

8400kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat Alternatives 3 eggs 12 meat alternatives 220g reduced fat cheese	Fat 25 fat serves
Grains 1½ cups baked beans (salt-reduced) 9 crispbread 2 English muffins 17 slices wholegrain bread	Fruit 14 fruit serves
Dairy 17½ dairy serves	Vegetables 16 cups salad 12 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain (A) 1 dairy serve 1 slice wholegrain toast 1 fat serve ½ cup baked beans Daily Supplement	1½ dairy serves 1 fruit serve	Roasted Veggie All Round (C) 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	Macaroni Cheese (B) 2 vegetable serves * 2 meat alternatives 1 fat serve	Sweet & Salty Popcorn (B)	
Day 2	Flakes & Fibre Cereal (A) 1 dairy serve 1 fruit serve 1 English muffin 1 boiled/poached egg Daily Supplement	1½ dairy serves	Vegetable Tortellini (C) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza (C) 20g reduced fat cheese 2 cups salad * 1 fat serve	Shortbread Bites (D)	
Day 3	Toasted Berry Muesli (D) 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves 1 slice wholegrain toast 1 fat serve	Creamy Vegetable Soup (A) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve 3 crispbread 2 fat serves 40g reduced fat cheese	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 † 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	Vegetable Lasagne (A) 2 meat alternatives 2 vegetable serves *	Chocolate Pudding (D)	
Day 5	Nut & Grain Chew (B) 1 dairy serve 1 English muffin 1 fat serve ½ cup baked beans Daily Supplement	1½ dairy serves 1 fruit serve	Creamy Vegetable Pappardelle (D) 1 meat alternative 2 cups salad *	1 fruit serve	Chunky Vegetable Soup (B) 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 vegetable serves *	Nut & Cranberry Mix (C)	
Day 6	Wholemeal Pancakes (B) ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement	1 dairy serve	Cheesy Baked Potato (C) 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 dairy serve 3 crispbread 1 fat serve 40g reduced fat cheese	Nasi Goreng (C) 2 vegetable serves * 1 meat alternative	BBQ Bites (D) 1 fruit serve	
Day 7	Cheese & Chive Omelette (D) 1 slice wholegrain toast 1 fat serve ½ cup baked beans 1 dairy serve Daily Supplement	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll (B) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	Vegetarian Chilli (B) 40g reduced fat cheese 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

8400kJ Vegetarian Menu 4

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

<p>Meat Alternatives 3 eggs 13 meat alternatives 260g reduced fat cheese</p>	<p>Fat 22 fat serves</p>
<p>Grains 1 cup baked beans (salt-reduced) 1 cup corn 9 crispbread 3 English muffins 15 slices wholegrain bread</p>	<p>Fruit 14 fruit serves</p>
<p>Dairy 17½ dairy serves</p>	<p>Vegetables 18 cups salad 10 non-starchy vegetable serves</p>

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple & Cinnamon Porridge 💧 (B) ½ dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg Daily Supplement	1 dairy serve 1 fruit serve	Vegetable Lasagne (B) 2 cups salad ✱ 1 meat alternative	1 fruit serve	Chunky Vegetable Soup (B) 2 slices wholegrain bread 2 fat serves 40g reduced fat cheese 2 vegetable serves ✱	White Chocolate Cranberry Cookie (B) 1 dairy serve	
Day 2	Caramelised Onion Fritters (C) 1 English muffin 2 fat serves ½ cup baked beans 1 dairy serve Daily Supplement	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll (B) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad ✱	1 fruit serve	Creamy Vegetable Pappardelle (A) 20g reduced fat cheese 2 vegetable serves ✱ 1 fat serve	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 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad ✱	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Vegetable Tikka Masala with Paneer Cheese (C) 1 meat alternative 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 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad ✱	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Macaroni Cheese (B) 1 meat alternative 2 vegetable serves ✱	Light & Tangy Veggies 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 slices wholegrain bread 2 fat serves 40g reduced fat cheese 2 cups salad ✱	1 fruit serve	Vegetarian Chilli (B) 1 meat alternative 2 vegetable serves ✱ ½ cup corn	Salted Caramel Nut Bar (C)	
Day 6	Nut & Grain Chew (B) 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg Daily Supplement	1½ dairy serves 1 fruit serve	Pumpkin Soup (A) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad ✱	1 fruit serve	Roasted Vegetable Pizza (C) 40g reduced fat cheese 2 cups salad ✱ 1 fat serve	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) 2 slices wholegrain toast 2 fat serves ½ cup baked beans 2 cups salad ✱	1 fruit serve 3 crispbread 40g reduced fat cheese	Bean & Cheese Burrito (B) 2 cups salad ✱ 1 meat alternative ½ cup corn	Sticky Date Pudding (C)	

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