

12 HOUR CLOCK 8400kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 2½ Dairy
- 3 Meat
- 3 Fat
- 4 Grains

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 2	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 3	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 4	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 5	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 6	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	<i>jc</i> _____	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve ⌚ Stop _____	
Day 7	<i>jc</i> _____ 1 dairy serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 grain serve 1 fat serve	<i>jc</i> _____ 2 vegetable serves * 2 grain serves 1 fat serve 2 meat serves	1 fruit serve	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	<i>jc</i> _____ ⌚ Stop _____	

* All non-starchy vegetables are Free Foods

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