Example of a 1000 kcal standard protein menu

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| examples of menu for standard protein with 1000 kcal caloric intake |  |  |  |  |  |  |  |
| diet plan for a day distibuted in three meal time |  |  |  |  |  |  |  |  |
| a standard diet plan with 1000 kcal caloric intake reduction from previous daily amount with 12-20% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein | a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein |
|  | **table 1 Distribution of caloric intake throughout each meal to reach desired amount with the division of macromolecules' source and its amount in gram** |
|  | time | calories | carbohydrate (cal) | protein (cal) | fat (cal) | carbohydrate (gram) | protein (gram) | fat (gram) |
|  | breakfast | 300 | 150 | 90 | 60 | 38 | 23 | 7 |
|  | lunch | 400 | 200 | 120 | 80 | 50 | 30 | 9 |
|  | dinner | 300 | 150 | 90 | 60 | 38 | 23 | 7 |
|  | total | 1000 | 500 | 300 | 200 | 125 | 75 | 22 |
|  |  |  |  |  |  |  |  |  |
| **table 2 the contents of menu for each meal with its caloric intake amount, macromolecules' content, amount and percentage of calories obtained from each macromolecule and its household size** |
| *breakfast* | food | calories(kcal) | macromolecule contents (in gram) | household size |  |  |
| carbohydrate | protein  | fat |  |  |
| main dish | - | - | - | - | - | - |  |  |
| side dish | white egg | 50 | 0 | 7 | 2 | 2 pieces |  |  |
| fruit | any | 200 | 40 | 0 | 0 |   |  |  |
| TOTAL CALORIC INTAKE FROM BREAKFAST |   | 250 |  |  |  |   |  |  |
| total weight of each macromolecule contents (gram) |   |   | 40 gram | 7 gram | 2 gram |   |  |  |
| calories obtained from each macromolecule contents |   |   | 160 kcal | 28 kcal | 18 kcal |   |  |  |
| percentage of caloric intake from each macromolecule |   |   | 64% | 11% | 7% |   |  |  |
|  |  |  |  |  |  |  |  |  |
| *lunch* | food | calories(kcal) | macromolecule contents (in gram) | weight | household size |  |
| carbohydrate | protein  | fat |  |
|   |   |   |   |   |   |   |   |  |
| side dish | chicken | 200 | 0 | 28 | 8 |   | 2 pieces |  |
|   | fruit | 50 | 10 | 0 | 0 |   |   |  |
|  | vegetables | 25 | 5 | 1 | 0 | 50 gram | half a plate |  |
|   | fat | 50 |   |   | 5 |   |   |  |
| TOTAL CALORIC INTAKE FROM LUNCH (kcal) |   | 325 |  |  |  |   |   |  |
| total weight of each macromolecule contents (gram) |   |   | 15 | 29 | 13 |   |   |  |
| calories obtained from each macromolecule (kcal) |   |   | 220 | 132 | 117 |   |   |  |
| percentage of caloric intake from each macromolecule (%) |   |   | 44% | 26% | 23% |   |   |  |
|  |  |  |  |  |  |  |  |  |
| *dinner* | food | calories(kcal) | macromolecule contents (in gram) | weight | household size |  |
| carbohydrate | protein  | fat |  |
| main dish | white rice | 10 |   | 2 | 0 | 0.5 gram | 3 tablespoon |  |
|   |   |   |   |   |   |   |   |  |
| side dish | chicken | 90 | 0 | 14 | 4 | 80 gram raw= 50 g cooked | 2 pieces |  |
|   | fruit | 100 | 20 | 0 | 0 |   |   |  |
|  | vegetables | 50 | 10 | 2 | 0 |   |   |  |
|   | fat | 50 |   |   | 5 |   |   |  |
| TOTAL CALORIC INTAKE FROM DINNER (kcal) |   | 300 |  |  |  |   |   |  |
| total weight of each macromolecule contents (gram) |   |   | 30 | 18 | 9 |   |   |  |
| calories obtained from each macromolecule (kcal) |   |   | 120 | 72 | 81 |   |   |  |
| percentage of caloric intake from each macromolecule (%) |   |   | 40% | 24% | 27% |   |   |  |
|  |  |  |  |  |  |  |  |  |
|   | calories(kcal) | carbohydrate | protein  | fat |  |  |  |
| TOTAL DAILY CALORIC INTAKE | 1050 |   |   |   |  |  |  |
| total weight of macromolecules from various foods in a day (gram) |   | 125 | 58 | 24 |  |  |  |
| calories obtained from each macromolecules (kcal) |   | 500 | 232 | 216 |  |  |  |
| percentage of caloric intake from each macromolecules (%) |   | 48 | 22 | 21 |  |  |  |

Example of a 1000 kcal high protein menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| An example of diet plan for a day distributed in three meal time for high protein composition |  |  |  |  |  |
| a high protein diet plan with 1000 kcal caloric intake reduction from previous daily amount with 22-30% caloric source from protein |  |  |
|  |  | **table 1 Distribution of caloric intake throughout each meal to reach desired amount with the division of macromolecules' source and its amount in gram** |
|  | time | calories | carbohydrate (cal) | protein (cal) | fat (cal) | carbohydrate (gram) | protein (gram) | fat (gram) |
|  | breakfast | 300 | 150 | 90 | 60 | 38 | 23 | 7 |
|  | lunch | 400 | 200 | 120 | 80 | 50 | 30 | 9 |
|  | dinner | 300 | 150 | 90 | 60 | 38 | 23 | 7 |
|  | total | 1000 | 500 | 300 | 200 | 125 | 75 | 22 |
|  |  |  |  |  |  |  |  |  |
|  | **table 2 the contents of menu for each meal with its caloric intake amount, macromolecules' content, amount and percentage of calories obtained from each macromolecule and its household size** |
|  | *breakfast* | food | calories(kcal) | macromolecule contents (in gram) | household size |  |
|  | carbohydrate | protein  | fat |  |
|  | main dish | white rice | 90 | 20 | 2 | 0 | 3 tablespoon |  |
|  | side dish | white egg | 50 | 0 | 7 | 2 | 2 pieces |  |
|  |   | chicken | 100 | 0 | 14 | 4 | 80 gram raw=50 gram cooked |  |
|  | fruit | any | 50 | 10 | 0 | 0 |   |  |
|  | TOTAL CALORIC INTAKE FROM BREAKFAST |   | 290 |   |   |   |   |  |
|  | total weight of each macromolecule contents (gram) |   |   | 30 | 23 | 6 |   |  |
|  | calories obtained from each macromolecule contents |   |   | 120 | 92 | 54 |   |  |
|  | percentage of caloric intake from each macromolecule |   |   | 41 | 32 | 19 |   |  |
|  |  |  |  |  |  |  |  |  |
|  | *lunch* | food | calories(kcal) | macromolecule contents (in gram) | weight | household size |
|  | carbohydrate | protein  | fat |
|  | main dish | white rice | 90 | 20 | 2 | 0 | 50 gram | 3 tablespoon |
|  | side dish | chicken | 100 | 0 | 14 | 4 | 80 g raw=50 g cooked | 2 pieces |
|  |   | fish | 100 | 0,0 | 14,0 | 4,0 | 80 g raw=65 g cooked | 2 pieces small fish or 1 piece of big fish |
|  |   | fruit | 50 | 10 | 0 | 0 |   |   |
|  |   | vegetables | 25 | 5 | 1 | 0 | 50 gram | half a plate |
|  |   | fat | 50 |   |   | 5 |   |   |
|  | TOTAL CALORIC INTAKE FROM LUNCH (kcal) |   | 440 |   |   |   |   |   |
|  | total weight of each macromolecule contents (gram) |   |   | 35 | 34,5 | 14 |   |   |
|  | calories obtained from each macromolecule (kcal) |   |   | 140 | 138 | 126 |   |   |
|  | percentage of caloric intake from each macromolecule (%) |   |   | 32 | 31 | 1 |   |   |
|  |  |  |  |  |  |  |  |  |
|  | *dinner* | food | calories(kcal) | macromolecule contents (in gram) | weight | household size |
|  | carbohydrate | protein  | fat |
|  | main dish | none |   |   |   |   |   |   |
|  | side dish | chicken or fish | 100 | 0 | 14 | 4 | 80 gram raw= 50 g cooked | 2 pieces |
|  |   | white egg | 50 | 0 | 7 | 2 |  | 2 pieces |
|  |   | vegetables | 25 | 5 | 1 | 0 |   |   |
|  |   | fruit | 50 | 10 | 0 | 0 |   |   |
|  |   | fat | 50 |   |   | 5 |   |   |
|  | TOTAL CALORIC INTAKE FROM DINNER (kcal) |   | 275 |  |  |  |   |   |
|  | total weight of each macromolecule contents (gram) |   |   | 15 | 22 | 11 |   |   |
|  | calories obtained from each macromolecule (kcal) |   |   | 60 | 88 | 99 |   |   |
|  | percentage of caloric intake from each macromolecule (%) |   |   | 22 | 32 | 36 |   |   |
|  |  |  |  |  |  |  |  |  |
|  |   | calories(kcal) | carbohydrate | protein  | fat |  |  |
|  | TOTAL DAILY CALORIC INTAKE | 1005 |   |   |   |  |  |
|  | total weight of macromolecules from various foods in a day (gram) |   | 80 | 79,5 | 31 |  |  |
|  | calories obtained from each macromolecules (kcal) |   | 320 | 318 | 279 |  |  |
|  | percentage of caloric intake from each macromolecules (%) |   | 32 | 32 | 28 |  |  |

Example of Log Book

