

12 HOUR CLOCK 6400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

3 eggs
6 slices lean ham (135g)
160g reduced fat cheese

Fruit

14 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

9 crispbread
5 slices wholegrain bread

Milk

17½ milk serves

Fat

6 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1 milk serve	Cheesy Pesto Pasta ✱ C 20g reduced fat cheese 2 cups salad *	Choc Mousse A ½ milk serve	Mexican-style Slow Cooked Pork D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 2 fat serves	Beef Pie D 2 cups salad *	Sweet Chilli & Sour Cream Chips A	Chicken Fettuccine C 20g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Nut & Grain Chew B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves	Smoked Paprika Paella B 2 slices lean ham 2 cups salad * 1 fat serve	Oregano & Thyme Crunchies B	Beef Burger C 20g reduced fat cheese 2 cups salad *	1 fruit serve ⌚ Stop	
Day 4	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 40g reduced fat cheese	Spaghetti Bolognese B 2 cups salad * 1 fat serve	Shortbread Bites D	Roasted Vegetable Pizza B 2 slices lean ham 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Zucchini & Corn Muffin C 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	Cinnamon Cookie B	Butter Chicken E 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Apple & Berry Brekkie Cup C 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 1 fruit serve	Tuna Pasta D 20g reduced fat cheese 2 cups salad *	Sticky Date Pudding C	Beef Pastie B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Wholemeal Pancakes B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve 3 crispbread 40g reduced fat cheese	Ham & Cheese Toastie C 2 cups salad *	Choc Chip Bites C 1 milk serve	Sweet & Sour Chicken B 2 vegetable serves *	1 fruit serve ⌚ Stop	

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

12 HOUR CLOCK 6400kJ Menu 4

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

2 eggs
180g canned fish
2 slices lean ham (45g)
140g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
5 slices wholegrain bread

Milk

17½ milk serves

Fat

11 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 40g reduced fat cheese	Vegetable Lasagne B 2 cups salad * 1 fat serve	Salted Caramel Nut Bar D	Oriental Beef Stir Fry D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Peanut Breakfast Bar A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves	Cheesy Baked Potato C 20g reduced fat cheese 2 cups salad *	Corn Chips G	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Toasted Berry Muesli D 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves	Potato & Leek Soup A 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	Chocolate Pudding D	Lamb Moussaka B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 2 slices lean ham 20g reduced fat cheese	Pasta Verde C 2 cups salad * 1 fat serve	Light & Tangy Veggie Crisps A	Chicken Parmigiana E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Apple & Cinnamon Porridge B 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 1 fruit serve	BBQ Pulled Pork Toastie B 2 cups salad * 20g reduced fat cheese 1 fat serve	Jenny Craig's Ice Cream Sundae B	Macaroni Cheese B 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ milk serves 1 fruit serve	Vegetable Tortellini D 20g reduced fat cheese 2 cups salad * 1 fat serve	White Chocolate Cranberry Cookie B	Cottage Pie D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves	Pumpkin & Fetta Rice Salad D * 90g canned fish 2 cups salad * 2 fat serves	Cheesy Popcorn C	Creamy Vegetable Pappardelle A 20g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop	

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