

RAPID RESULTS MAX Vegetarian 8400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2/3 cup baked beans (salt reduced)
5 eggs
2/3 cup four bean mix
8 meat alternatives
120g reduced fat cheese

Fat

12 fat serves
4 nut serves (unsalted mixed nuts, peanuts, almonds)

Fruit

14 fruit serves

Grains

1 1/2 cups corn
6 crispbread
4 English muffins
15 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	Apple Cinnamon Oat Clusters B 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Cheesy Baked Potato C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves * 1/2 cup corn ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Malty Grain A 1 dairy serve 2 slices wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Pesto Pasta Salad * C 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 fruit serve	Dhal with Rice C 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Caramelised Onion Fritters C 1 slice wholegrain toast 1/3 cup baked beans 1 dairy serve Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Macaroni Cheese B 2 vegetable serves * 1/2 cup corn ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Toasted Berry Muesli D 1 dairy serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Roasted Veggie All Round D 2 cups salad * 1/3 cup four bean mix 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Chunky Vegetable Soup B 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 1/2 dairy serves 1 English muffin 1 fat serve 1 boiled egg	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves * 1/2 cup corn ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 1/2 dairy serves 1 English muffin 1 fat serve 1 boiled egg	Ricotta & Pumpkin Ravioli B 2 cups salad * 1/3 cup four bean mix 1 fat serve	1 fruit serve 2 nut serves	Roasted Vegetable Pizza B 40g reduced fat cheese 2 cups salad * 1 fat serve ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Wholemeal Pancakes B 1/2 dairy serve 1 fruit serve 2 nut serves Daily Supplement ⌚ Start	1 dairy serve 1 English muffin 1/3 cup baked beans	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 dairy serve 1 fruit serve	Vegetable Tikka Masala with Paneer Cheese 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

RAPID RESULTS MAX

Vegetarian 8400kJ Menu 2

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Meat Alternatives

1 cup baked beans (salt reduced)
4 eggs
¾ cup Cottage cheese
9 meat alternatives
80g reduced fat cheese

Fat

14 fat serves
6 nut serves (unsalted mixed nuts, peanuts, almonds)

Fruit

14 fruit serves

Grains

9 crispbread
2 English muffins
1 cup peas
17 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Dairy

17½ dairy serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve 2 nut serves	Roasted Veggie All Round D 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve 3 crispbread ½ cup Cottage cheese	Macaroni Cheese B * 2 vegetable serves	
Day 2	Recharge Bar ⌚ Time _____	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve ½ cup baked beans Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve 2 nut serves	Vegetable Tortellini C 2 cups salad * 1 English muffin 2 fat serves 1 boiled egg	1 fruit serve	Roasted Vegetable Pizza B 20g reduced fat cheese 2 cups salad *	
Day 3	Recharge Bar ⌚ Time _____	Apple & Berry Brekkie Cup D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Pesto Pasta Salad * C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Dhal with Rice * C 2 vegetable serves	
Day 4	Recharge Bar ⌚ Time _____	Tropical Muesli B 1 dairy serve 1 slice wholegrain toast ½ cup baked beans Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve 2 nut serves	Spinach & Ricotta Cannelloni C 20g reduced fat cheese 2 vegetable serves * ½ cup peas	
Day 5	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 English muffin 1 fat serve 1 boiled egg	Cheesy Baked Potato C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves * ½ cup peas	
Day 6	Recharge Bar ⌚ Time _____	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Chunky Vegetable Soup B 2 vegetable serves *	
Day 7	Recharge Bar ⌚ Time _____	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve 1 slice wholegrain toast 1 fat serve ½ cup baked beans	Ricotta & Pumpkin Ravioli B 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 dairy serve 1 fruit serve 2 nut serves	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	

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