

12 HOUR CLOCK 5000kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

1 meat alternative
20g reduced fat cheese

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

1 slice wholegrain bread

Milk

10½ milk serves

Fat

4 fat serves

Fruit

14 fruit serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Cheesy Baked Potato B 2 cups salad *	Cinnamon Cookie B	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Malty Grain B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Roasted Veggie All Round D 2 cups salad *	Sweet Chilli & Sour Cream Chips A	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Peanut Breakfast Bar A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Pumpkin & Fetta Rice Salad * D 2 cups salad *	Jenny Craig's Ice Cream Sundae B	Macaroni Cheese B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Apple & Cinnamon Porridge B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Vegetable Tortellini C 2 cups salad * 1 fat serve	Corn Chips C	Vegetarian Chilli B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Toasted Berry Muesli D ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Bean & Cheese Burrito B 2 cups salad *	Shortbread Bites D	Creamy Vegetable Pappardelle B 20g reduced fat cheese 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Café-style Banana Bread A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Vegetable Lasagne B 2 cups salad * 1 fat serve	Sticky Date Pudding C	Roasted Vegetable Pizza C 2 cups salad *	1 fruit serve ⌚ Stop	
Day 7	Apple & Berry Brekkie Cup C ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Potato & Leek Soup A 1 slice wholegrain bread 1 fat serve 2 cups salad * 1 meat alternative	BBQ Bites D	Cheesy Pesto Pasta * A 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop	

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

12 HOUR CLOCK 5000kJ Vegetarian Menu 2

This week's focus

Food

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Date _____ Time _____
Phone _____

Shopping list

Meat Alternatives 2 meat alternatives	Vegetables 16 cups salad 12 non-starchy vegetable serves
Grains 1 slice wholegrain bread	
Milk 10½ milk serves	
Fat 7 fat serves	
Fruit 14 fruit serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Cranberry & Vanilla Muesli C ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Creamy Vegetable Pappardelle D 2 cups salad *	Salted Caramel Nut Bar D	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 2	Nut & Grain Chew B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	Chocolate Pudding D	Macaroni Cheese B 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 3	Flakes & Fibre Cereal A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Creamy Vegetable Soup A 1 slice wholegrain bread 1 fat serve 2 cups salad * 1 meat alternative	Light & Tangy Veggie Crisps A	Roasted Vegetable Pizza C 2 cups salad * 1 fat serve	1 fruit serve ⌚ Stop _____	
Day 4	Café-style Banana Bread A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Pumpkin & Fetta Rice Salad D ✱ 2 cups salad * 1 fat serve	Choc Chip Bites C	Vegetable Tortellini B 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 5	Cocoa Clusters D ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Zucchini & Corn Muffin C 2 cups salad * 1 meat alternative	Oregano & Thyme Crunchies B	Vegetarian Chilli B 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 6	Waffles D 2 fat serves ½ milk serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Smoked Paprika Paella B 2 cups salad *	White Chocolate Cranberry Cookie B	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 7	Wholemeal Pancakes B 💧 ½ milk serve 1 fat serve 1 fruit serve Daily Supplement ⌚ Start _____	1 milk serve	Cheesy Pesto Pasta ✱ C 2 cups salad *	Shortbread Bites D	Asian-style Vegetable Fried Rice A 2 vegetable serves *	1 fruit serve ⌚ Stop _____	

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