

RAPID RESULTS 7000kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2 eggs
5 meat alternatives
180g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

9 crispbread
9 slices wholegrain bread

Dairy

17½ dairy serves

Fat

16 fat serves

Please direct comments to:

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	A 1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Roasted Veggie All Round C 2 cups salad * 1 meat alternative 1 fat serve	Light & Tangy Veggie Crisps A	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	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 20g reduced fat cheese 2 cups salad * 1 fat serve	Choc Chip Bites C	Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Oat & Apricot Bar C 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Pumpkin & Fetta Rice Salad * D 2 cups salad * 1 fat serve	Sweet & Salty Popcorn B 1 fruit serve	Vegetable Tortellini A 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	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	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Nut & Cranberry Mix C	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Cheese & Chive Omelette B 1 slice wholegrain toast 1 fat serve 1 meat alternative 2 cups salad *	Choc Fudge Bikkie B	Nasi Goreng C 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Fruit Loaf B 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves	Spinach & Fetta Roll B 2 cups salad * 40g reduced fat cheese 1 fat serve	Chocolate Pudding D	Macaroni Cheese B 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop	
Day 7	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Creamy Vegetable Pappardelle D 2 cups salad * 1 meat alternative	Trio Spice Mix D	Bean & Cheese Burrito B 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop	

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

RAPID RESULTS 7000kJ Vegetarian Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

3 eggs
10 meat alternatives
180g reduced fat cheese

Fruit

14 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains


















9 crispbread
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

13 fat serves

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