

# 5000kJ Vegetarian Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

1 meat alternative  
20g reduced fat cheese

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Grains

1 slice wholegrain bread

### Milk

10½ milk serves

### Fat

4 fat serves

### Fruit

14 fruit serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Hazelnut &amp; Almond Cereal</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Cheesy Baked Potato</b> 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> 2 vegetable serves *	<b>Jenny Craig's Ice Cream Sundae</b>	
Day 2	<b>Malty Grain</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Roasted Veggie All Round</b> 2 cups salad *	1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> 2 vegetable serves *	<b>Sweet Chilli &amp; Sour Cream Chips</b>	
Day 3	<b>Peanut Breakfast Bar</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Pumpkin &amp; Fetta Rice Salad</b> ✱ 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> 2 vegetable serves *	<b>Cinnamon Cookie</b>	
Day 4	<b>Apple &amp; Cinnamon Porridge</b> ♦ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Vegetable Tortellini</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Vegetarian Chilli</b> 2 vegetable serves *	<b>Corn Chips</b>	
Day 5	<b>Toasted Berry Muesli</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Bean &amp; Cheese Burrito</b> 2 cups salad *	1 fruit serve	<b>Creamy Vegetable Pappardelle</b> 20g reduced fat cheese 2 vegetable serves *	<b>Shortbread Bites</b>	
Day 6	<b>Café-style Banana Bread</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Vegetable Lasagne</b> 2 cups salad *	1 fruit serve	<b>Roasted Vegetable Pizza</b> 2 cups salad * 1 fat serve	<b>Sticky Date Pudding</b>	
Day 7	<b>Apple &amp; Berry Brekkie Cup</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	<b>Potato &amp; Leek Soup</b> 1 slice wholegrain bread 1 fat serve 2 cups salad * 1 meat alternative	1 fruit serve	<b>Cheesy Pesto Pasta</b> ✱ 2 cups salad * 1 fat serve	<b>BBQ Bites</b>	

\* All non-starchy vegetables are Free Foods ♦ Use milk serve allocated on this day to prepare, as per pack instructions ✱ Thaw overnight

# 5000kJ Vegetarian Menu 2

## This week's focus

Food

Body

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## Appointment

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## Shopping list

### Meat Alternatives

2 meat alternatives

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

1 slice wholegrain bread

### Milk

10½ milk serves

### Fat

7 fat serves

### Fruit

14 fruit serves

Please direct comments to:  
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	<b>Creamy Vegetable Pappardelle</b> <b>D</b> 2 cups salad *	1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves *	<b>Salted Caramel Nut Bar</b> <b>D</b>	
Day 2	<b>Nut &amp; Grain Chew</b> <b>B</b> ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves *	<b>Chocolate Pudding</b> <b>D</b>	
Day 3	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	<b>Creamy Vegetable Soup</b> <b>A</b> 1 slice wholegrain bread 1 fat serve 2 cups salad *	1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>C</b> 2 cups salad * 1 meat alternative 1 fat serve	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	
Day 4	<b>Café-style Banana Bread</b> <b>A</b> ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	<b>Pumpkin &amp; Fetta Rice Salad</b> <b>D</b> ✱ 2 cups salad * 1 fat serve	1 fruit serve	<b>Vegetable Tortellini</b> <b>B</b> 2 vegetable serves *	<b>Choc Chip Bites</b> <b>C</b>	
Day 5	<b>Cocoa Clusters</b> <b>D</b> ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	<b>Zucchini &amp; Corn Muffin</b> <b>C</b> 2 cups salad * 1 meat alternative	1 fruit serve	<b>Vegetarian Chilli</b> <b>B</b> 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 6	<b>Waffles</b> <b>D</b> 2 fat serves ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	<b>Smoked Paprika Paella</b> <b>B</b> 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves *	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	
Day 7	<b>Wholemeal Pancakes</b> <b>B</b> ½ milk serve 1 fat serve 1 fruit serve Daily Supplement	1 milk serve	<b>Cheesy Pesto Pasta</b> ✱ <b>C</b> 2 cups salad *	1 fruit serve	<b>Asian-style Vegetable Fried Rice</b> <b>A</b> 2 vegetable serves *	<b>Shortbread Bites</b> <b>D</b>	

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