

# 8400kJ Personalised Menu

## This week's focus

Food

Body

Mind

## Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_  
Phone \_\_\_\_\_

## My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 2½ Dairy
- 3 Meat
- 3 Fat
- 4 Grains

|       | Breakfast  | Snack                            | Lunch  | Snack         | Dinner   | Snack                     | Activity |
|-------|--|----------------------------------|--|---------------|--|---------------------------|----------|
| Day 1 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |
| Day 2 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |
| Day 3 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |
| Day 4 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |
| Day 5 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |
| Day 6 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |
| Day 7 | j/c _____<br>1 dairy serve<br>1 grain serve<br>1 fat serve<br>1 meat serve<br><b>Daily Supplement</b><br>⌚ Start _____ | 1½ dairy serves<br>1 fruit serve | j/c _____<br>2 vegetable serves *<br>2 grain serves<br>2 fat serves<br>2 meat serves | 1 fruit serve | j/c _____<br>2 vegetable serves *<br>1 grain serve | j/c _____<br>⌚ Stop _____ |          |

\* All non-starchy vegetables are Free Foods