

THE DIET FACTORY

WEEK 5 STANDARD 1000, 1200 AND 1500 CALORIE MENU

Brisbane (Head Office) (07) 3275 2555

Sydney 1800 065 255

Gold Coast (07) 5564 0755

Sunshine Coast/Toowoomba 1800 065 255

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST 1000 CAL	Breakfast Boat	Cereal + Skim Milk	Crumpets & Butter Spread	Spaghetti and Toast	Cereal + Skim Milk	Muffin & Butter Spread	Cereal + Skim Milk
1200 CAL & 1500 CAL & 1800 CAL & 2100 CAL	As above Plus 1 Raisin Bread & Butter Spread	As Above Plus 1 Raisin Bread & Butter Spread	As Above	As Above Plus 1 Toast	As Above Plus 1 Raisin Bread & Butter Spread	As Above Plus 1 Toast	As Above Plus 1 Raisin Bread & Butter Spread
Morning Snack 1000 CAL & 1200	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit
1500 CAL	As Above + 1 Pkt Biscuits	Tropical Temptation	As Above + 1 Pkt Biscuits	Popcorn	As Above + 1 Pkt Biscuits	Trail Mix	As above + 1 PKT Biscuits
1800 CAL & 2100 CAL	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit
LUNCHES	Small Salad , Meat and wholemeal bread	Tomato Tortilla Wrap with Cheese	Pocket bread, cheese, tomato, small salad container & pineapple	Snack Meal "HOT LUNCH"	Chicken & Vegetable Soup & Bread Roll	Multigrain bread, egg mayonnaise & tomato	Wholemeal bread roll, Lamb, yoghurt & fruit
Afternoon Snack 1000 CAL	Trail Mix	1 Biscuit	Healthy Nut Bar	1 Biscuit	Tropical Temptation	1 Biscuit	Popcorn
1200 CAL	Trail Mix	1 Slice of cake	Healthy Nut Bar	1 Muffin	Tropical Temptation	1 Pkt of Ryvita & Spread	1 Apple muffin
1500 CAL	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit
1800 CAL	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack
2100 CAL	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread
DINNERS	1 Dinner Each Evening ** COOK AS DIRECTED ON DINNER CONTAINERS **						

N.B. Customers to supply own low fat or skim milk, which is 300mls per day. Lunch items marked with a **RED DOT** should be kept **FROZEN**. All remaining lunch items are to be refrigerated, excluding fruit. Bread products are best kept **FROZEN**. **N.B. In cold weather soup & roll may replace one of the above lunches. Product items may vary due to availability.** **N.B. ALL PRODUCTS MAY CONTAIN NUTS.** **WE RESERVE THE RIGHT TO SUBSTITUTE MEALS IF MEALS ARE NOT IN STOCK**

CANCELLATIONS MUST BE MADE BY PHONE AT LEAST 48HRS PRIOR TO DELIVERY DAY