

RAPID RESULTS MAX

8400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

Meat 2/3 cup baked beans (salt reduced) 6 eggs 180g canned fish 8 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese	Fat 18 fat serves
Fruit 14 fruit serves	Vegetables 18 cups salad 10 non-starchy vegetable serves
Grains 1 1/2 cups corn 4 English muffins 18 slices wholegrain bread	Dairy 17 1/2 dairy serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Ricotta & Pumpkin Ravioli 20g reduced fat cheese 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	Bangers & Mash 2 vegetable serves * 1 fat serve ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____	Vegetable Omelette Wrap 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 English muffin 2 fat serves	Spinach & Fetta Roll 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	Beef Burger ❄️ 20g reduced fat cheese 2 cups salad * ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 1/3 cup baked beans Daily Supplement ⌚ Start _____	1 fruit serve 1 slice wholegrain toast 1 boiled egg	Vegetable Tortellini 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 1/2 dairy serves 1 fruit serve	Quiche Lorraine 2 cups salad * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____	Flakes & Fibre Cereal 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 English muffin 2 fat serves 1 boiled egg	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 1/2 dairy serves 1 fruit serve	Butter Chicken 2 vegetable serves * 1/2 cup corn ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Tropical Twist Muesli 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Beef Pie 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	Macaroni Cheese 2 vegetable serves * 1/2 cup corn ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	Malty Grain 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Pea & Ham Risotto 2 slices wholegrain bread 2 fat serves 4 slices lean meat 2 cups salad *	1 fruit serve	Roast Chicken & Vegetables 2 vegetable serves * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____	Wholemeal Pancakes 1/2 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve 2 slices wholegrain toast 1 fat serve 1/3 cup baked beans	Potato Tuna Bake 20g reduced fat cheese 2 cups salad * 1 slice wholegrain bread 1 boiled egg	1 dairy serve 1 fruit serve	Beef Pastie 2 vegetable serves * 1/2 cup corn ⌚ Stop _____	

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



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Shopping list

Meat 2/3 cup baked beans (salt reduced) 4 eggs 180g canned fish	Fat 14 fat serves
1 1/2 cups Cottage cheese 12 slices lean meat (chicken, turkey, ham)	Fruit 14 fruit serves
Grains 9 crispbread 1 1/2 cups peas 21 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Dairy 17 1/2 dairy serves	

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Toasted Berry Muesli D 1 dairy serve 2 slices wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Cheesy Baked Potato B 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	Beef Lasagne C 2 vegetable serves *	
Day 2	Recharge Bar ⌚ Time _____	Hazelnut & Almond Cereal A 1 dairy serve 2 slices wholegrain toast 1/3 cup baked beans Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Ham & Cheese Toastie C 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve	Vegetable Tikka Masala D with Paneer Cheese 2 vegetable serves * 1/2 cup peas ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	3 crispbread 1/2 cup Cottage cheese	Spaghetti Bolognese B 2 slices wholegrain bread 2 fat serves 4 slices lean meat 2 cups salad *	1 1/2 dairy serves 1 fruit serve	Roast Pork Dinner A 2 vegetable serves * 1 fat serve ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____	Tropical Twist Muesli B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Roasted Veggie All Round D 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	Lamb Moussaka B 2 vegetable serves * 1/2 cup peas ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli C 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1 fruit serve 3 crispbread 1/2 cup Cottage cheese	Sausage Roll C 2 cups salad * 1 slice wholegrain bread 1 fat serve	1 1/2 dairy serves 1 fruit serve	Roasted Vegetable Pizza B 2 slices lean meat 2 cups salad * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	Flakes & Fibre Cereal A 1 dairy serve 2 slices wholegrain toast 1 fat serve 1/3 cup baked beans Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Oriental Pork Bun D 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Teriyaki Beef Noodles D 2 vegetable serves * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 1/2 dairy serves 3 crispbread 1/2 cup Cottage cheese	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 4 slices lean meat 2 cups salad *	1 fruit serve	Chicken Satay E 2 vegetable serves * 1/2 cup peas ⌚ Stop _____	

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