

RAPID RESULTS MAX 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

7 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Ricotta & Pumpkin Ravioli 2 cups salad * ⓑ	1 dairy serve	Bangers & Mash 2 vegetable serves * Ⓒ	
Day 2	Recharge Bar ⌚ Time	Vegetable Omelette Wrap ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Spinach & Fetta Roll 2 cups salad * ⓑ	1 dairy serve	Beef Burger * 2 cups salad * Ⓓ	
Day 3	Recharge Bar ⌚ Time	Toasted Berry Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Vegetable Tortellini 2 cups salad * 1 fat serve Ⓒ	1 dairy serve	Quiche Lorraine 2 cups salad * Ⓐ	
Day 4	Recharge Bar ⌚ Time	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad * Ⓐ	1 dairy serve	Butter Chicken 2 vegetable serves * Ⓔ	
Day 5	Recharge Bar ⌚ Time	Tropical Twist Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Beef Pie 2 cups salad * Ⓓ	1 dairy serve	Macaroni Cheese 2 vegetable serves * Ⓐ	
Day 6	Recharge Bar ⌚ Time	Malty Grain ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pea & Ham Risotto 2 cups salad * Ⓒ	1 dairy serve	Roast Chicken & Vegetables 2 vegetable serves * ⓑ	
Day 7	Recharge Bar ⌚ Time	Wholemeal Pancakes ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Potato Tuna Bake 2 cups salad * Ⓓ	1 dairy serve	Beef Pastie 2 vegetable serves * ⓑ	

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

RAPID RESULTS MAX 5000kJ Menu 4

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Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fat

1 fat serve

Fruit

7 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Cheesy Baked Potato B 2 cups salad *	1 dairy serve	Beef Lasagne C 2 vegetable serves *	
Day 2	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Ham & Cheese Toastie C 2 cups salad *	1 dairy serve	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves *	
Day 3	Recharge Bar ⌚ Time	Apple Cinnamon Oat Clusters B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Spaghetti Bolognese B 2 cups salad * 1 fat serve	1 dairy serve	Roast Pork Dinner A 2 vegetable serves *	
Day 4	Recharge Bar ⌚ Time	Tropical Twist Muesli B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Roasted Veggie All Round D 2 cups salad *	1 dairy serve	Lamb Moussaka B 2 vegetable serves *	
Day 5	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Sausage Roll C 2 cups salad *	1 dairy serve	Roasted Vegetable Pizza B 2 cups salad *	
Day 6	Recharge Bar ⌚ Time	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Oriental Pork Bun D 2 cups salad *	1 dairy serve	Teriyaki Beef Noodles D 2 vegetable serves *	
Day 7	Recharge Bar ⌚ Time	Ham & Egg Muffin D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad *	1 dairy serve	Chicken Satay E 2 vegetable serves *	

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