

7000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time

Phone

Shopping list

<p>Meat 4 eggs 8 slices lean ham (180g) 240g reduced fat cheese</p>	<p>Fruit 14 fruit serves</p>
<p>Grains 1 cup corn 12 crispbread 7 slices wholegrain bread</p>	<p>Vegetables 18 cups salad 10 non-starchy vegetable serves</p>
<p>Milk 17½ milk serves</p>	
<p>Fat 11 fat serves</p>	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 milk serve 1 fruit serve 1 boiled/poached egg 1 slice wholegrain toast Daily Supplement	1 milk serve	Cheesy Pesto Pasta * C 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Mexican-style Slow Cooked Pork D 2 vegetable serves *	Choc Mousse A ½ milk serve	
Day 2	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Beef Pie D 2 cups salad * 1 fat serve	3 crispbread 1 fat serve 20g reduced fat cheese 2 slices lean ham	Chicken Fettuccine C 20g reduced fat cheese 2 vegetable serves * 1 fat serve	Sweet Chilli & Sour Cream Chips A 1 fruit serve	
Day 3	Nut & Grain Chew B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves	Smoked Paprika Paella B 2 slices lean ham 2 cups salad * ½ cup corn 1 fat serve	1 fruit serve	Beef Burger C 20g reduced fat cheese 2 cups salad * 1 fat serve	Oregano & Thyme Crunchies B	
Day 4	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Spaghetti Bolognese B 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Roasted Vegetable Pizza B 2 slices lean ham 20g reduced fat cheese 2 cups salad *	Shortbread Bites D	
Day 5	Zucchini & Corn Muffin C 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	Butter Chicken E 2 vegetable serves *	Cinnamon Cookie B	
Day 6	Apple & Berry Brekkie Cup C 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Tuna Pasta D 2 slices wholegrain bread 1 fat serve 1 boiled egg 20g reduced fat cheese 2 cups salad *	1 fruit serve	Beef Pastie B 2 vegetable serves *	Sticky Date Pudding C	
Day 7	Wholemeal Pancakes B ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	Ham & Cheese Toastie C 2 cups salad * ½ cup corn 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Sweet & Sour Chicken B 2 vegetable serves *	Choc Chip Bites C 1 milk serve	

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

7000kJ Menu 4

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Meat

4 eggs
270g canned fish
4 slices lean ham (90g)
200g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

9 crispbread
8 slices wholegrain bread

Milk

17½ milk serves

Fat

14 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Flakes & Fibre Cereal A 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	Oriental Beef Stir Fry D 2 vegetable serves *	Salted Caramel Nut Bar D	
Day 2	Peanut Breakfast Bar A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves	Cheesy Baked Potato C 90g canned fish 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Corn Chips C	
Day 3	Toasted Berry Muesli D 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Potato & Leek Soup A 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve	Lamb Moussaka B 20g reduced fat cheese 2 vegetable serves *	Chocolate Pudding D	
Day 4	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves	Pasta Verde C 90g canned fish 2 cups salad * 1 fat serve	1 fruit serve	Chicken Parmigiana E 2 cups salad * 20g reduced fat cheese	Light & Tangy Veggie Crisps A	
Day 5	Apple & Cinnamon Porridge B 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	BBQ Pulled Pork Toastie B 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Macaroni Cheese B 2 slices lean ham 2 vegetable serves *	Jenny Craig's Ice Cream Sundae B	
Day 6	Cranberry & Vanilla Muesli C 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Vegetable Tortellini D 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Cottage Pie D 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 7	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Pumpkin & Fetta Rice Salad D 90g canned fish 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese	Creamy Vegetable Pappardelle A 20g reduced fat cheese 2 vegetable serves *	Cheesy Popcorn C	

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