

12 HOUR CLOCK 7000kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

My Own Foods - Per Day

2 Fruit
4+ Vegetables
2½ Milk
2 Meat
2 Fat
2 Grains

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 1 grain serve 1 fat serve	j/c _____ 2 vegetable serves * 1 meat serve	j/c _____	j/c _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 2	j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves	j/c _____ 2 vegetable serves * 1 grain serve 1 fat serve	j/c _____	j/c _____ 2 vegetable serves * 2 meat serves	1 fruit serve ⌚ Stop _____	
Day 3	j/c _____ 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 1 grain serve 1 fat serve	j/c _____ 2 vegetable serves * 1 grain serve 2 meat serves	j/c _____	j/c _____ 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 4	j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves	j/c _____ 2 vegetable serves * 1 grain serve 1 meat serve	j/c _____	j/c _____ 2 vegetable serves * 1 meat serve 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 5	j/c _____ 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 1 grain serve 1 fat serve	j/c _____ 2 vegetable serves * 1 grain serve 1 fat serve	j/c _____	j/c _____ 2 vegetable serves * 2 meat serves	1 fruit serve ⌚ Stop _____	
Day 6	j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 1 grain serve 1 meat serve	j/c _____ 2 vegetable serves * 1 meat serve	j/c _____	j/c _____ 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 7	j/c _____ 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 1 grain serve 1 fat serve	j/c _____ 2 vegetable serves * 1 grain serve 1 fat serve	j/c _____	j/c _____ 2 vegetable serves * 2 meat serves	1 fruit serve ⌚ Stop _____	

* All non-starchy vegetables are Free Foods

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Please direct comments to:
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