

RAPID RESULTS MAX 6400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

3 eggs
90g canned fish
60g reduced fat cheese

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

2 fat serves

Fruit

14 fruit serves



Please direct comments to:

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	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg 1 fruit serve Daily Supplement ⌚ Start	Cheesy Baked Potato B 2 cups salad * 	1½ dairy serves 1 fruit serve	Chicken Parmigiana E 2 cups salad * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Beef Pie D 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1½ dairy serves 1 fruit serve	Macaroni Cheese A 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Apple & Berry Brekkie Cup D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Vegetable Tortellini C 40g reduced fat cheese 2 cups salad * 	1½ dairy serves 1 fruit serve	Meatballs & Vegetables B 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg 1 fruit serve Daily Supplement ⌚ Start	Spinach & Fetta Roll B 2 cups salad * 	1½ dairy serves 1 fruit serve	Chicken Fettuccine C 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Banana Bread B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Creamy Vegetable Soup A 2 slices wholegrain bread 1 boiled egg 2 cups salad * 	1½ dairy serves 1 fruit serve	Crumbed Fish & Wedges E 2 cups salad * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Ham & Cheese Toastie C 2 cups salad * 1 slice wholegrain bread 1 fat serve	1½ dairy serves 1 fruit serve	Spinach & Ricotta Cannelloni D 2 vegetable serves * ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Roasted Veggie All Round D 2 cups salad * 1 fat serve 90g canned fish 1 dairy serve	1 dairy serve 1 fruit serve	Beef Pastie B 2 vegetable serves * ⌚ Stop	

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

RAPID RESULTS MAX 6400kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

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Shopping list

Meat

2 eggs
100g reduced fat cheese

Grains

6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

2 fat serves

Fruit

14 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 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Potato Tuna Bake D 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1½ dairy serves 1 fruit serve	Mexican-style Veggie Stack B 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Oriental Pork Bun D 2 cups salad * 1 slice wholegrain bread 1 fat serve	1½ dairy serves 1 fruit serve	Thai Green Chicken Curry C 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Vegetable Lasagne B 2 cups salad * 1 boiled egg	1½ dairy serves 1 fruit serve	Beef Burger * D 20g reduced fat cheese 2 cups salad * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Caramelised Onion Fritters C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Sausage Roll C 2 cups salad * 40g reduced fat cheese	1½ dairy serves 1 fruit serve	Chunky Vegetable Soup A 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	Pesto Pasta Salad * C 2 cups salad *	1½ dairy serves 1 fruit serve	Cottage Pie E 2 vegetable serves * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pumpkin Soup A 2 slices wholegrain bread 1 boiled egg 2 cups salad *	1½ dairy serves 1 fruit serve	Chicken Pad Thai D 2 vegetable serves * ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Spaghetti Bolognese B 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese 1 dairy serve	1 dairy serve 1 fruit serve	Dhal with Rice C 2 vegetable serves * ⌚ Stop	

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