

# 12 HOUR CLOCK 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](http://jennycraig.com.au)  
Customer Care New Zealand  
P 0800 555 123 W [jennycraig.co.nz](http://jennycraig.co.nz)  
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> (B) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Roasted Veggie All Round</b> (D) 2 cups salad * 1 fat serve	<b>Corn Chips</b> (C)	<b>Vegetarian Chilli</b> (B) 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 2	<b>Zucchini &amp; Corn Muffin</b> (C) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Cheesy Pesto Pasta</b> * (C) 2 cups salad *	<b>Jenny Craig's Ice Cream Sundae</b> (B)	<b>Roasted Vegetable Pizza</b> (C) 2 cups salad *	1 fruit serve  ⌚ Stop .....	
Day 3	<b>Toasted Berry Muesli</b> (D) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Potato &amp; Leek Soup</b> (A) 1 slice wholegrain bread 1 fat serve 2 cups salad * 1 meat alternative	<b>Sweet Chilli &amp; Sour Cream Chips</b> (A)	<b>Macaroni Cheese</b> (B) 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 4	<b>Apple &amp; Berry Brekkie Cup</b> (C) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Creamy Vegetable Pappardelle</b> (D) 2 cups salad * 1 fat serve	<b>Choc Fudge Bikkie</b> (A)	<b>Asian-style Vegetable Fried Rice</b> (A) 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 5	<b>Oat &amp; Apricot Bar</b> (C) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Bean &amp; Cheese Burrito</b> (B) 2 cups salad * 1 fat serve 1 meat alternative	<b>Cheesy Popcorn</b> (C)	<b>Vegetable Lasagne</b> (A) 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 6	<b>Hazelnut &amp; Almond Cereal</b> (A) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Vegetable Tortellini</b> (C) 2 cups salad * 1 fat serve	<b>Sticky Date Pudding</b> (C)	<b>Pumpkin &amp; Fetta Rice Salad</b> * (B) 2 cups salad *	1 fruit serve  ⌚ Stop .....	
Day 7	<b>Apple &amp; Cinnamon Porridge</b> (B) ½ milk serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 milk serve	<b>Cheesy Baked Potato</b> (B) 2 cups salad *	<b>BBQ Bites</b> (D)	<b>Spinach &amp; Ricotta Cannelloni</b> (C) 2 vegetable serves *	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

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**Meat Alternatives**

3 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

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

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