

RAPID RESULTS MAX 6400kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 2½ Dairy
- 2 Meat
- 1 Fat

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	
Day 3	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	
Day 5	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ _____ ⌚ Time _____	j̄c _____ 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	j̄c _____ 2 vegetable serves * 2 meat serves 1 fat serve	1½ dairy serves 1 fruit serve	j̄c _____ 2 vegetable serves * ⌚ Stop _____	

* All non-starchy vegetables are Free Foods



**Rapid
Results
MAX™**

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