



2,000
calorie
Christmas Day

Healthy rebalance

Kcals	Fat	Sat fat	Carbs	Sugar	Prot	Salt
2,000	57g	22g	213g	121g	110g	5g

Breakfast

- Half a pack of smoked salmon, 1 egg scrambled on 1 slice of wholemeal toast with a thin spread of reduced fat spread
- Small glass of orange juice
- Tea/coffee

Morning nibbles

- Mini mince pie
- Glass of champagne

Christmas dinner

- Turkey dinner with all the trimmings
- (Medium portion of roast turkey, 1 roast potato, 1 roast parsnip, 1 Yorkshire pudding, 1 cocktail sausage, large serving of veg, gravy)
- Glass of champagne

Pudding

- Small serving of Christmas pudding
- 2 tbsp light cream
- Tea/coffee

Evening nibbles

- Leftovers
- (Small portion of roast turkey, 2 tbsp low fat potato salad, large side salad, 1 slice wholemeal bread)
- White wine spritzer
- 2 chocolates



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