

6400kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat Alternatives 3 eggs 10 meat alternatives 60g reduced fat cheese	Fruit 14 fruit serves
Grains 6 crispbread 6 slices wholegrain bread	Vegetables 18 cups salad 10 non-starchy vegetable serves
Milk 17½ milk serves	
Fat 12 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain (B) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Roasted Veggie All Round (D) 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Vegetarian Chilli (B) 1 meat alternative 2 vegetable serves *	Corn Chips (C)	
Day 2	Zucchini & Corn Muffin (C) 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Cheesy Pesto Pasta * (C) 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 20g reduced fat cheese	Roasted Vegetable Pizza (C) 2 cups salad *	Jenny Craig's Ice Cream Sundae (B)	
Day 3	Toasted Berry Muesli (D) 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Potato & Leek Soup (A) 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Macaroni Cheese (B) 2 meat alternatives 2 vegetable serves *	Sweet Chilli & Sour Cream Chips (A)	
Day 4	Apple & Berry Brekkie Cup (C) 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Creamy Vegetable Pappardelle (D) 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Asian-style Vegetable Fried Rice (A) 1 fried egg 2 vegetable serves *	Choc Fudge Bikkie (A)	
Day 5	Oat & Apricot Bar (C) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Bean & Cheese Burrito (B) 2 cups salad * 2 meat alternatives 1 fat serve	1 fruit serve	Vegetable Lasagne (A) 2 vegetable serves * 1 meat alternative	Cheesy Popcorn (C)	
Day 6	Hazelnut & Almond Cereal (A) 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Vegetable Tortellini (C) 2 cups salad * 1 fat serve	1 fruit serve	Pumpkin & Fetta Rice Salad * (B) 2 meat alternatives 2 cups salad *	Sticky Date Pudding (C)	
Day 7	Apple & Cinnamon Porridge (B) ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1 milk serve	Cheesy Baked Potato (B) 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve	Spinach & Ricotta Cannelloni (C) 2 vegetable serves *	BBQ Bites (D) 1 milk serve	

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

Please direct comments to:
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Meat Alternatives

3 eggs
9 meat alternatives
60g reduced fat cheese

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

8 slices wholegrain bread

Milk

17½ milk serves

Fat

14 fat serves

Fruit

14 fruit serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	1 fruit serve	Roasted Vegetable Pizza C 20g reduced fat cheese 2 cups salad * 1 meat alternative	Chocolate Pudding D	
Day 2	Peanut Breakfast Bar A 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	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 1 fat serve	Light & Tangy Veggie Crisps A 1 fruit serve	
Day 3	Cranberry & Vanilla Muesli C 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Pasta Verde C 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Choc Chip Bites C	
Day 4	Oat & Apricot Bar C 1 milk serve 1 fruit serve 1 slice wholegrain toast 20g reduced fat cheese Daily Supplement	1½ milk serves	Pumpkin & Fetta Rice Salad D * 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Creamy Vegetable Pappardelle B 2 vegetable serves *	Cheesy Popcorn C	
Day 5	Roasted Veggie All Round D 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 1 meat alternative 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 slice wholegrain toast 1 fat serve 1 fruit serve Daily Supplement	1 milk serve	Vegetable Lasagne B 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve 1 milk serve	Asian-style Vegetable Fried Rice A 1 fried egg 1 meat alternative 2 vegetable serves *	Oregano & Thyme Crunchies B	
Day 7	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Zucchini & Corn Muffin C 2 cups salad * 1 meat alternative	1 fruit serve 1 slice wholegrain toast 20g reduced fat cheese	Macaroni Cheese B 1 meat alternative 2 vegetable serves *	Corn Chips C	

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