

Template for recipes (please note, all fields are mandatory!)

Name of recipe:
Number of servings:
Time of preparation:
Ingredients <ul style="list-style-type: none">• Ingredients as per the number of servings mentioned above• List the ingredients• In addition to measures like scoops and spoons – mention quantities in grams or ml where appropriate. Do not use- gms/gm. For example, 1 medium sweet potato (300g); 150 ml low-fat natural yoghurt; 50g fresh root ginger, 1 tablespoon cornflour (15g), 2 teaspoons fresh thyme leaves• Do not use abbreviations. Please use full forms- “teaspoon/tablespoon. 1 Tablespoon = 15g, 1 Teaspoon = 5g• Include suggestions for substitutes if appropriate• Do not mention brand names
Preparation and cooking instructions <ul style="list-style-type: none">• Use short sentences• Include any modifications made to make dishes suitable for after metabolic 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 <ul style="list-style-type: none">• Calories: kcal• Total Protein: g• Carbohydrate: g<ul style="list-style-type: none">○ Of which sugars: g• Fat: g• Iron: mg• Calcium: mg• Fibre: g
Nutritional analysis <ul style="list-style-type: none">• Please provide details of the nutritional analysis in the table below >>>>>• Note that the ingredients’ weights will be needed
Further information <p>State who is the recipe suitable for:</p> <ul style="list-style-type: none"><input type="checkbox"/> People living with overweight or obesity<input type="checkbox"/> People who had metabolic bariatric surgery. Please state stage of diet progression e.g. liquid, pureed or soft phase, if relevant<input type="checkbox"/> Both people living with overweight and obesity, and following metabolic bariatric surgery or using obesity management medications <p>Additional information</p> <ul style="list-style-type: none">• Serving suggestions including side dishes (optional):

Contributed by:

- Author of the recipe: _____
- Job title: _____
- Affiliation: _____
- Country: _____

- Brief introduction (optional):

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.

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

Nutritional information per serving:

- Calories: kcal
- Total Protein: g
- Carbohydrate g
 - Of which sugars: g
- Fat: g
- Iron: mg
- Calcium: mg
- Fibre: g