

# 7000kJ Vegetarian Menu 3

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

3 eggs  
5 meat alternatives  
200g reduced fat cheese

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

6 crispbread  
10 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

12 fat serves

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

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

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|  |  |
|--|--|
| <p><b>Meat Alternatives</b><br/>2 eggs<br/>11 meat alternatives<br/>180g reduced fat cheese</p> <p><b>Grains</b><br/>9 crispbread<br/>8 slices wholegrain bread</p> <p><b>Dairy</b><br/>17½ dairy serves</p> <p><b>Fat</b><br/>11 fat serves</p> | <p><b>Fruit</b><br/>14 fruit serves</p> <p><b>Vegetables</b><br/>18 cups salad<br/>10 non-starchy vegetable serves</p> |
|--|--|

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

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