

7000kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2 eggs
7 meat alternatives
180g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
½ cup peas
7 slices wholegrain bread

Dairy

17½ dairy serves

Fat

16 fat serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Roasted Veggie All Round 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Spinach & Ricotta Cannelloni 2 vegetable serves *	Light & Tangy Veggies Crisps	
Day 2	Caramelised Onion Fritters 1 slice wholegrain toast 1 fat serve 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheesy Baked Potato 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	Choc Chip Bites	
Day 3	Oat & Apricot Bar 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Pumpkin & Fetta Rice Salad * 2 cups salad * 2 meat alternatives 1 fat serve	1 fruit serve	Vegetable Tortellini 40g reduced fat cheese 2 vegetable serves * ½ cup peas 1 fat serve	Sweet & Salty Popcorn	
Day 4	Toasted Berry Muesli 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese 2 meat alternatives 2 vegetable serves *	Nut & Cranberry Mix	
Day 5	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheese & Chive Omelette 2 slices wholegrain toast 2 fat serves 2 cups salad *	1 fruit serve	Nasi Goreng 2 vegetable serves * 1 meat alternative 1 fat serve	Choc Fudge Bikkie	
Day 6	Fruit Loaf 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Spinach & Fetta Roll 2 cups salad * 1 boiled egg 40g reduced fat cheese 1 slice wholegrain bread 1 fat serve	1 fruit serve	Macaroni Cheese 2 vegetable serves * 1 fat serve	Chocolate Pudding	
Day 7	Flakes & Fibre Cereal 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Creamy Vegetable Pappardelle 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Bean & Cheese Burrito 2 cups salad * 1 fat serve	Trio Spice Mix	

* All non-starchy vegetables are Free Foods * Thaw overnight

7000kJ Vegetarian Menu 2

This week's focus

Food

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Date

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Shopping list

Meat Alternatives

3 eggs
9 meat alternatives
200g reduced fat cheese

Fruit

14 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

½ cup corn
6 crispbread
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

12 fat serves

Please direct comments to:

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple & Cinnamon Porridge 💧 B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve 1 fruit serve	Vegetable Lasagne B 2 cups salad ✖ 1 fat serve	1 dairy serve 3 crispbread 1 fat serve 40g reduced fat cheese	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves ✖	Oregano & Thyme Crunchies B	
Day 2	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheese & Chive Omelette B 2 slices wholegrain toast 2 fat serves 1 meat alternative 2 cups salad ✖	1 fruit serve	Creamy Vegetable Pappardelle A 20g reduced fat cheese 2 vegetable serves ✖ 1 fat serve	Shortbread Bites D	
Day 3	Apple & Berry Brekkie Cup C 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheesy Baked Potato C 2 meat alternatives 2 cups salad ✖ 1 fat serve	1 fruit serve	Vegetarian Chilli B 40g reduced fat cheese 2 vegetable serves ✖ ½ cup corn	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	Pumpkin & Fetta Rice Salad ✖ D 1 meat alternative 2 cups salad ✖	1 fruit serve	Roasted Vegetable Pizza C 20g reduced fat cheese 1 meat alternative 2 cups salad ✖	Melting Moment A	
Day 5	Cocoa Clusters D 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 meat alternative 1 fat serve	1 fruit serve	Bean & Cheese Burrito B 2 cups salad ✖ 1 meat alternative 1 fat serve	Choc Chip Bites C	
Day 6	Cranberry & Vanilla Muesli C 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	Spinach & Ricotta Cannelloni C 40g reduced fat cheese 2 vegetable serves ✖	Sticky Date Pudding C	
Day 7	Wholemeal Pancakes 💧 B ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement	1 dairy serve	Roasted Veggie All Round C 2 cups salad ✖ 1 fat serve	1 dairy serve 3 crispbread 40g reduced fat cheese	Nasi Goreng C 1 meat alternative 2 vegetable serves ✖	Jenny Craig's Ice Cream Sundae A 1 fruit serve	

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