

RAPID RESULTS 8400kJ

Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

4 eggs
90g canned fish
8 slices lean ham (180g)
320g reduced fat cheese

Fat

17 fat serves

Fruit

14 fruit serves

Grains

12 crispbread
2 tsp honey
1 cup peas
22 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Dairy

17½ dairy serves

Please direct comments to:

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves	Beef Pie 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	Shortbread Bites	Chicken Fettuccine 40g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Oat & Apricot Bar 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 2 slices lean ham 40g reduced fat cheese	Cheesy Baked Potato 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	Nut & Cranberry Mix	Beef & Vegetable Casserole 2 vegetable serves * ½ cup peas	1 fruit serve ⌚ Stop _____	
Day 3	Flakes & Fibre Cereal 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 slice wholegrain toast 1 fat serve	Ham & Cheese Toastie 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	Melting Moment	Spinach & Ricotta Cannelloni 20g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	Cheese & Chive Omelette 2 slices wholegrain toast 2 fat serves 1 dairy serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Spaghetti Bolognese 2 slices wholegrain bread 2 slices lean ham 20g reduced fat cheese 2 cups salad *	Salted Caramel Nut Bar	Bean & Cheese Burrito 2 cups salad * 40g reduced fat cheese	1 fruit serve ⌚ Stop _____	
Day 5	Toasted Berry Muesli 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 40g reduced fat cheese	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	Oregano & Thyme Crunchies	Butter Chicken 2 vegetable serves * 1 slice wholegrain bread	1 fruit serve ⌚ Stop _____	
Day 6	Apple & Berry Brekkie Cup 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	Spinach & Fetta Roll 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	Chocolate Pudding 1 fruit serve	Meatballs & Vegetables 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	Wholemeal Pancakes 💧 ½ dairy serve 2 tsp honey 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve 3 crispbread 1 fat serve 2 slices lean ham 20g reduced fat cheese	Creamy Vegetable Pappardelle 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	Light & Tangy Veggie Crisps 1 fruit serve	Cottage Pie 2 vegetable serves * ½ cup peas	1 dairy serve ⌚ Stop _____	

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

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Menu 2

This week's focus

Food

Body

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Date

Time

Phone

Shopping list

Meat

3 eggs
180g canned fish
6 slices lean ham (135g)
280g reduced fat cheese

Fat

19 fat serves

Fruit

14 fruit serves

Grains



1 cup baked beans (salt-reduced)
1½ cups corn
12 crispbread
2 English muffins
16 slices wholegrain bread

Vegetables

22 cups salad
6 non-starchy vegetable serves

Dairy

17½ dairy serves

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