

P5 and m3

In this report I would like

My first diet plan is for Jayden, I have created I have created a professional diet which is appropriate for his dietary needs such as his dietary needs. When creating this, I considered choices which would be healthier for his health so he can stop eating more junk foods.

Jayden	Breakfast	Lunch	Tea	Snacks	Drinks	Total
Monday	Smoothie bowl: 1 cup frozen raspberries, 1 banana, 1 cup non-fat Greek yoghurt, 1/2 tablespoon chia seeds, 1/4 cup low-fat milk, 1 tablespoon granola and 1/2 teaspoon coconut flakes	Spicy avocado wraps: 300g Quorn chicken pieces, 1/2 lime juice, 1/2 mild chilli powder, 1 teaspoon olive oil, 2 wraps, 1 avocado, 1 roasted red pepper and coriander	Roasted chicken: 3 ounces of cooked chicken breast, 1 sweet potato, roasted corn and lima beans, 1 tablespoon of margarine and a glass of water	Eggplant chips: 1 egg plant, 1/4 cup parmesan, 1 teaspoon, Italian seasoning and garlic powder, 1/2 teaspoon of salt and 1/4 cup of marinara	A cup of lime squash 4 glasses of water	1500kcal
Tuesday	Cereal and toast: 1 cup oat cereal, 1 banana, 1/2 cup fat-free milk, 1 whole wheat toast, 1 tablespoon margarine and 1 cup of orange juice	Pie: 50g spinach leaves, 43g sundried tomato, 25g feta cheese, 1 egg and 125g filo pastry and a glass of orange juice	Guacamole: 1/2 avocado, 1/2 red onion, 1/2 ripe tomato, 1/4 lime	Banana bites: 1 banana, 1/4 cup marshmallow fluff, 1/4 cup graham crackers, 1/2 cup bittersweet chocolate chips	A glass of orange juice (2) 5 glasses of water	1300kcal
Wednesday	Citrus salad: 3 red grapefruits, 3 oranges, 1 lime, 1/2 cup blueberries. One glass of apple juice	Egg-fried rice: 3 onions, 125g of brown basmati rice, 1 egg, 75g tofu and a cup of orange juice	Spicy potato curry: 1/4 tablespoon coconut oil, 1/4 red potatoes, 1/4 cup pepper slices, 1 teaspoon garlic, 1/4 cup rice, 1/4 cup spinach, 1/4 cup chickpeas	Apple chips: 2 apples thinly sliced, 2 teaspoon sugar, 1/2 teaspoon cinnamon	One glass of apple juice One glass of orange juice 2 glasses of water	1600kcal

Tutor: Dennis Karim

Student id: 70155404

Criteria: p5, m3, p6, d2, d3 m4

Health And Social Care Unit 19 P5

Yan Bai



Health And Social Care Unit 19 P5:

Decoding **Health And Social Care Unit 19 P5**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Health And Social Care Unit 19 P5**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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