

## 2 LifeShape LED™ Meal Plan – 1500 Cals

The calorie meal plan below is designed to include 2 LifeShape LED replacements in a balanced manner. The number of serves from each food group is shown in the next column. The serve sizes are provided on our Meal Plans page. You will be able to use these lists to make individual changes to the sample menu. If there are foods you do not wish to have, you need to exchange it for an equivalent amount of a different food within the food group.

Aim to achieve the correct number of servings each day as recommended. The total number of calories will depend on the food choices made.

Daily Intake	Serves per day
Bread/Starch	3
Fruit	2
Vegetables	4
Meat & meat alt	4
Dairy	3
Fats	
Fluid	2 litres water min.

Meal Time	Option A	Calories	Meal Time	Option B	Calories
<b>BREAKFAST</b>			<b>BREAKFAST</b>		
1 LifeShape LED	LifeShape LED	160			
<b>MORNING TEA</b>			<b>MORNING TEA</b>		
1 Fruit	1 medium apple	70			
1 Dairy	200g diet yoghurt	100			
<b>LUNCH</b>			<b>LUNCH</b>		
1 Meat/Meat Alt	30g lean ham	55			
1 Vegetable	1 cup mixed vegetables/salad	25			
2 Bread/Starch	2 slices wholegrain bread	260			
1 Dairy	30g low fat cheese	100			
<b>AFTERNOON TEA</b>			<b>AFTERNOON TEA</b>		
1 LifeShape LED	LifeShape LED	160			
<b>DINNER</b>			<b>DINNER</b>		
3 Meat/Meat Alt	90g (cooked) lean steak	165			
3 Vegetable	3 cups steamed vegetables + soy sauce & garlic	75			
1 Bread/Starch	½ cup cooked rice	130			
<b>SUPPER/SNACK</b>			<b>SUPPER/SNACK</b>		
1 Fruit	2 cups strawberries	70			
1 Dairy	200g diet yoghurt	100			
<b>TOTAL</b>		<b>1470</b>	<b>TOTAL</b>		