

7000kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 4 eggs 4 slices lean ham (90g) 220g reduced fat cheese	Fruit 14 fruit serves
Grains 12 crispbread 8 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 14 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain B 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Beef Pie D 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 20g reduced fat cheese 2 slices lean ham	Chicken Fettuccine C 20g reduced fat cheese 2 vegetable serves * 1 fat serve	Chocolate Pudding D	
Day 2	Toasted Berry Muesli D 1 milk serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	1 fruit serve	Beef Lasagne C 20g reduced fat cheese 2 vegetable serves * 1 fat serve	Oregano & Thyme Crunchies B 1 fruit serve	
Day 3	Nut & Grain Chew B 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Spaghetti Bolognese B 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Chicken Satay E 2 vegetable serves *	Choc Chip Bites C	
Day 4	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Pumpkin & Fetta Rice Salad D * 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Beef Pastie B 2 vegetable serves *	Sweet Chilli & Sour Cream Chips A	
Day 5	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves	Roasted Veggie All Round D 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Spinach & Ricotta Cannelloni D 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 6	Wholemeal Pancakes B ½ milk serve 1 fruit serve 1 fat serve Daily Supplement	1 milk serve	Ham & Cheese Toastie C 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Vegetarian Chilli A 2 vegetable serves * 1 fat serve	Corn Chips C 1 milk serve	
Day 7	Apple & Berry Brekkie Cup C 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	1 fruit serve	Chicken Parmigiana E 2 cups salad * 20g reduced fat cheese	Salted Caramel Nut Bar D	

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

7000kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 3 eggs 180g canned fish 4 slices lean ham (90g) 200g reduced fat cheese	Fruit 14 fruit serves
Grains 9 crispbread 10 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 17 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Oat & Apricot Bar C 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Vegetable Tortellini D 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	Lamb Moussaka B 2 vegetable serves *	Cheesy Popcorn C	
Day 2	Cocoa Clusters D 1 milk serve 1 fruit serve 2 slices wholegrain toast 2 fat serves Daily Supplement	1½ milk serves	Bean & Cheese Burrito B 2 cups salad * 20g reduced fat cheese 1 boiled egg	1 fruit serve	Roast Chicken & Vegetables C 2 vegetable serves *	Cinnamon Cookie B	
Day 3	Café-style Banana Bread A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves	Creamy Vegetable Pappardelle D 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Cottage Pie D 2 vegetable serves *	Choc Fudge Bikkie A	
Day 4	Malty Grain B 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Cheesy Baked Potato C 90g canned fish 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Chicken Pad Thai D 2 vegetable serves *	Light & Tangy Veggies Crisps A	
Day 5	Apple & Cinnamon Porridge B ½ milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1 milk serve 1 fruit serve	BBQ Pulled Pork Toastie B 2 cups salad * 1 fat serve	1 milk serve 3 crispbread 1 fat serve 40g reduced fat cheese	Asian-style Vegetable Fried Rice A 1 fried egg 2 vegetable serves *	Jenny Craig's Ice Cream Sundae B 1 fruit serve	
Day 6	Cranberry & Vanilla Muesli C 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Potato & Leek Soup A 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	1 fruit serve	Spaghetti & Meatballs E 20g reduced fat cheese 2 vegetable serves *	Shortbread Bites D	
Day 7	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Vegetable Lasagne B 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	1 fruit serve	Crumbed Fish & Wedges B 2 cups salad * 1 fat serve	BBQ Bites D	

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