**Template for recipes**

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| --- |
| Name of recipe:  |
| Number of servings:  |
| Ingredients* Ingredients as per the number of servings mentioned above
* List the ingredients in descending order based on the quantities
* In addition to measures like scoops and spoons – mention quantities in grams in brackets (Use “g” for grams. Do not use- gms/gm)
* Do not use abbreviations. Please use full forms- “teaspoon/tablespoon”). 1 Tablespoon = 15 g, 1 Teaspoon = 5 g
* Include suggestions for substitutes if appropriate
* Do not mention brand names
 |
| Preparation and cooking instructions * Use short sentences
* Include any modifications made to make dishes suitable for after bariatric surgery e.g. liquidising or blending meals, peeling and cooking vegetables and fruits.
* Give clear instructions and cooking times
* Include oven temperature (if required) in both C and F
* State ease of preparation and cooking
 |
| Number of Photograph(s) attached:  |
| Nutritional information per serving* Calories: kcal
* Total Protein: (g)
* Carbohydrate: (g)
	+ Of which sugars: (g)
* Fat: (g)
* Iron: (mg)
* Calcium: (mg)
* Fibre: (g)
 |
| Nutritional analysis* Please provide details of the nutritional analysis in the table below >>>>>
 |
| Further informationState who is the recipe suitable for: * People living with overweight or obesity
* People who have bariatric surgery. Please state stage of diet progression e.g. liquid, pureed or soft phase, if relevant
* Both people living with overweight and obesity, and following bariatric surgery

Additional information* Serving suggestions including side dishes
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| Contributed by:* Name of the participant:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Country:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 2 lines introduction from the participant:
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**Nutritional Analysis**

Please use this table to give the nutritional breakdown of each ingredient. Expand the table as required.

Please provide details of the programme used for the analysis.

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| Ingredient | Total weight used in recipe (g) | Kcal | Protein (g) | Fat (g) | Carbohydrate (g) | Sugars (g) | Iron (mg) | Calcium (mg) | Fibre (g) |
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| Total |  |  |  |  |  |  |  |  |  |

Nutritional information per serving:

* Calories: kcal
* Total Protein: (g)
* Carbohydrate (g)
	+ Of which sugars: (g)
* Fat: (g)
* Iron: (mg)
* Calcium: (mg)
* Fibre: (g)