

12 HOUR CLOCK 5000kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 1½ Dairy

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 3	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	j/c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	j/c _____ 2 vegetable serves *	j/c _____	j/c _____ 2 vegetable serves *	1 fruit serve ⌚ Stop _____	

* All non-starchy vegetables are Free Foods