

8400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 5 eggs 14 slices lean meat (chicken, turkey, ham) 120g reduced fat cheese	Vegetables 18 cups salad 10 non-starchy vegetable serves
Grains 9 crispbread 4 English muffins 17 slices wholegrain bread	
Dairy 17½ dairy serves	
Fat 26 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds)	
Fruit 14 fruit serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 English muffin 1 fat serve 1 boiled egg	Cheesy Baked Potato 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Chicken Parmigiana 2 cups salad * 1 fat serve	Light & Tangy Veggie Crisps ⌚ Stop _____	
Day 2	Tropical Twist Muesli 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves	Beef Pie 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 3 crispbread 2 fat serves 40g reduced fat cheese	Macaroni Cheese 2 slices lean meat 2 vegetable serves *	Salted Caramel Nut Bar ⌚ Stop _____	
Day 3	Oat & Apricot Bar 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve 2 nut serves	Vegetable Tortellini 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 1 slice wholegrain toast 1 fat serve	Meatballs & Vegetables 2 vegetable serves *	Choc Chip Bites ⌚ Stop _____	
Day 4	Apple & Berry Brekkie Cup 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Roasted Veggie All Round 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Beef Pastie 2 vegetable serves * 1 fat serve	Oregano & Thyme Crunchies ⌚ Stop _____	
Day 5	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Chicken Fettuccine 2 vegetable serves *	White Chocolate Cranberry Cookie ⌚ Stop _____	
Day 6	Vegetable Omelette Wrap 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 English muffin 2 fat serves	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Crumbed Fish & Wedges 2 cups salad *	Chocolate Pudding ⌚ Stop _____	
Day 7	Wholemeal Pancakes 💧 ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve 1 English muffin 2 fat serves 1 boiled egg	Ham & Cheese Toastie 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 dairy serve 1 fruit serve	Spinach & Ricotta Cannelloni 2 vegetable serves *	Salsa Curls ⌚ Stop _____	

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

8400kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 5 eggs 180g canned fish 16 slices lean meat (chicken, turkey, ham) 120g reduced fat cheese	Fruit 14 fruit serves Vegetables 16 cups salad 12 non-starchy vegetable serves
Grains 9 crispbread 3 English muffins 18 slices wholegrain bread	
Dairy 17½ dairy serves	
Fat 22 fat serves 4 nut serves (unsalted mixed nuts, peanuts, almonds)	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Potato Tuna Bake D 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Mexican-style Veggie Stack B 2 vegetable serves *	Melting Moment A ⌚ Stop	
Day 2	Hazelnut & Almond Cereal A 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Oriental Pork Bun D 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Thai Green Chicken Curry C 2 vegetable serves * 1 fat serve	Oregano & Thyme Crunchies B ⌚ Stop	
Day 3	Apple Cinnamon Oat Clusters B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	Beef Burger * D 40g reduced fat cheese 2 cups salad * 1 fat serve	Jenny Craig's Ice Cream Sundae A ⌚ Stop	
Day 4	Caramelised Onion Fritters C 1 English muffin 1 fat serve 1 dairy serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Sausage Roll C 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	Chunky Vegetable Soup A 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	Nut & Cranberry Mix C ⌚ Stop	
Day 5	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Pesto Pasta Salad * C 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 2 slices lean meat	Cottage Pie E 2 vegetable serves *	Savoury Soy Snack B ⌚ Stop	
Day 6	Banana Bread B 1 fat serve 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Chicken Pad Thai D 2 slices lean meat 2 vegetable serves *	Shortbread Bites D ⌚ Stop	
Day 7	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 1 English muffin 2 fat serves 1 boiled/poached egg	Spaghetti Bolognese B 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	Dhal with Rice C 2 slices lean meat 2 vegetable serves *	Salsa Curls C ⌚ Stop	

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