

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	BREAKFAST CUP WITH APPLE & BERRY 1 cup Non Fat Milk 7 DAY SUPPLEMENT	FLAKES, FRUIT & FIBRE ½ cup Non Fat Milk 1 Banana 7 DAY SUPPLEMENT	APRICOT CRUMBLE BAR 1 slice Toast 1 tsp Peanut Butter 1 cup Non Fat Milk 7 DAY SUPPLEMENT	CHOCOLATE DRINK 2 slices Toast 1 tsp Margarine 1 poached Egg 7 DAY SUPPLEMENT	PEANUT CEREAL BAR 1 slice Toast 1 tsp Margarine 1 cup Non Fat Milk 7 DAY SUPPLEMENT	BANANA BREAD ⅔ cup Fat Free Yoghurt 7 DAY SUPPLEMENT	BREAKFAST BEANS 1 slice Toast 1 tsp Margarine 1 cup Non Fat Milk 7 DAY SUPPLEMENT
Snack	2 Mandarins 1 slice Fruit Toast 1 tsp Margarine	1 slice Fruit Toast 2 Tbsp Low Fat Ricotta ½ cup Non Fat Milk	1 Apple ⅔ cup Fat Free Yoghurt	CHEESE TWISTS 2 Tbsp Sultanas	1 Pear ⅔ cup Fat Free Yoghurt	1 Tbsp Sultanas 1 cup Non Fat Milk	1 Banana 3 Crispbread 45g Tuna
Lunch	FRIED RICE Garden Salad ★ 1 cup Cucumber ★ 90g Tuna	POTATO & LENTIL SOUP 2 slices Bread 1 tsp Margarine Garden Salad ★ 1 boiled Egg	TOMATO & BASIL PASTA SALAD Garden Salad ★ 1 Carrot ★ 90g Tuna	HEARTY BEEF PIE Garden Salad ★ 1 slice Bread 1 tsp Margarine	HAM, CHEESE & TOMATO JAFFLE Garden Salad ★ 1 cup Cucumber ★ 45g Tuna	PESTO PASTA SALAD Garden Salad ★ 1 slice Bread	SAUSAGE ROLL 2 slices Bread Garden Salad ★
Snack	FRUIT, SEED & HONEY CRUNCH ⅔ cup Fat Free Yoghurt	ROASTED ALMOND BAR 2 Mandarins	3 Crispbread 2 Tbsp Low Fat Ricotta	1 Banana ½ cup Non Fat Milk	CHOC CHIP BITES 2 Mandarins	1 Pear 2 slices Fruit Toast 2 Tbsp Low Fat Ricotta	SWEET CHILLI LIME MIX 2 Mandarins
Dinner	PASTA NAPOLI 1 cup Capsicum ★ 1 Carrot ★ 1 Dinner Roll 1 tsp Margarine	SHEPHERD'S PIE 1 cup Cauliflower ★	CHICKEN KORMA 1 cup Capsicum ★ 1 cup Green Beans ★ 1 Dinner Roll 1 tsp Margarine	TUNA PASTA BAKE 1 Carrot ★ 1 cup Cauliflower ★	SPAGHETTI & MEATBALLS 1 cup Capsicum ★ 1 cup Green Beans ★ 1 Dinner Roll	CHICKEN & CORN SOUP 1 Dinner Roll 1 tsp Margarine Garden Salad ★	CRUMBED FISH & WEDGES 1 cup Cauliflower ★
Snack	1 Apple 2 tsp Raw Nuts	1 Tbsp Sultanas ⅔ cup Fat Free Yoghurt	BANANA BERRY BLISS 2 Mandarins	1 Apple 2 tsp Raw Nuts	1 slice Fruit Toast 1 tsp Margarine	CHOCOLATE MOUSSE 1 Apple	⅔ cup Fat Free Yoghurt

This Week's Plan:

My Own Foods	Fruit		Vegetable		Grain		Meat		Milk		Fat		Other	
	Apples	4	Capsicum	3 cups	Bread (Wholegrain)	11 slices	Eggs	2	Fat Free Yoghurt	4 cups	Margarine	10 tsp		
Bananas	3	Carrots	3	Crispbread	6	Low Fat Ricotta	6 Tbsp	Non Fat Milk	8 cups	Peanut Butter	1 tsp			
Mandarins	10	Cauliflower	3 cups	Dinner Rolls	4	Tuna	270g			Raw Nuts	4 tsp			
Pears	2	Cucumber	2 cups	Fruit Bread	5 slices									
Sultanas	4 Tbsp	Green Beans	2 cups											
		Salad Vegetables	8 cups											