

12 HOUR CLOCK 8400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 6 eggs 90g canned fish 10 slices lean ham (225g) 340g reduced fat cheese	Fat 20 fat serves
Grains 1½ cups corn 12 crispbread 2 English muffins 18 slices wholegrain bread	Fruit 14 fruit serves
Milk 17½ milk serves	Vegetables 18 cups salad 10 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 milk serve 3 crispbread 40g reduced fat cheese 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 milk serve 3 crispbread 40g reduced fat cheese	Cheesy Pesto Pasta * C 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	Choc Mousse A ½ milk serve 1 fruit serve	Mexican-style Slow Cooked Pork D 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Hazelnut & Almond Cereal A 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 1 fruit serve	Beef Pie D 2 slices wholegrain bread 2 fat serves 2 slices lean ham 40g reduced fat cheese 2 cups salad *	Sweet Chili & Sour Cream Chips A	Chicken Fettuccine C 2 vegetable serves * ½ cup corn 1 fat serve	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 3 crispbread 2 slices lean ham 20g reduced fat cheese	Smoked Paprika Paella B 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	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 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Spaghetti Bolognese B 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	Shortbread Bites D	Roasted Vegetable Pizza B 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve ⌚ Stop _____	
Day 5	Zucchini & Corn Muffin C 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 1 English muffin 40g reduced fat cheese	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 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 fruit serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Tuna Pasta D 2 slices wholegrain bread 2 fat serves 1 boiled egg 20g reduced fat cheese 2 cups salad *	Sticky Date Pudding C	Beef Pastie B 2 vegetable serves * ½ cup corn 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 7	Wholemeal Pancakes B ½ milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 milk serve 1 English muffin 2 fat serves 40g reduced fat cheese	Ham & Cheese Toastie C 2 cups salad * ½ cup corn 1 fat serve 1 fruit serve	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 8400kJ Menu 4

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Shopping list

Meat

4 eggs
270g canned fish
6 slices lean ham (135g)
380g reduced fat cheese

Fat

21 fat serves

Fruit

14 fruit serves

Grains

12 crispbread
3 English muffins
1½ cups peas
16 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Milk

17½ milk 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 1 English muffin 1 fat serve 40g reduced fat cheese	Vegetable Lasagne B 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	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 3 crispbread 40g reduced fat cheese	Cheesy Baked Potato C 2 slices wholegrain bread 2 fat serves 90g canned fish 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 English muffin 2 fat serves Daily Supplement ⌚ Start	1½ milk serves 1 fruit serve	Potato & Leek Soup A 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 1 boiled egg 2 cups salad *	Chocolate Pudding D	Lamb Moussaka B 20g reduced fat cheese 2 vegetable serves * ½ cup peas	1 fruit serve ⌚ Stop	
Day 4	Hazelnut & Almond Cereal A 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 40g reduced fat cheese	Pasta Verde C 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Light & Tangy Veggie Crisps A 1 fruit serve	Chicken Parmigiana E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Apple & Cinnamon Porridge B 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ milk serves 1 English muffin 1 fat serve 40g reduced fat cheese	BBQ Pulled Pork Toastie B 2 cups salad * 20g reduced fat cheese 1 boiled egg 1 fat serve	Jenny Craig's Ice Cream Sundae B 1 fruit serve	Macaroni Cheese B 2 slices lean ham 2 vegetable serves * ½ cup peas	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 3 crispbread 40g reduced fat cheese	Vegetable Tortellini D 2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	White Chocolate Cranberry Cookie B 1 fruit serve	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 3 crispbread 1 fat serve 40g reduced fat cheese	Pumpkin & Fetta Rice Salad D 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Cheesy Popcorn C	Creamy Vegetable Pappardelle A 20g reduced fat cheese 2 vegetable serves * ½ cup peas	1 fruit serve ⌚ Stop	

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