

RAPID RESULTS 5000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____



Shopping list

Grains
1 slice wholegrain bread

Dairy
10½ dairy serves

Fruit
14 fruit serves

Vegetables
14 cups salad
14 non-starchy vegetable serves

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

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

RAPID RESULTS 5000kJ Menu 4

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

Shopping list

- Grains**
1 slice wholegrain bread
- Dairy**
10½ dairy serves
- Fruit**
14 fruit serves
- Vegetables**
14 cups salad
14 non-starchy vegetable serves

Please direct comments to:
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Nut & Grain Chew B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Beef Nachos C 2 cups salad *	Light & Tangy Veggie Crisps A	Macaroni Cheese A 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Cocoa Clusters D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetable Tortellini C 2 cups salad *	Trio Spice Mix D	Roast Chicken & Vegetables B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Beef Pie D 2 cups salad *	Jenny Craig's Ice Cream Sundae A	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Fruit Loaf B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad *	White Chocolate Cranberry Cookie B	Cottage Pie E 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Tuna Baked Potato B 2 cups salad *	Sweet & Salty Popcorn B	Beef Pastie C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetarian Chilli D 2 cups salad *	Salted Caramel Nut Bar C	Creamy Vegetable Pappardelle A 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Spinach & Fetta Roll B 2 cups salad *	Shortbread Bites D	Beef Lasagne C 2 vegetable serves *	1 fruit serve ⌚ Stop	

* All non-starchy vegetables are Free Foods