

7000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 2 eggs 180g canned fish 6 slices lean ham (135g) 80g reduced fat cheese	Fruit 14 fruit serves
Grains 1 cup corn 14 slices wholegrain bread	Vegetables 14 cups salad 14 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 11 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Ham & Cheese Toastie C 2 cups salad * 1 fat serve	1 fruit serve 1 slice wholegrain toast 1 fat serve	Nasi Goreng C 2 slices lean ham 2 vegetable serves *	Oregano & Thyme Crunchies B	
Day 2	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Roasted Veggie All Round D 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	Chicken Pad Thai D 2 vegetable serves * 1 fat serve	Jenny Craig's Ice Cream Sundae A	
Day 3	Caramelised Onion Fritters C 1 slice wholegrain toast 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheesy Baked Potato C 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve	Vegetarian Chilli A 2 vegetable serves *	BBQ Bites D	
Day 4	Oat & Apricot Bar C 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Vegetable Lasagne B 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Lamb Moussaka B 2 vegetable serves * ½ cup corn	Sticky Date Pudding C	
Day 5	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Spaghetti Bolognese B 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Chunky Vegetable Soup B 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 vegetable serves *	Trio Spice Mix D	
Day 6	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Sausage Roll C 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	1 dairy serve 1 fruit serve	Salmon Linguine C 2 vegetable serves *	Choc Fudge Bikkie B	
Day 7	Apple & Cinnamon Porridge B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 dairy serve 1 fruit serve	Chicken Satay E 2 vegetable serves * ½ cup corn	Nut & Cranberry Mix C	

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

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Shopping list

Meat 3 eggs 90g canned fish 6 slices lean ham (135g) 160g reduced fat cheese	Fruit 14 fruit serves
Grains 6 crispbread 1 cup peas 10 slices wholegrain bread	Vegetables 14 cups salad 14 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 14 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Nut & Grain Chew 1 dairy serve 1 fruit serve Daily Supplement B	1½ dairy serves	Beef Nachos 40g reduced fat cheese 2 cups salad * C 2 fat serves	1 fruit serve 3 crispbread 1 fat serve 2 slices lean ham	Macaroni Cheese 2 vegetable serves * A	Light & Tangy Veggies Crisps A	
Day 2	Cocoa Clusters 1 dairy serve 1 fruit serve Daily Supplement D	1½ dairy serves	Vegetable Tortellini 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad * C	1 fruit serve	Roast Chicken & Vegetables 2 vegetable serves * B ½ cup peas	Trio Spice Mix D	
Day 3	Flakes & Fibre Cereal 1 dairy serve 1 fruit serve Daily Supplement A	1½ dairy serves	Beef Pie 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad * D	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves * D	Jenny Craig's Ice Cream Sundae A	
Day 4	Fruit Loaf 1 dairy serve 1 fruit serve Daily Supplement B	1½ dairy serves	Pumpkin Soup 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad * A	1 fruit serve 1 slice wholegrain toast 1 fat serve	Cottage Pie 2 vegetable serves * E	White Chocolate Cranberry Cookie B	
Day 5	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement A	1½ dairy serves	Tuna Baked Potato 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad * B	1 fruit serve	Beef Pastie 2 vegetable serves * C ½ cup peas	Sweet & Salty Popcorn B	
Day 6	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement C	1½ dairy serves 1 fruit serve	Vegetarian Chilli 2 cups salad * D 1 fat serve	1 fruit serve	Creamy Vegetable Pappardelle 40g reduced fat cheese 2 slices lean ham 2 vegetable serves * A	Salted Caramel Nut Bar C	
Day 7	Toasted Berry Muesli 1 dairy serve 1 fruit serve Daily Supplement D	1½ dairy serves	Spinach & Fetta Roll 2 cups salad * B 1 boiled egg 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Beef Lasagne 2 vegetable serves * C	Shortbread Bites D	

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