or</b> Quinoa <b>or</b> Whole Wheat Pasta <b>or</b> Baked Sweet Potatoes	Avoid creamy / oily pasta sauce Use ½ tsp oil for pasta sauce Read the food label while
	or 2 slices	or Whole Grain High Fibre Bread	choosing your bread



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