

RAPID RESULTS 8400kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat Alternatives 3 eggs 15 meat alternatives 280g reduced fat cheese	Fruit 14 fruit serves
Grains 12 crispbread 3 English muffins ½ cup peas 14 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 20 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 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	Roasted Veggie All Round C 2 cups salad * 2 meat alternatives 1 slice wholegrain bread 1 fat serve	Light & Tangy Veggie Crisps A 1 fruit serve	Spinach & Ricotta Cannelloni C 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Caramelised Onion Fritters C 2 slices wholegrain toast 2 fat serves 1 dairy serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Cheesy Baked Potato C 40g reduced fat cheese 2 meat alternatives 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 fruit serve 1 English muffin 2 fat serves Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 40g reduced fat cheese	Pumpkin & Fetta Rice Salad * 1 slice wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	Sweet & Salty Popcorn B	Vegetable Tortellini A 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	Toasted Berry Muesli D 1 dairy serve 1 fruit serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 1 meat alternative 40g reduced fat cheese 2 cups salad *	Nut & Cranberry Mix C	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves * ½ cup peas	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 3 crispbread 2 fat serves 40g reduced fat cheese	Cheese & Chive Omelette B 1 slice wholegrain toast 1 fat serve 2 meat alternatives 2 cups salad *	Choc Fudge Bikkie B 1 fruit serve	Nasi Goreng C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	Fruit Loaf B 1 dairy serve 1 fruit serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 1 meat alternative 40g reduced fat cheese 2 cups salad *	Chocolate Pudding D	Macaroni Cheese B 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Creamy Vegetable Pappardelle D 2 cups salad * 1 boiled egg 1 slice wholegrain bread 1 fat serve	Trio Spice Mix D	Bean & Cheese Burrito B 2 cups salad * 2 meat alternatives	1 fruit serve ⌚ Stop _____	

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

RAPID RESULTS 8400kJ

Vegetarian Menu 2

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

Meat Alternatives	Fat
5 eggs	18 fat serves
14 meat alternatives	
260g reduced fat cheese	
Grains	Fruit
½ cup baked beans (salt-reduced)	14 fruit serves
½ cup corn	
12 crispbread	Vegetables
3 English muffins	18 cups salad
½ cup peas	10 non-starchy vegetable serves
13 slices wholegrain bread	
Dairy	
17½ dairy serves	

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

