

# my daily portion controlled weight loss plan (example)

The portion size guide in the Eat booklet will help you understand portion sizes. Use the weight loss plan to track how many portions you have from each food group to help you lose weight. Please ask your advisor for help if you need to.



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food group	1500 kcal	1800 kcal	monday	tuesday	wednesday	thursday	friday	saturday	sunday
fruit and vegetables	7 or more portions	8 or more portions							
bread, rice, potatoes, pasta and other starchy foods	7 portions	8 portions							
milk and dairy foods	2 portions	2 portions							
meat, fish, eggs, beans and non-dairy protein	2 portions	3 portions							
spreading fats and oils (dressings)	3 portions	3 portions							
high fat/sugar and alcohol	up to 100 kcal	up to 200 kcal	100	200	150	100	100	100	100

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**livewell**

**LOSE WEIGHT  
FEEL GREAT**

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