

RAPID RESULTS 6400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date	Time

Phone

Shopping list

Meat 1 egg 4 slices lean ham (90g) 120g reduced fat cheese	Fruit 14 fruit serves
Grains 6 crispbread 6 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 7 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Beef Pie D 2 cups salad * 40g reduced fat cheese 1 fat serve	Shortbread Bites D	Chicken Fettuccine C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Oat & Apricot Bar C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 40g reduced fat cheese	Cheesy Baked Potato C 2 cups salad *	Nut & Cranberry Mix C	Beef & Vegetable Casserole C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves	Ham & Cheese Toastie C 2 cups salad * 1 fat serve	Melting Moment A	Spinach & Ricotta Cannelloni D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Cheese & Chive Omelette D 1 slice wholegrain toast 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Spaghetti Bolognese B 2 cups salad * 1 slice wholegrain bread 1 fat serve	Salted Caramel Nut Bar C	Bean & Cheese Burrito A 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	Oregano & Thyme Crunchies B	Butter Chicken E 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Apple & Berry Brekkie Cup C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 40g reduced fat cheese	Spinach & Fetta Roll B 2 cups salad *	Chocolate Pudding D	Meatballs & Vegetables B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve 1 slice wholegrain toast 1 fat serve	Creamy Vegetable Pappardelle D 2 slices lean ham 2 cups salad * 1 fat serve	Light & Tangy Veggie Crisps A 1 fruit serve	Cottage Pie E 2 vegetable serves *	1 dairy serve ⌚ Stop	

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

RAPID RESULTS 6400kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date	Time

Phone

Shopping list

Meat 1 egg 90g canned fish 2 slices lean ham (45g) 140g reduced fat cheese	Fruit 14 fruit serves
Grains 6 slices wholegrain bread	Vegetables 22 cups salad 6 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 7 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 1 slice wholegrain toast 20g reduced fat cheese	Pea & Ham Risotto C 2 cups salad * 1 fat serve	Choc Chip Bites C	Crumbed Fish & Wedges E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 2	Fruit Loaf B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	BBQ Bites D	Chicken Parmigiana E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 3	Ham & Egg Muffin D 20g reduced fat cheese 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Sausage Roll C 20g reduced fat cheese 2 cups salad * 1 fat serve	Panna Cotta A ● ½ dairy serve	Roasted Vegetable Pizza B 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop	
Day 4	Cocoa Clusters D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Cheese & Chive Omelette B 1 slice wholegrain toast 1 fat serve 2 slices lean ham 2 cups salad *	Sweet & Salty Popcorn B	Chicken Cacciatore D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Nut & Grain Chew B 1 dairy serve 1 slice wholegrain bread 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 2 cups salad * 40g reduced fat cheese	Mango Cheesecake D ✳	Quiche Lorraine A 2 cups salad *	1 fruit serve ⌚ Stop	
Day 6	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Roasted Veggie All Round D 2 cups salad * 90g canned fish 20g reduced fat cheese 1 fat serve	White Chocolate Cranberry Cookie B	Teriyaki Beef Noodles D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Cranberry & Vanilla Muesli C 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Pumpkin & Fetta Rice Salad D ✳ 2 cups salad *	Light & Tangy Veggie Crisps A	Beef Pastie C 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 ✳ Thaw overnight