

12 HOUR CLOCK 7000kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat Alternatives 5 eggs 9 meat alternatives 140g reduced fat cheese	Fruit 14 fruit serves
Grains 1½ cups corn 12 crispbread 8 slices wholegrain bread	Vegetables 18 cups salad 10 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 13 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves	Roasted Veggie All Round D 2 cups salad * 1 boiled egg 20g reduced fat cheese	Corn Chips C	Vegetarian Chilli B ½ cup corn 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Zucchini & Corn Muffin C 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 1 fat serve 20g reduced fat cheese	Cheesy Pesto Pasta * C ½ cup corn 1 meat alternative 2 cups salad *	Jenny Craig's Ice Cream Sundae B	Roasted Vegetable Pizza C 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 3	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	Potato & Leek Soup A 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Sweet Chilli & Sour Cream Chips A	Macaroni Cheese B 2 meat alternatives 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	Apple & Berry Brekkie Cup C 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Creamy Vegetable Pappardelle D 2 cups salad * 1 fat serve	Choc Fudge Bikkie A 1 fruit serve	Asian-style Vegetable Fried Rice A 1 fried egg 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	Oat & Apricot Bar C 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 * ½ cup corn 2 meat alternatives 1 fat serve	Cheesy Popcorn C	Vegetable Lasagne A 2 vegetable serves * 1 meat alternative	1 fruit serve ⌚ Stop _____	
Day 6	Hazelnut & Almond Cereal A 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 1 fat serve 20g reduced fat cheese	Vegetable Tortellini C 2 cups salad * 1 fat serve	Sticky Date Pudding C 1 fruit serve	Pumpkin & Fetta Rice Salad * B 1 meat alternative 2 cups salad *	1 fruit serve ⌚ Stop _____	
Day 7	Apple & Cinnamon Porridge B ½ milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1 milk serve 3 crispbread 1 fat serve 20g reduced fat cheese	Cheesy Baked Potato B 2 cups salad * 1 meat alternative 1 fruit serve	BBQ Bites D 1 milk serve	Spinach & Ricotta Cannelloni C 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

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Date _____ Time _____
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Shopping list

Meat Alternatives 5 eggs 8 meat alternatives 140g reduced fat cheese	Fruit 14 fruit serves
Grains 12 crispbread 2 English muffins 8 slices wholegrain bread	Vegetables 18 cups salad 10 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 14 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Flakes & Fibre Cereal A 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	Spinach & Fetta Roll B 2 cups salad * 1 meat alternative	Chocolate Pudding D	Roasted Vegetable Pizza C 20g reduced fat cheese 2 cups salad *	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 1 English muffin 2 fat serves	Vegetable Tortellini C 2 cups salad * 1 meat alternative	Light & Tangy Veggie Crisps A	Cheesy Baked Potato A 2 cups salad * 1 meat alternative	1 fruit serve ⌚ Stop _____	
Day 3	Cranberry & Vanilla Muesli C 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 1 fat serve 20g reduced fat cheese	Pasta Verde C 2 cups salad * 1 meat alternative	Choc Chip Bites C 1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	Oat & Apricot Bar C 1 milk serve 1 fruit serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves	Pumpkin & Fetta Rice Salad D * 2 cups salad * 1 meat alternative 1 fat serve	Cheesy Popcorn C	Creamy Vegetable Pappardelle B 20g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	Roasted Veggie All Round D 1 milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 1 fat serve 20g reduced fat cheese	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	Salted Caramel Nut Bar D	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	Wholemeal Pancakes B * ½ milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1 milk serve 3 crispbread 40g reduced fat cheese	Vegetable Lasagne B * 2 cups salad * 1 fat serve 1 fruit serve	Oregano & Thyme Crunchies B 1 milk serve	Asian-style Vegetable Fried Rice A 1 fried egg 1 meat alternative 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	Zucchini & Corn Muffin C * 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Corn Chips C	Macaroni Cheese B 2 meat alternatives 2 vegetable serves *	1 fruit serve ⌚ Stop _____	

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