

# 12 HOUR CLOCK 7000kJ Menu 3

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

4 eggs  
8 slices lean ham (180g)  
240g reduced fat cheese

### Fruit

14 fruit serves

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Grains

1 cup corn  
12 crispbread  
7 slices wholegrain bread

### Milk

17½ milk serves

### Fat

11 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Toasted Berry Muesli</b> <b>D</b> 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1 milk serve 3 crispbread 40g reduced fat cheese	<b>Cheesy Pesto Pasta</b> <b>* C</b> 2 cups salad *	<b>Choc Mousse</b> <b>A</b> ½ milk serve	<b>Mexican-style Slow Cooked Pork</b> <b>D</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 2	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1½ milk serves 3 crispbread 20g reduced fat cheese 2 slices lean ham	<b>Beef Pie</b> <b>D</b> 2 cups salad * 2 fat serves	<b>Sweet Chilli &amp; Sour Cream Chips</b> <b>A</b>	<b>Chicken Fettuccine</b> <b>C</b> 20g reduced fat cheese 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop .....	
Day 3	<b>Nut &amp; Grain Chew</b> <b>B</b> 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ milk serves	<b>Smoked Paprika Paella</b> <b>B</b> 2 slices lean ham 2 cups salad * ½ cup corn 1 fat serve	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	<b>Beef Burger</b> <b>C</b> 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop .....	
Day 4	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1½ milk serves 3 crispbread 40g reduced fat cheese	<b>Spaghetti Bolognese</b> <b>B</b> 2 cups salad * 1 boiled egg 1 fat serve	<b>Shortbread Bites</b> <b>D</b>	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve ⌚ Stop .....	
Day 5	<b>Zucchini &amp; Corn Muffin</b> <b>C</b> 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b> ⌚ Start .....	1½ milk serves	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 2 slices lean ham 20g reduced fat cheese 2 cups salad *	<b>Cinnamon Cookie</b> <b>B</b>	<b>Butter Chicken</b> <b>E</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 6	<b>Apple &amp; Berry Brekkie Cup</b> <b>C</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1½ milk serves	<b>Tuna Pasta</b> <b>D</b> 2 slices wholegrain bread 1 fat serve 1 boiled egg 20g reduced fat cheese 2 cups salad *	<b>Sticky Date Pudding</b> <b>C</b>	<b>Beef Pastie</b> <b>B</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 7	<b>Wholemeal Pancakes</b> <b>B</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1 milk serve 3 crispbread 1 fat serve 40g reduced fat cheese	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad * ½ cup corn 1 fat serve	<b>Choc Chip Bites</b> <b>C</b> 1 milk serve	<b>Sweet &amp; Sour Chicken</b> <b>B</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 7000kJ Menu 4

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

4 eggs  
270g canned fish  
4 slices lean ham (90g)  
200g reduced fat cheese

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

9 crispbread  
8 slices wholegrain bread

### Milk

17½ milk serves

### Fat

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