

# 8400kJ Vegetarian Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

3 eggs  
18 meat alternatives  
280g reduced fat cheese

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

12 crispbread  
½ cup peas  
17 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

20 fat serves

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

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

# 8400kJ Vegetarian Menu 2

## This week's focus

Food

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## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

3 eggs  
20 meat alternatives  
220g reduced fat cheese

### Fat

16 fat serves

### Fruit

14 fruit serves

### Grains

½ cup corn  
9 crispbread  
2 English muffins  
½ cup peas  
16 slices wholegrain bread

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Dairy

17½ dairy serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Apple &amp; Cinnamon Porridge</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve 1 fruit serve	<b>Vegetable Lasagne</b> <b>B</b> 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 dairy serve 3 crispbread 40g reduced fat cheese	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 meat alternatives 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 2	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve 1 English muffin 2 fat serves <b>Daily Supplement</b>	1½ dairy serves	<b>Cheese &amp; Chive Omelette</b> <b>B</b> 2 slices wholegrain toast 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	<b>Creamy Vegetable Pappardelle</b> <b>A</b> 20g reduced fat cheese 2 vegetable serves * ½ cup corn	<b>Shortbread Bites</b> <b>D</b>	
Day 3	<b>Apple &amp; Berry Brekkie Cup</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Cheesy Baked Potato</b> <b>C</b> 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Vegetarian Chilli</b> <b>B</b> 2 meat alternatives 2 vegetable serves *	<b>BBQ Bites</b> <b>D</b>	
Day 4	<b>Oat &amp; Apricot Bar</b> <b>C</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ dairy serves	<b>Pumpkin &amp; Fetta Rice Salad</b> <b>D</b> 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>C</b> 40g reduced fat cheese 2 cups salad *	<b>Melting Moment</b> <b>A</b>	
Day 5	<b>Cocoa Clusters</b> <b>D</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ dairy serves	<b>Vegetable Tortellini</b> <b>C</b> 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	<b>Bean &amp; Cheese Burrito</b> <b>B</b> 2 cups salad * 2 meat alternatives 1 fat serve	<b>Choc Chip Bites</b> <b>C</b>	
Day 6	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg <b>Daily Supplement</b>	1½ dairy serves 1 fruit serve	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 40g reduced fat cheese 2 vegetable serves *	<b>Sticky Date Pudding</b> <b>C</b>	
Day 7	<b>Wholemeal Pancakes</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	<b>Roasted Veggie All Round</b> <b>C</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 dairy serve 3 crispbread 1 fat serve 40g reduced fat cheese	<b>Nasi Goreng</b> <b>C</b> 2 vegetable serves * 1 meat alternative ½ cup peas	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b> 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