

# 5000kJ Vegetarian Menu 3

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Grains

1 slice wholegrain bread

### Dairy

10½ dairy serves

### Fat

1 fat serve

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable 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)  
© Jenny Craig Inc 02/21



|       | Breakfast   | Snack         | Lunch  | Snack         | Dinner   | Snack   | Activity |
|-------|---|---------------|--|---------------|--|---|----------|
| Day 1 | <b>Malty Grain</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> <b>A</b>                    | 1 dairy serve | <b>Roasted Veggie All Round</b><br>2 cups salad * <b>C</b>   | 1 fruit serve | <b>Macaroni Cheese</b><br>2 vegetable serves * <b>B</b>                  | <b>Sweet &amp; Salty Popcorn</b> <b>B</b>       |          |
| Day 2 | <b>Flakes &amp; Fibre Cereal</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> <b>A</b>      | 1 dairy serve | <b>Vegetable Tortellini</b><br>2 cups salad * <b>C</b>   | 1 fruit serve | <b>Roasted Vegetable Pizza</b><br>2 cups salad * <b>C</b>                | <b>Shortbread Bites</b> <b>D</b>                |          |
| Day 3 | <b>Toasted Berry Muesli</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> <b>D</b>           | 1 dairy serve | <b>Creamy Vegetable Soup</b><br>1 slice wholegrain bread<br>1 fat serve<br>2 cups salad * <b>A</b> | 1 fruit serve | <b>Spinach &amp; Ricotta Cannelloni</b><br>2 vegetable serves * <b>C</b> | <b>Light &amp; Tangy Veggie Crisps</b> <b>A</b> |          |
| Day 4 | <b>Cranberry &amp; Vanilla Muesli</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> <b>C</b> | 1 dairy serve | <b>Pumpkin &amp; Fetta Rice Salad</b> * <b>D</b><br>2 cups salad *                                 | 1 fruit serve | <b>Vegetable Lasagne</b><br>2 vegetable serves * <b>A</b>                | <b>Chocolate Pudding</b> <b>D</b>               |          |
| Day 5 | <b>Nut &amp; Grain Chew</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> <b>B</b>           | 1 dairy serve | <b>Creamy Vegetable Pappardelle</b><br>2 cups salad * <b>D</b>                                     | 1 fruit serve | <b>Chunky Vegetable Soup</b><br>2 vegetable serves * <b>B</b>            | <b>Nut &amp; Cranberry Mix</b> <b>C</b>         |          |
| Day 6 | <b>Wholemeal Pancakes</b> <b>B</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>             | 1 dairy serve | <b>Cheesy Baked Potato</b> <b>C</b><br>2 cups salad *  | 1 fruit serve | <b>Nasi Goreng</b><br>2 vegetable serves * <b>C</b>                      | <b>BBQ Bites</b> <b>D</b>                       |          |
| Day 7 | <b>Cheese &amp; Chive Omelette</b> <b>D</b><br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>    | 1 dairy serve | <b>Spinach &amp; Fetta Roll</b> <b>B</b><br>2 cups salad *   | 1 fruit serve | <b>Vegetarian Chilli</b><br>2 vegetable serves * <b>B</b>                | <b>Choc Fudge Bikkie</b> <b>B</b>               |          |

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

# 5000kJ Vegetarian Menu 4

## This week's focus

Food

Body

Mind

## Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_

Phone \_\_\_\_\_

## Shopping list





























**Meat Alternatives**  
20g reduced fat cheese

**Grains**  
1 slice wholegrain bread

**Dairy**  
10½ dairy serves

**Fruit**  
14 fruit serves

**Vegetables**  
18 cups salad  
10 non-starchy vegetable serves

|       | Breakfast  | Snack         | Lunch   | Snack         | Dinner  | Snack   | Activity |
|-------|--|---------------|---|---------------|---|---|----------|
| Day 1 | <b>Apple &amp; Cinnamon Porridge</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>  | 1 dairy serve | <b>Vegetable Lasagne</b> <br>2 cups salad *                          | 1 fruit serve | <b>Chunky Vegetable Soup</b> <br>2 vegetable serves *                                  | <b>White Chocolate Cranberry Cookie</b>  |          |
| Day 2 | <b>Caramelised Onion Fritters</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>     | 1 dairy serve | <b>Spinach &amp; Fetta Roll</b> <br>2 cups salad *                   | 1 fruit serve | <b>Creamy Vegetable Pappardelle</b> <br>20g reduced fat cheese<br>2 vegetable serves * | <b>Oregano &amp; Thyme Crunchies</b>     |          |
| Day 3 | <b>Malty Grain</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>                    | 1 dairy serve | <b>Roasted Veggie All Round</b> <br>2 cups salad *                   | 1 fruit serve | <b>Vegetable Tikka Masala with Paneer Cheese</b> <br>2 vegetable serves *              | <b>Jenny Craig's Ice Cream Sundae</b>    |          |
| Day 4 | <b>Hazelnut &amp; Almond Cereal</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>   | 1 dairy serve | <b>Pumpkin &amp; Fetta Rice Salad</b> <br>2 cups salad *             | 1 fruit serve | <b>Macaroni Cheese</b> <br>2 vegetable serves *  | <b>Light &amp; Tangy Veggie Crisps</b>   |          |
| Day 5 | <b>Cranberry &amp; Vanilla Muesli</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b> | 1 dairy serve | <b>Vegetable Tortellini</b> <br>2 cups salad *                       | 1 fruit serve | <b>Vegetarian Chilli</b> <br>2 vegetable serves *                                      | <b>Salted Caramel Nut Bar</b>            |          |
| Day 6 | <b>Nut &amp; Grain Chew</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>         | 1 dairy serve | <b>Pumpkin Soup</b> <br>1 slice wholegrain bread<br>2 cups salad * | 1 fruit serve | <b>Roasted Vegetable Pizza</b> <br>2 cups salad *                                    | <b>Trio Spice Mix</b>                  |          |
| Day 7 | <b>Toasted Berry Muesli</b> <br>½ dairy serve<br>1 fruit serve<br><b>Daily Supplement</b>         | 1 dairy serve | <b>Cheese &amp; Chive Omelette</b> <br>2 cups salad *              | 1 fruit serve | <b>Bean &amp; Cheese Burrito</b>   | <b>Sticky Date Pudding</b>             |          |

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