

# 5000kJ Menu 3

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Grains

1 slice wholegrain bread

### Dairy

10½ dairy serves

### Fat

1 fat serve

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

Please direct comments to:

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Tropical Twist Muesli</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>B</b> 2 cups salad *	1 fruit serve	<b>Quiche Lorraine</b> <b>A</b> 2 cups salad * 1 fat serve	<b>White Chocolate Cranberry Cookie</b> <b>B</b>  ⌚ Stop .....	
Day 2	<b>Ham &amp; Egg Muffin</b> <b>D</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Creamy Vegetable Soup</b> <b>A</b> 1 slice wholegrain bread 2 cups salad *	1 fruit serve	<b>Butter Chicken</b> <b>E</b> 2 vegetable serves *	<b>Salsa Curls</b> <b>C</b>  ⌚ Stop .....	
Day 3	<b>Nut &amp; Grain Chew</b> <b>C</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Vegetable Tortellini</b> <b>C</b> 2 cups salad *	1 fruit serve	<b>Beef Pastie</b> <b>B</b> 2 vegetable serves *	<b>Melting Moment</b> <b>A</b>  ⌚ Stop .....	
Day 4	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Oriental Pork Bun</b> <b>D</b> 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> <b>A</b> 2 vegetable serves *	<b>Apple &amp; Rhubarb Crumble</b> <b>B</b>  ⌚ Stop .....	
Day 5	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Beef Pie</b> <b>D</b> 2 cups salad *	1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>D</b> 2 vegetable serves *	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b>  ⌚ Stop .....	
Day 6	<b>Wholemeal Pancakes</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Pea &amp; Ham Risotto</b> <b>C</b> 2 cups salad *	1 fruit serve	<b>Roast Chicken &amp; Vegetables</b> <b>B</b> 2 vegetable serves *	<b>Salted Caramel Nut Bar</b> <b>D</b>  ⌚ Stop .....	
Day 7	<b>Malty Grain</b> <b>A</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad *	1 fruit serve	<b>Bangers &amp; Mash</b> <b>C</b> 2 vegetable serves *	<b>Nut &amp; Cranberry Mix</b> <b>C</b>  ⌚ Stop .....	

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

# 5000kJ Menu 4

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	1 dairy serve	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad *	1 fruit serve	<b>Beef Lasagne</b> <b>C</b> 2 vegetable serves *	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>  🕒 Stop .....	
Day 2	<b>Caramelised Onion Fritters</b> <b>C</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	1 dairy serve	<b>Spaghetti Bolognese</b> <b>B</b> 2 cups salad *	1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad *	<b>Sticky Date Pudding</b> <b>C</b>  🕒 Stop .....	
Day 3	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	1 dairy serve	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad *	1 fruit serve	<b>Lamb Moussaka</b> <b>B</b> 2 vegetable serves *	<b>Choc Chip Bites</b> <b>C</b>  🕒 Stop .....	
Day 4	<b>Tropical Twist Muesli</b> <b>B</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	1 dairy serve	<b>Sausage Roll</b> <b>C</b> 2 cups salad *	1 fruit serve	<b>Roast Pork Dinner</b> <b>A</b> 2 vegetable serves *	<b>Trio Spice Mix</b> <b>D</b>  🕒 Stop .....	
Day 5	<b>Toasted Berry Muesli</b> <b>D</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	1 dairy serve	<b>Potato Tuna Bake</b> <b>D</b> 2 cups salad *	1 fruit serve	<b>Teriyaki Beef Noodles</b> <b>D</b> 2 vegetable serves *	<b>Sweet &amp; Salty Popcorn</b> <b>B</b>  🕒 Stop .....	
Day 6	<b>Oat &amp; Apricot Bar</b> <b>D</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	1 dairy serve	<b>Pumpkin Soup</b> <b>A</b> 1 slice wholegrain bread 2 cups salad *	1 fruit serve	<b>Chicken Satay</b> <b>E</b> 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>  🕒 Stop .....	
Day 7	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> ½ dairy serve 1 fruit serve Daily Supplement  🕒 Start .....	½ dairy serve	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad *	1 fruit serve	<b>Cottage Pie</b> <b>E</b> 2 vegetable serves *	<b>Chocolate Mousse</b> <b>A</b> <b>💧</b> ½ dairy serve  🕒 Stop .....	

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### Grains

1 slice wholegrain bread

### Dairy

10½ dairy serves

### Fruit

14 fruit serves

### Vegetables

16 cups salad

12 non-starchy vegetable serves

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