

RAPID RESULTS 6400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

| Date | Time |
|------|------|
| | |
| | |

Phone

Shopping list

| | |
|--|---|
| Meat 2 eggs 4 slices lean ham (90g) 80g reduced fat cheese | Fruit 14 fruit serves |
| Grains 6 crispbread 6 slices wholegrain bread | Vegetables 14 cups salad 14 non-starchy vegetable serves |
| Dairy 17½ dairy serves | Fat 10 fat serves |

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|---|--|--|--|--|-------------------------------|----------|
| Day 1 | Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Ham & Cheese Toastie C 2 cups salad * 1 fat serve | Oregano & Thyme Crunchies B | Nasi Goreng C 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 2 | Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves 3 crispbread 1 fat serve 20g reduced fat cheese | 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 1 slice wholegrain toast 1 fat serve 1 dairy serve Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Cheesy Baked Potato C 2 cups salad * 2 slices lean ham 1 fat serve | BBQ Bites D | Vegetarian Chilli A 2 vegetable serves * 1 fat serve | 1 fruit serve ⌚ Stop | |
| Day 4 | Oat & Apricot Bar C 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Vegetable Lasagne B 20g reduced fat cheese 2 cups salad * | Sticky Date Pudding C | Lamb Moussaka B 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 5 | Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves | Spaghetti Bolognaise B 20g reduced fat cheese 2 cups salad * 1 fat serve | Trio Spice Mix D | Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 6 | Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve 3 crispbread 1 fat serve 20g reduced fat cheese | Sausage Roll C 2 cups salad * 1 fat serve | Choc Fudge Bikkie B 1 dairy serve | 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 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad * | Nut & Cranberry Mix C 1 fruit serve | Chicken Satay 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 4

This week's focus

Food

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| Date | Time |
|------|------|
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| | |

Phone

Shopping list

| | |
|--|---|
| Meat 3 eggs 160g reduced fat cheese | Vegetables 14 cups salad 14 non-starchy vegetable serves |
| Grains 9 crispbread 5 slices wholegrain bread | |
| Dairy 17½ dairy serves | |
| Fat 7 fat serves | |
| Fruit 14 fruit serves | |

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|--|---|---|--|---|-----------------------------------|----------|
| Day 1 | Nut & Grain Chew B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves 3 crispbread 40g reduced fat cheese | Beef Nachos C 2 cups salad * 1 fat serve | Light & Tangy Veggie Crisps A | Macaroni Cheese A 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 2 | Cocoa Clusters D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Vegetable Tortellini C 2 cups salad * 1 fat serve | Trio Spice Mix D | Roast Chicken & Vegetables B 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 3 | Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves 3 crispbread 40g reduced fat cheese | 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 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves | Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad * | White Chocolate Cranberry Cookie B | Cottage Pie E 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 5 | Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Tuna Baked Potato B 2 cups salad * 20g reduced fat cheese 1 fat serve | Sweet & Salty Popcorn B | Beef Pastie C 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 6 | Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves 3 crispbread 40g reduced fat cheese | 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 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Spinach & Fetta Roll B 2 cups salad * 1 fat serve | Shortbread Bites D | Beef Lasagne C 2 vegetable serves * | 1 fruit serve ⌚ Stop | |

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