

12 HOUR CLOCK 7000kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

Shopping list

<p>Meat Alternatives 5 eggs 7 meat alternatives 140g reduced fat cheese</p> <p>Grains 1 cup corn 9 crispbread 10 slices wholegrain bread</p> <p>Milk 17½ milk serves</p> <p>Fat 14 fat serves</p>	<p>Fruit 14 fruit serves</p> <p>Vegetables 18 cups salad 10 non-starchy vegetable serves</p>
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Cheesy Baked Potato B 2 cups salad * 1 boiled egg	Cinnamon Cookie B 1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Malty Grain B 1 milk serve 1 fruit serve 2 slices wholegrain toast 2 fat serves Daily Supplement ⌚ Start _____	1½ milk serves	Roasted Veggie All Round D 2 cups salad * 1 boiled egg	Sweet Chilli & Sour Cream Chips A	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 3	Peanut Breakfast Bar A 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 1 fruit serve	Pumpkin & Fetta Rice Salad * D 2 cups salad * 1 meat alternative 1 fat serve	Jenny Craig's Ice Cream Sundae B	Macaroni Cheese B 2 vegetable serves * ½ cup corn	1 fruit serve ⌚ Stop _____	
Day 4	Apple & Cinnamon Porridge B ½ milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1 milk serve 1 fruit serve	Vegetable Tortellini C 2 cups salad * 2 meat alternatives 1 fat serve	Corn Chips C 1 milk serve	Vegetarian Chilli B ½ cup corn 1 fat serve 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	Toasted Berry Muesli D 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 1 fruit serve	Bean & Cheese Burrito B 2 cups salad * 1 meat alternative 1 slice wholegrain bread 1 fat serve	Shortbread Bites D	Creamy Vegetable Pappardelle B 20g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	Café-style Banana Bread A 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Vegetable Lasagne B 2 cups salad * 1 meat alternative	Sticky Date Pudding C 1 fruit serve	Roasted Vegetable Pizza C 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 7	Apple & Berry Brekkie Cup C 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Potato & Leek Soup A 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	BBQ Bites D	Cheesy Pesto Pasta * A 1 meat alternative 2 cups salad *	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 Vegetarian Menu 2

This week's focus

Food

Body

Mind

Appointment

Date	Time

Phone

Shopping list

Meat Alternatives 5 eggs 10 meat alternatives 80g reduced fat cheese	Fruit 14 fruit serves
Grains 12 crispbread 1½ cups peas 10 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 16 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Cranberry & Vanilla Muesli C 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 1 fruit serve	Creamy Vegetable Pappardelle D 2 cups salad * 1 meat alternative 2 fat serves	Salted Caramel Nut Bar D	Vegetable Tikka Masala C ½ cup peas 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Nut & Grain Chew B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 1 fat serve 20g reduced fat cheese	Spinach & Fetta Roll B 2 cups salad * 1 boiled egg	Chocolate Pudding D	Macaroni Cheese B 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 3	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 20g reduced fat cheese 2 cups salad *	Light & Tangy Veggie Crisps A	Roasted Vegetable Pizza C 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 4	Café-style Banana Bread A 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 2 fat serves	Pumpkin & Fetta Rice Salad D * 1 meat alternative ½ cup peas 2 cups salad *	Choc Chip Bites C 1 fruit serve	Vegetable Tortellini B 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	Cocoa Clusters D 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 2 fat serves	Zucchini & Corn Muffin C 2 cups salad * 1 meat alternative	Oregano & Thyme Crunchies B	Vegetarian Chilli B 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 1 slice wholegrain toast 1 fat serve	Smoked Paprika Paella B 2 cups salad * 1 meat alternative	White Chocolate Cranberry Cookie B 3 crispbread 40g reduced fat cheese	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	Wholemeal Pancakes B * ½ milk serve 2 slices wholegrain toast 2 fat serves Daily Supplement ⌚ Start _____	1 milk serve 1 fruit serve	Cheesy Pesto Pasta * C 2 cups salad * 1 meat alternative	Shortbread Bites D 1 milk serve	Asian-style Vegetable Fried Rice A ½ cup peas 1 fried egg 2 vegetable serves *	1 fruit serve ⌚ Stop _____	

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