

12 HOUR CLOCK 8400kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

<p>Meat Alternatives 6 eggs 13 meat alternatives 240g reduced fat cheese</p>	<p>Fruit 14 fruit serves</p>
<p>Grains 1½ cups corn 15 crispbread 2 English muffins 21 slices wholegrain bread</p>	<p>Vegetables 18 cups salad 10 non-starchy vegetable serves</p>
<p>Milk 17½ milk serves</p>	
<p>Fat 17 fat serves</p>	

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

* 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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Shopping list

Meat Alternatives 6 eggs 12 meat alternatives 200g reduced fat cheese	Fat 17 fat serves
Grains 1 cup corn 9 crispbread 4 English muffins 1 cup peas 21 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	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 1 fat serve 1 meat alternative	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Chocolate Pudding D	Roasted Vegetable Pizza C 20g reduced fat cheese 2 cups salad * ½ cup corn	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 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	Light & Tangy Veggie Crisps A	Cheesy Baked Potato A 2 cups salad * ½ cup corn 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 40g reduced fat cheese	Pasta Verde C 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	Choc Chip Bites C 1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	Oat & Apricot Bar C 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ milk serves 1 English muffin 40g reduced fat cheese	Pumpkin & Fetta Rice Salad D ✨ 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Cheesy Popcorn C	Creamy Vegetable Pappardelle B 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	Roasted Veggie All Round D 1 milk serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ milk serves 3 crispbread 40g reduced fat cheese	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	Salted Caramel Nut Bar D	Spinach & Ricotta Cannelloni C 1 meat alternative 2 vegetable serves * ½ cup peas	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 1 English muffin 40g reduced fat cheese	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad * 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 slice wholegrain toast 20g reduced fat cheese Daily Supplement ⌚ Start _____	1½ milk serves 1 English muffin 1 boiled egg	Zucchini & Corn Muffin C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Corn Chips C	Macaroni Cheese B 2 vegetable serves * ½ cup peas	1 fruit serve ⌚ Stop _____	

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