

12 HOUR CLOCK 8400kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat Alternatives 5 eggs 11 meat alternatives 220g reduced fat cheese	Fruit 14 fruit serves
Grains 2 cups corn 12 crispbread 3 English muffins 21 slices wholegrain bread	Vegetables 18 cups salad 10 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 19 fat serves	

	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 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	Cinnamon Cookie B 1 fruit serve	Spinach & Ricotta Cannelloni C 2 meat alternatives 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Malty Grain B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ milk serves 1 English muffin 1 fat serve 20g reduced fat cheese	Roasted Veggie All Round D 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	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 3 crispbread 1 fat serve 1 meat alternative	Pumpkin & Fetta Rice Salad * D 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Jenny Craig's Ice Cream Sundae B 1 fruit serve	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 3 crispbread 40g reduced fat cheese	Vegetable Tortellini C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad * 1 fruit serve	Corn Chips C 1 milk serve	Vegetarian Chilli B 1 meat alternative ½ cup corn 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 English muffin 1 fat serve 20g reduced fat cheese	Bean & Cheese Burrito B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Shortbread Bites D 1 fruit serve	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 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	Sticky Date Pudding C 1 fruit serve	Roasted Vegetable Pizza C 2 cups salad * ½ cup corn 1 meat alternative	1 fruit serve ⌚ Stop	
Day 7	Apple & Berry Brekkie Cup C 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ milk serves 1 English muffin 40g reduced fat cheese	Potato & Leek Soup A 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	BBQ Bites D 1 fruit serve	Cheesy Pesto Pasta * A 1 meat alternative 2 cups salad * ½ cup corn	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 Vegetarian Menu 2

This week's focus

Food

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Shopping list

Meat Alternatives

6 eggs
16 meat alternatives
180g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

9 crispbread
3 English muffins
1½ cups peas
21 slices wholegrain bread

Milk

17½ milk serves

Fat

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

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