




|       | Breakfast   | Snack           | Lunch  | Snack                          | Dinner  | Snack  | Activity |
|-------|---|-----------------|--|--------------------------------|---|--|----------|
| Day 1 | <b>Hazelnut &amp; Almond Cereal</b> <b>A</b><br>1 dairy serve<br>1 fruit serve<br>Daily Supplement  | 1½ dairy serves | 2 slices wholegrain bread<br>2 fat serves<br>2 slices lean ham<br>2 cups salad *     | 1 fruit serve                  | <b>Nasi Goreng</b> <b>C</b><br>2 vegetable serves *           | <b>Oregano &amp; Thyme Crunchies</b> <b>B</b>  |          |
| Day 2 | <b>Apple &amp; Cinnamon Porridge</b> <b>B</b> <br>½ dairy serve<br>1 fruit serve<br>Daily Supplement       | 1 dairy serve   | 2 slices wholegrain bread<br>1 fat serve<br>20g reduced fat cheese<br>2 cups salad * | 1 dairy serve<br>1 fruit serve | <b>Chicken Pad Thai</b> <b>D</b><br>2 vegetable serves *      | <b>Jenny Craig's Ice Cream Sundae</b> <b>A</b> |          |
| Day 3 | <b>Caramelised Onion Fritters</b> <b>C</b><br>1 dairy serve<br>1 fruit serve<br>Daily Supplement  | 1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>90g canned fish<br>2 cups salad *        | 1 fruit serve                  | <b>Vegetarian Chilli</b> <b>A</b><br>2 vegetable serves *     | <b>BBQ Bites</b> <b>D</b>                      |          |
| Day 4 | <b>Oat &amp; Apricot Bar</b> <b>C</b><br>1 dairy serve<br>1 fruit serve<br>Daily Supplement   | 1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>2 slices lean ham<br>2 cups salad *      | 1 fruit serve                  | <b>Lamb Moussaka</b> <b>B</b><br>2 vegetable serves *         | <b>Sticky Date Pudding</b> <b>C</b>            |          |
| Day 5 | <b>Toasted Berry Muesli</b> <b>D</b><br>1 dairy serve<br>1 fruit serve<br>Daily Supplement  | 1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>1 boiled egg<br>2 cups salad *           | 1 fruit serve                  | <b>Chunky Vegetable Soup</b> <b>B</b><br>2 vegetable serves * | <b>Trio Spice Mix</b> <b>D</b>                 |          |
| Day 6 | <b>Wholemeal Pancakes</b> <b>B</b> <br>½ dairy serve<br>1 fat serve<br>1 fruit serve<br>Daily Supplement | 1 dairy serve   | <b>Cheesy Baked Potato</b> <b>C</b><br>2 cups salad *<br>1 fat serve                 | 1 dairy serve<br>1 fruit serve | <b>Salmon Linguine</b> <b>C</b><br>2 vegetable serves *       | <b>Choc Fudge Bikkie</b> <b>B</b>              |          |
| Day 7 | <b>Flakes &amp; Fibre Cereal</b> <b>A</b><br>1 dairy serve<br>1 fruit serve<br>Daily Supplement   | 1½ dairy serves | <b>Spinach &amp; Fetta Roll</b> <b>B</b><br>2 cups salad *<br>20g reduced fat cheese | 1 fruit serve                  | <b>Chicken Satay</b> <b>E</b><br>2 vegetable serves *         | <b>Nut &amp; Cranberry Mix</b> <b>C</b>        |          |

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

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grains \_\_\_\_\_ Meat \_\_\_\_\_ Milk \_\_\_\_\_ Fat \_\_\_\_\_

## Adolescent Menu 3

*This week's focus*

Food

Body

Mind

*Appointment*

Date

Time

Phone

*Shopping list*

**Meat**

1 egg  
90g canned fish  
4 slices lean ham (90g)  
40g reduced fat cheese

**Vegetables**

14 cups salad  
14 non-starchy vegetable serves

**Grains**

10 slices wholegrain bread

**Dairy**

17½ dairy serves

**Fat**

8 fat serves

**Fruit**

14 fruit serves

Please direct comments to:  
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|       | Breakfast  | Snack                       | Lunch  | Snack                     | Dinner   | Snack   | Activity |
|-------|--|-----------------------------|--|---------------------------|--|---|----------|
| Day 1 | <b>Nut &amp; Grain Chew</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>           | <b>B</b><br>1½ dairy serves | 2 slices wholegrain bread<br>2 fat serves<br>1 boiled egg<br>2 cups salad *                    | 1 fruit serve             | <b>Macaroni Cheese</b><br>2 vegetable serves *                           | <b>A</b><br><b>Light &amp; Tangy Veggie Crisps</b>  |          |
| Day 2 | <b>Toasted Berry Muesli</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>           | <b>D</b><br>1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>2 slices lean ham<br>2 cups salad *                | 1 fruit serve             | <b>Beef Pastie</b><br>2 vegetable serves *                               | <b>C</b><br><b>White Chocolate Cranberry Cookie</b> |          |
| Day 3 | <b>Cranberry &amp; Vanilla Muesli</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> | <b>C</b><br>1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>20g reduced fat cheese<br>2 cups salad *           | 1 fruit serve             | <b>Butter Chicken</b><br>2 vegetable serves *                            | <b>E</b><br><b>Salted Caramel Nut Bar</b>           |          |
| Day 4 | <b>Cocoa Clusters</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>                 | <b>D</b><br>1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>2 slices lean ham<br>2 cups salad *                | 1 fruit serve             | <b>Cottage Pie</b><br>2 vegetable serves *                               | <b>E</b><br><b>Trio Spice Mix</b>                   |          |
| Day 5 | <b>Fruit Loaf</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>                     | <b>B</b><br>1½ dairy serves | 2 slices wholegrain bread<br>1 fat serve<br>20g reduced fat cheese<br>2 cups salad *           | 1 fruit serve             | <b>Beef Lasagne</b><br>2 vegetable serves *                              | <b>C</b><br><b>Shortbread Bites</b>                 |          |
| Day 6 | <b>Flakes &amp; Fibre Cereal</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>      | <b>A</b><br>1½ dairy serves | <b>Sausage Roll</b><br>2 cups salad *<br>2 fat serves  | <b>C</b><br>1 fruit serve | <b>Vegetable Tikka Masala with Paneer Cheese</b><br>2 vegetable serves * | <b>D</b><br><b>Jenny Craig's Ice Cream Sundae</b>   |          |
| Day 7 | <b>Malty Grain</b><br>1 dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>                    | <b>A</b><br>1½ dairy serves | <b>Creamy Vegetable Pappardelle</b><br>20g reduced fat cheese<br>2 cups salad *<br>1 fat serve | <b>D</b><br>1 fruit serve | <b>Roast Chicken &amp; Vegetables</b><br>2 vegetable serves *            | <b>B</b><br><b>Sweet &amp; Salty Popcorn</b>        |          |

\* All non-starchy vegetables are Free Foods

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grains \_\_\_\_\_ Meat \_\_\_\_\_ Milk \_\_\_\_\_ Fat \_\_\_\_\_

Adolescent Menu 4

This week’s focus

Food

Body

Mind

Appointment

DateTime

Phone

Shopping list

- Meat

1 egg  
4 slices lean ham (90g)  
60g reduced fat cheese
- Vegetables

14 cups salad  
14 non-starchy vegetable serves
- Grains

10 slices wholegrain bread
- Dairy

17½ dairy serves
- Fat

9 fat serves
- Fruit

14 fruit serves

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