



XLS DUO CM-KG

DIET OPTIONS OF 1,500 CALORIES PER DAY

Important Note:

- The three sample meal plans will provide you with approximately 1500 calories.
- You may use the hand guide to approximate portion sizes in times when you cannot, or prefer not to measure.
- A cup equals 250ml (8oz).
- Items on the menu may be substituted for easily available ones. Please see Food Guide Pyramid.
- Make sure you adhere to the portions prescribed in the sample meal plans.
- Avoid the use of sugar or keep it to a limit of 2-3 teaspoons for the whole day. You may also use artificial sweeteners in moderation.
- Only 2 - 3 teaspoons of oil is allowed for the whole day (to be included in cooking, salads, etc).
- Spices, ketchup, mustard, vinegar, lemon, etc can be used as desired in reasonable amounts.

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XLS Duo DIET OPTION 1

Breakfast

- Pita Bread (small) - 1 pc
- Foul Medammes (Do not put extra oil for garnishing) - ½ cup
- Low Fat / Non fat milk - ½ cup

Mid Morning Snack

- (within 3 to 4 hours after Breakfast)
- Fresh Fruit - 1 pc
- Low Fat Yogurt - ½ cup

Lunch

- Boiled Rice - ½ cup
- Green Beans and Lean Meat Stew - 1 cup
- Fattoush - 1 cup
- Fresh Fruit - 1 pc

Mid Afternoon Snack

- (within 3 to 4 hours after Lunch)
- Low Fat Sliced Cheese (1) and tomato rings as sandwich in 1 slice whole meal bread
- Low fat / Non fat milk - ½ cup

Dinner

- Shish Tawok - 90-100g (4-5pcs)
- Pita Bread (small) - 1 pc
- Tabbouleh - 1 cup
- Hommous - 2 tbsp

Bed Time Snack (optional)

- Low Fat / Non fat milk - ½ cup
- Fresh fruit Salad - ½ cup

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XLS Duo DIET OPTION 2

Breakfast

- Cornflakes - 1cup
- Low Fat / Non fat milk - 1 cup
- Fresh Fruit - 1 pc

Mid Morning Snack

- (within 3 to 4 hours after Breakfast)
- Rusk - 2 pcs. Spread with 1-2 teaspoons low fat labneh

Lunch

- Grilled Herb Fish - 1 palm-sized pc (90-100gm)
- Steamed Broccoli - 1 cup
- Wholemeal bread - 1 slice
- Fresh Fruit - 1 pc

Mid Afternoon Snack

- (within 3 to 4 hours after Lunch)
- Low fat / Non fat milk - 1 cup
- Plain oat biscuit - 1 pc

Dinner

- Grilled lean lamb cutlets - 2 pcs (90-100gm)
- Grilled Vegetables - 1 cup
- Small Baked potato - 1 pc

Bed Time Snack (optional)

- Fresh fruit - 1 pc

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DIET OPTIONS OF 1,500 CALORIES PER DAY

XLS Duo DIET OPTION 3

Breakfast

- Boiled egg sandwich made from:
 - Wholemeal bread - 2 slices
 - Boiled Egg - 1 pc
 - Chopped tomato, lettuce and cucumber - as desired
- Low fat / Non fat milk - ½ cup

Mid Morning Snack

- (within 3 to 4 hours after Breakfast)
- Fresh Fruit - 1 pc
- Cucumber salad - as desired

Lunch

- Boiled or steamed rice - ½ cup
- Okra Sauté - 1 cup
- Fish curry - 2-3 small pcs (90-100gm) of rish
- Tomato and onion Salad - as desired
- Fresh Fruit - 1 pc

Mid Afternoon Snack

- (within 3 to 4 hours after Lunch)
- Tea with Low fat / Non fat milk
- 1 slice of wholemeal toast with 1 teaspoon of sugar free jam.

Dinner

- Small Chappatis - 2 pcs
- Vegetables sauté - ½ cup
- Chicken Tikka - 3-4 small pcs (90-100g)
- Cucumber and Low fat yogurt salad - 1 cup

Bed Time Snack (optional)

- Fruit Milkshake made from:
 - Fresh Strawberries - 3-4 pcs
 - Low fat / Non fat milk - ½ cup

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FOOD GUIDE PYRAMID

When planning meals make sure five or six meals rather than three large meals. This will make it easier for you to get the necessary nutrients and can make healthy eating more enjoyable.

The Food Guide Pyramid is a quantitative nutrition guideline, using a mnemonic graphic of a pyramid with hierarchical separated zones to represent suggested percentages of the daily diet for different food groups. It is an excellent guide to healthy eating.

Servings Recommended for you are:

- Servings of STARCH / BREAD please refer to portions per day
- Servings of NON STARCHY VEGETABLES please refer to portions per day
- Servings of FRUITS please refer to portions per day
- Servings of MEAT / ALTERNATIVES please refer to portions per day
- Servings of MILK / YOGURT please refer to portions per day

Please refer to the HANDY GUIDE for approximate portion sizes

HANDY GUIDE

	Thumb tip = 1 teaspoon	1 serving of sugar, oil, salad dressing
	Palm = 90 g	1 serving of cooked meat (boneless)
	Handful = ½ cup (125ml)	1 serving of vegetables or servings

ABBREVIATION

tsp	=	teaspoon
tbsp	=	tablespoon
pc	=	piece
pcs	=	pieces

FATS (OPTIONAL)

PORTION/DAY - USE SPARINGLY

- 1/8 of medium sized Avocado
- Butter - 1 tsp
- Cooking oil (sunflower, corn, olive) - 1 tsp
- Hommos (without extra oil) - 2 tbsp
- Margarine - 1 tsp
- Mayonnaise (reduced fat) - 2 tsp
- Olives - 6/8 pcs
- Peanuts - 10 large pcs
- Reduced Fat salad Dressing - 1 tbsp
- Shredded coconut - 2 tbsp

SUGAR (OPTIONAL)

PORTION/DAY - USE SPARINGLY

- Croissant - 50 g
- Currant bun - 50 g
- Honey - 1 tsp
- Olives - 6/8 pcs
- Peanuts - 10 large pcs
- Reduced Fat salad Dressing - 1 tbsp
- Shredded coconut - 2 tbsp

- Digestive biscuit (light) - 2 pcs
- Ice Cream (sugar free & fat free) - ½ cup
- Jam (sugar free) - 1tsp
- Sugar free chocolate - 30 g
- Individual Wrapped Chocolate - 2 pcs
- Kitkat finger (small) - 1 pc
- Sorbet - 50 g
- Sugar - 2 tsp

MILK & YOGHURT

- Skim or Low fat milk - 1 cup
- Fat Free or Low Fat yogurt - 1 cup

MEAT / ALTERNATIVES PORTIONS / DAY

- Lean Meat / chicken / fish - 1 palm sized portion
- Egg (whole) - 1 pc
- Egg whites - 2 pcs
- Low fat cheese - 1 slice
- Low fat Labneh - 2 tbsp

FOR VEGETARIANS

- Lentils / Beans (cooked) - ½ cup
- Nuts / Peanut butter - 2 tbsp
- Hommos (without extra oil) - 2tbsp
- Tofu or Cottage Cheese - ½ cup (100g)

FRUITS

PORTIONS / DAY

- Kiwi - 1 pc
- Orange - 1 medium pc
- Pear - 1 medium pc
- Plums - 2 pcs
- Pineapple - 2 sliced rings
- Pomegranate - ½ cup
- Strawberries - 6 or 7 pcs
- Cherries - 7 or 8 pcs
- Mango - 1 small pc (1slice - large)
- Large fruits (watermelon, papaya, etc) 90 g sized portion
- Unsweetened fruit juice - 120 ml
- Apple - 1 medium
- Apricots - 2or 3
- Banana - ½ large; 1small
- Dates - 2 or 3 small
- Figs (fresh) - 2
- Guava - 1 medium
- Grapes - 12 small

NON STARCHY VEGETABLES (1/2 CUP TO 1 CUP)

- Mushrooms
- Onion
- Okra
- Pepper
- Pumpkin
- Parsley
- Radish
- Spinach
- Tomato
- Zucchini

- Asparagus
- Broccoli
- Beans
- Brinjal (Aubergine)
- Brussel sprouts
- Cabbage
- Cauliflower
- Carrots
- Cucumber
- Celery
- Leek

CEREALS

PORTIONS / DAY

- Cereal Flakes / crispies - ½ cup
- Weetabix - 1 pc
- Muesli - 2 tbsp
- Oatmeal (dry) - 3-4 tbsp
- Cooked rice - ½ cup
- Cooked pasta / noodles - ½ cup

STARCHY VEGETABLES

- Potato - 1 egg sized
- Yam, Tapioca (cooked) - ½ cup
- Green Peas - ½ cup
- Sweet Corn - ½ cup

STARCH/BREAD

PORTIONS / DAY

- Slice or toast - 1 slice
 - Bun or Roll - (½ large) or (1 small)
 - Bagel - ½ slice
 - Chapatti - 1 small pc
 - Crispbreads - 4 pcs
 - Naan (plain) - 1 small pc
- OTHERS
- Idlis - 2 or 3 (small) pcs
 - Dosai - 1 small pc
 - Pita Bread - 1 small pc
 - Poha - ½ cup
 - Tortilla - 1 small pc
 - Uppma - ½ cup
 - Ragi (dry powdered) - 3tbsp