

6400kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2 eggs
180g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

8 fat serves

Fruit

14 fruit serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement A	1½ dairy serves	Roasted Veggie All Round C 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Macaroni Cheese B 2 vegetable serves *	Sweet & Salty Popcorn B	
Day 2	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Vegetable Tortellini C 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza C 20g reduced fat cheese 2 cups salad *	Shortbread Bites D	
Day 3	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves *	Light & Tangy Veggie Crisps A	
Day 4	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Pumpkin & Fetta Rice Salad D ✱ 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Vegetable Lasagne A 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Chocolate Pudding D	
Day 5	Nut & Grain Chew B 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Creamy Vegetable Pappardelle D 2 cups salad * 1 fat serve	1 fruit serve	Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 vegetable serves *	Nut & Cranberry Mix C	
Day 6	Wholemeal Pancakes B 💧 ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	1 dairy serve 3 crispbread 40g reduced fat cheese	Nasi Goreng C 2 vegetable serves *	BBQ Bites D 1 fruit serve	
Day 7	Cheese & Chive Omelette D 1 slice wholegrain toast 1 fat serve 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Spinach & Fetta Roll B 2 cups salad * 20g reduced fat cheese 1 fat serve	1 fruit serve	Vegetarian Chilli B 2 vegetable serves *	Choc Fudge Bikkie B	

* All non-starchy vegetables are Free Foods 💧 Use dairy serve allocated on this day to prepare, as per pack instructions ✱ Thaw overnight

6400kJ Vegetarian Menu 4

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Shopping list

Meat Alternatives

3 eggs
4 meat alternatives
100g reduced fat cheese

Fruit

14 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

6 crispbread
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

7 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple & Cinnamon Porridge 💧 B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Vegetable Lasagne B 2 meat alternatives 2 cups salad *	1 fruit serve	Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	White Chocolate Cranberry Cookie B 1 dairy serve	
Day 2	Caramelised Onion Fritters C 1 slice wholegrain toast 1 fat serve 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Spinach & Fetta Roll B 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Creamy Vegetable Pappardelle A 20g reduced fat cheese 2 vegetable serves *	Oregano & Thyme Crunchies B	
Day 3	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Roasted Veggie All Round C 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Jenny Craig's Ice Cream Sundae A	
Day 4	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Pumpkin & Fetta Rice Salad ✳ D 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Macaroni Cheese B 2 vegetable serves *	Light & Tangy Veggie Crisps A	
Day 5	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Vegetable Tortellini C 2 cups salad *	1 fruit serve	Vegetarian Chilli B 1 meat alternative 2 vegetable serves *	Salted Caramel Nut Bar C	
Day 6	Nut & Grain Chew B 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza C 2 cups salad *	Trio Spice Mix D	
Day 7	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheese & Chive Omelette B 1 slice wholegrain toast 1 fat serve 2 cups salad *	1 fruit serve	Bean & Cheese Burrito B 2 cups salad * 1 meat alternative 1 fat serve	Sticky Date Pudding C	

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