

# 7000kJ Vegetarian Menu 3

## This week's focus

Food

Body

Mind

## Appointment

Date	Time
Phone	

## Shopping list

<p><b>Meat Alternatives</b> 5 eggs 9 meat alternatives 140g reduced fat cheese</p> <p><b>Grains</b> 2 cups corn 12 crispbread 7 slices wholegrain bread</p> <p><b>Milk</b> 17½ milk serves</p> <p><b>Fat</b> 12 fat serves</p>	<p><b>Fruit</b> 14 fruit serves</p> <p><b>Vegetables</b> 18 cups salad 10 non-starchy vegetable serves</p>
--	--

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> (B) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>	1½ milk serves	<b>Roasted Veggie All Round</b> (D) 2 cups salad * 1 boiled egg	1 fruit serve	<b>Vegetarian Chilli</b> (B) 20g reduced fat cheese ½ cup corn 1 meat alternative 2 vegetable serves *	<b>Corn Chips</b> (C)	
Day 2	<b>Zucchini &amp; Corn Muffin</b> (C) 1 milk serve 1 fruit serve <b>Daily Supplement</b>	1½ milk serves	<b>Cheesy Pesto Pasta</b> * (C) ½ cup corn 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese	<b>Roasted Vegetable Pizza</b> (C) 2 cups salad * 1 fat serve	<b>Jenny Craig's Ice Cream Sundae</b> (B)	
Day 3	<b>Toasted Berry Muesli</b> (D) 1 milk serve 1 fruit serve <b>Daily Supplement</b>	1½ milk serves	<b>Potato &amp; Leek Soup</b> (A) 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 1 boiled egg 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> (B) ½ cup corn 2 meat alternatives 2 vegetable serves *	<b>Sweet Chilli &amp; Sour Cream Chips</b> (A)	
Day 4	<b>Apple &amp; Berry Brekkie Cup</b> (C) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>	1½ milk serves	<b>Creamy Vegetable Pappardelle</b> (D) 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Asian-style Vegetable Fried Rice</b> (A) 1 fried egg 2 vegetable serves *	<b>Choc Fudge Bikkie</b> (A)	
Day 5	<b>Oat &amp; Apricot Bar</b> (C) 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg <b>Daily Supplement</b>	1½ milk serves	<b>Bean &amp; Cheese Burrito</b> (B) 2 cups salad * ½ cup corn 2 meat alternatives 1 fat serve	1 fruit serve	<b>Vegetable Lasagne</b> (A) 2 vegetable serves * 1 meat alternative	<b>Cheesy Popcorn</b> (C) 1 fruit serve	
Day 6	<b>Hazelnut &amp; Almond Cereal</b> (A) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ milk serves	<b>Vegetable Tortellini</b> (C) 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese	<b>Pumpkin &amp; Fetta Rice Salad</b> * (B) 1 meat alternative 2 cups salad *	<b>Sticky Date Pudding</b> (C)	
Day 7	<b>Apple &amp; Cinnamon Porridge</b> (B) ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>	1 milk serve	<b>Cheesy Baked Potato</b> (B) 2 cups salad * 1 meat alternative	1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese	<b>Spinach &amp; Ricotta Cannelloni</b> (C) 2 vegetable serves *	<b>BBQ Bites</b> (D) 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 Vegetarian Menu 4

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

5 eggs  
8 meat alternatives  
140g reduced fat cheese

### Fruit

14 fruit serves

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Grains

12 crispbread  
2 English muffins  
8 slices wholegrain bread

### Milk

17½ milk serves

### Fat

14 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ milk serves	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 1 meat alternative	1 fruit serve 3 crispbread 2 fat serves	<b>Roasted Vegetable Pizza</b> <b>C</b> 20g reduced fat cheese 2 cups salad *	<b>Chocolate Pudding</b> <b>D</b>	
Day 2	<b>Peanut Breakfast Bar</b> <b>A</b> 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ milk serves	<b>Vegetable Tortellini</b> <b>C</b> 2 cups salad * 1 meat alternative	1 fruit serve 1 English muffin 2 fat serves	<b>Cheesy Baked Potato</b> <b>A</b> 2 cups salad * 1 meat alternative	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	
Day 3	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>	1½ milk serves	<b>Pasta Verde</b> <b>C</b> 2 cups salad * 1 meat alternative	1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves *	<b>Choc Chip Bites</b> <b>C</b>	
Day 4	<b>Oat &amp; Apricot Bar</b> <b>C</b> 1 milk serve 1 fruit serve 1 English muffin 1 boiled/poached egg <b>Daily Supplement</b>	1½ milk serves	<b>Pumpkin &amp; Fetta Rice Salad</b> <b>D</b> * 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve	<b>Creamy Vegetable Pappardelle</b> <b>B</b> 20g reduced fat cheese 2 vegetable serves *	<b>Cheesy Popcorn</b> <b>C</b>	
Day 5	<b>Roasted Veggie All Round</b> <b>D</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b>	1½ milk serves 1 fruit serve	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	3 crispbread 1 fat serve 20g reduced fat cheese	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves *	<b>Salted Caramel Nut Bar</b> <b>D</b>	
Day 6	<b>Wholemeal Pancakes</b> <b>B</b> * ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>	1 milk serve 1 fruit serve	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad * 1 fat serve	1 milk serve 3 crispbread 40g reduced fat cheese	<b>Asian-style Vegetable Fried Rice</b> <b>A</b> 1 fried egg 1 meat alternative 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 7	<b>Waffles</b> <b>D</b> 2 fat serves 1 milk serve 1 fruit serve <b>Daily Supplement</b>	1½ milk serves	<b>Zucchini &amp; Corn Muffin</b> <b>C</b> 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> <b>B</b> 2 meat alternatives 2 vegetable serves *	<b>Corn Chips</b> <b>C</b>	

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