

5000kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2 meat alternatives

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

1 slice wholegrain bread

Milk

10½ milk serves

Fat

5 fat serves

Fruit

14 fruit serves

Please direct comments to:
Customer Care Australia
P 1800 453 669 W jennycraig.com.au
Customer Care New Zealand
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| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|---|--------------|---|---------------|--|---|----------|
| Day 1 | Malty Grain B ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Roasted Veggie All Round D 2 cups salad * 1 fat serve | 1 fruit serve | Vegetarian Chilli B 2 vegetable serves * | Corn Chips C | |
| Day 2 | Zucchini & Corn Muffin C ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Cheesy Pesto Pasta * C 2 cups salad * | 1 fruit serve | Roasted Vegetable Pizza C 2 cups salad * | Jenny Craig's Ice Cream Sundae B | |
| Day 3 | Toasted Berry Muesli D ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Potato & Leek Soup A 1 slice wholegrain bread 1 fat serve 2 cups salad * 1 meat alternative | 1 fruit serve | Macaroni Cheese B 2 vegetable serves * | Sweet Chilli & Sour Cream Chips A | |
| Day 4 | Apple & Berry Brekkie Cup C ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Creamy Vegetable Pappardelle D 2 cups salad * 1 fat serve | 1 fruit serve | Asian-style Vegetable Fried Rice A 2 vegetable serves * | Choc Fudge Bikkie A | |
| Day 5 | Oat & Apricot Bar C ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Bean & Cheese Burrito B 2 cups salad * 1 fat serve 1 meat alternative | 1 fruit serve | Vegetable Lasagne A 2 vegetable serves * | Cheesy Popcorn C | |
| Day 6 | Hazelnut & Almond Cereal A ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Vegetable Tortellini C 2 cups salad * 1 fat serve | 1 fruit serve | Pumpkin & Fetta Rice Salad * B 2 cups salad * | Sticky Date Pudding C | |
| Day 7 | Apple & Cinnamon Porridge B ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Cheesy Baked Potato B 2 cups salad * | 1 fruit serve | Spinach & Ricotta Cannelloni C 2 vegetable serves * | BBQ Bites D | |

* All non-starchy vegetables are Free Foods ♦ Use milk serve allocated on this day to prepare, as per pack instructions ✱ Thaw overnight

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jenny
C R A I G

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|---|--------------|---|---------------|--|---|----------|
| Day 1 | Flakes & Fibre Cereal A ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Spinach & Fetta Roll B 2 cups salad * 1 fat serve | 1 fruit serve | Roasted Vegetable Pizza C 2 cups salad * | Chocolate Pudding D | |
| Day 2 | Peanut Breakfast Bar A ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Vegetable Tortellini C 2 cups salad * 1 meat alternative 1 fat serve | 1 fruit serve | Cheesy Baked Potato A 2 cups salad * 1 meat alternative | Light & Tangy Veggie Crisps A | |
| Day 3 | Cranberry & Vanilla Muesli C ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Pasta Verde C 2 cups salad * | 1 fruit serve | Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves * | Choc Chip Bites C | |
| Day 4 | Oat & Apricot Bar C ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Pumpkin & Fetta Rice Salad D ✱ 2 cups salad * | 1 fruit serve | Creamy Vegetable Pappardelle B 2 vegetable serves * | Cheesy Popcorn C | |
| Day 5 | Roasted Veggie All Round D ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Creamy Vegetable Soup A 1 slice wholegrain bread 2 cups salad * | 1 fruit serve | Spinach & Ricotta Cannelloni C 2 vegetable serves * | Salted Caramel Nut Bar D | |
| Day 6 | Wholemeal Pancakes B  ½ milk serve 1 fat serve 1 fruit serve Daily Supplement | 1 milk serve | Vegetable Lasagne B 2 cups salad * | 1 fruit serve | Asian-style Vegetable Fried Rice A 2 vegetable serves * 1 meat alternative | Oregano & Thyme Crunchies B | |
| Day 7 | Waffles D 2 fat serves ½ milk serve 1 fruit serve Daily Supplement | 1 milk serve | Zucchini & Corn Muffin C 2 cups salad * | 1 fruit serve | Macaroni Cheese B 2 vegetable serves * | Corn Chips C | |

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