

8400kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

<p>Meat Alternatives 6 eggs 13 meat alternatives 240g reduced fat cheese</p> <p>Grains 2 cups corn 12 crispbread 2 English muffins 21 slices wholegrain bread</p> <p>Milk 17½ milk serves</p> <p>Fat 17 fat serves</p>	<p>Fruit 14 fruit serves</p> <p>Vegetables 18 cups salad 10 non-starchy vegetable serves</p>
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain (B) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Roasted Veggie All Round (D) 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Vegetarian Chilli (B) 1 fat serve 20g reduced fat cheese ½ cup corn 2 meat alternatives 2 vegetable serves *	Corn Chips (C)	
Day 2	Zucchini & Corn Muffin (C) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves	Cheesy Pesto Pasta * (C) 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Roasted Vegetable Pizza (C) 2 cups salad * ½ cup corn	Jenny Craig's Ice Cream Sundae (B)	
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 1 English muffin 40g reduced fat cheese	Macaroni Cheese (B) ½ cup corn 2 meat alternatives 2 vegetable serves *	Sweet Chilli & Sour Cream Chips (A)	
Day 4	Apple & Berry Brekkie Cup (C) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Creamy Vegetable Pappardelle (D) 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Asian-style Vegetable Fried Rice (A) 1 fried egg 1 meat alternative 2 vegetable serves *	Choc Fudge Bikkie (A)	
Day 5	Oat & Apricot Bar (C) 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	Bean & Cheese Burrito (B) 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 1 English muffin 40g reduced fat cheese	Vegetable Lasagne (A) 1 meat alternative 2 vegetable serves *	Cheesy Popcorn (C) 1 fruit serve	
Day 6	Hazelnut & Almond Cereal (A) 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	Vegetable Tortellini (C) 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve 3 crispbread 2 meat alternatives	Pumpkin & Fetta Rice Salad * (B) 1 meat alternative 2 cups salad *	Sticky Date Pudding (C) 1 fruit serve	
Day 7	Apple & Cinnamon Porridge (B) ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1 milk serve	Cheesy Baked Potato (B) 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Spinach & Ricotta Cannelloni (C) 2 vegetable serves * ½ cup corn	BBQ Bites (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

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Meat Alternatives

6 eggs
12 meat alternatives
200g reduced fat cheese

Fat

17 fat serves

Fruit

14 fruit serves

Grains


½ cup corn
6 crispbread
5 English muffins
1 cup peas
21 slices wholegrain bread

Vegetables

18 cups salad
10 non-starchy vegetable serves

Milk

17½ milk serves

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

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