

Adolescent My Selection

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit _____

Vegetables _____

Grain _____

Meat _____

Milk _____

Fat _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	My Own Foods
Day 1	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat
Day 2	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve 1 fat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat 1 Fat
Day 3	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat
Day 4	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve 1 fat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat 1 Fat
Day 5	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat
Day 6	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat
Day 7	<i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	<i>jc</i> _____ 2 cups salad * 1 meat serve 1 fat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Milk 1 Meat 1 Fat

* All non-starchy vegetables are Free Foods

Please direct comments to:
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