

7000kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

5 eggs
7 meat alternatives
140g reduced fat cheese

Fruit

14 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

1 cup corn
9 crispbread
10 slices wholegrain bread

Milk

17½ milk serves

Fat

14 fat serves

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|--|----------------|--|---|--|---|----------|
| Day 1 | Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement | 1½ milk serves | Cheesy Baked Potato B 2 cups salad * 1 boiled egg | 1 fruit serve 3 crispbread 40g reduced fat cheese | Spinach & Ricotta Cannelloni C 2 vegetable serves * | Jenny Craig's Ice Cream Sundae B | |
| Day 2 | Malty Grain B 1 milk serve 1 fruit serve 2 slices wholegrain toast 2 fat serves Daily Supplement | 1½ milk serves | Roasted Veggie All Round D 2 cups salad * 1 boiled egg | 1 fruit serve | Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves * | Sweet Chilli & Sour Cream Chips A | |
| Day 3 | Peanut Breakfast Bar A 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement | 1½ milk serves | Pumpkin & Fetta Rice Salad * D 2 cups salad * 1 meat alternative 1 fat serve | 1 fruit serve | Macaroni Cheese B 2 vegetable serves * ½ cup corn | Cinnamon Cookie B 1 fruit serve | |
| Day 4 | Apple & Cinnamon Porridge B ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement | 1 milk serve | Vegetable Tortellini C 2 cups salad * 1 meat alternative 1 fat serve | 1 fruit serve 1 milk serve | Vegetarian Chilli B 1 meat alternative ½ cup corn 1 fat serve 2 vegetable serves * | Corn Chips C | |
| Day 5 | Toasted Berry Muesli D 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement | 1½ milk serves | Bean & Cheese Burrito B 2 cups salad * 1 meat alternative 1 slice wholegrain bread 1 fat serve | 1 fruit serve | Creamy Vegetable Pappardelle B 20g reduced fat cheese 2 vegetable serves * | Shortbread Bites D 1 fruit serve | |
| Day 6 | Café-style Banana Bread A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement | 1½ milk serves | Vegetable Lasagne B 2 cups salad * 1 meat alternative | 1 fruit serve 3 crispbread 40g reduced fat cheese | Roasted Vegetable Pizza C 2 cups salad * 1 fat serve | Sticky Date Pudding C | |
| Day 7 | Apple & Berry Brekkie Cup C 1 milk serve 1 fruit 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 3 crispbread 40g reduced fat cheese | Cheesy Pesto Pasta * A 1 meat alternative 2 cups salad * 1 fat serve | BBQ Bites D | |

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

7000kJ Vegetarian Menu 2

This week's focus

Food

Body

Mind

Appointment

Date Time
Phone

Shopping list

| | |
|--|--|
| <p>Meat Alternatives 5 eggs 10 meat alternatives 80g reduced fat cheese</p> <p>Grains 12 crispbread 1½ cups peas 10 slices wholegrain bread</p> <p>Milk 17½ milk serves</p> <p>Fat 16 fat serves</p> | <p>Fruit 14 fruit serves</p> <p>Vegetables 16 cups salad 12 non-starchy vegetable serves</p> |
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| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|--|---|---|--|---|---|----------|
| Day 1 | Cranberry & Vanilla Muesli C 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement | 1½ milk serves | Creamy Vegetable Pappardelle D 2 cups salad * 1 fat serve | 1 fruit serve | Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative ½ cup peas 2 vegetable serves * | Salted Caramel Nut Bar D 1 fruit serve | |
| Day 2 | Nut & Grain Chew B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement | 1½ milk serves | Spinach & Fetta Roll B 2 cups salad * 1 boiled egg | 1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese | Macaroni Cheese B 1 meat alternative 2 vegetable serves * | Chocolate Pudding D | |
| Day 3 | Flakes & Fibre Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement | 1½ milk serves | Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad * | 1 fruit serve | Roasted Vegetable Pizza C 2 cups salad * 2 meat alternatives 1 fat serve | Light & Tangy Veggie Crisps A | |
| Day 4 | Café-style Banana Bread A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement | 1½ milk serves | Pumpkin & Fetta Rice Salad D ‡ 1 meat alternative ½ cup peas 2 cups salad * | 1 fruit serve 3 crispbread 2 fat serves | Vegetable Tortellini B 1 meat alternative 2 vegetable serves * | Choc Chip Bites C | |
| Day 5 | Cocoa Clusters D 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement | 1½ milk serves | Zucchini & Corn Muffin C 2 cups salad * 1 meat alternative | 1 fruit serve 3 crispbread 2 fat serves | Vegetarian Chilli B 1 meat alternative 2 vegetable serves * | Oregano & Thyme Crunchies B | |
| Day 6 | Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement | 1½ milk serves 1 slice wholegrain toast 1 fat serve | Smoked Paprika Paella B 2 cups salad * 1 meat alternative | 1 fruit serve 3 crispbread 40g reduced fat cheese | Spinach & Ricotta Cannelloni C 2 vegetable serves * | White Chocolate Cranberry Cookie B | |
| Day 7 | Wholemeal Pancakes B ‡ ½ milk serve 1 fruit serve 2 slices wholegrain toast 2 fat serves Daily Supplement | 1 milk serve | Cheesy Pesto Pasta ‡ C 2 cups salad * 1 meat alternative | 1 fruit serve 1 milk serve | Asian-style Vegetable Fried Rice A ½ cup peas 1 fried egg 2 vegetable serves * | Shortbread Bites D | |

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