

12 HOUR CLOCK 5000kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 1½ Milk

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 3	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	j̄c _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	j̄c _____ 2 vegetable serves *	j̄c _____	j̄c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	

* All non-starchy vegetables are Free Foods

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Day 2	<i>jc</i> _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 3	<i>jc</i> _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	<i>jc</i> _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	<i>jc</i> _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	<i>jc</i> _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	<i>jc</i> _____ ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	

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