

RAPID RESULTS 5000kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Roasted Veggie All Round C 2 cups salad *	Light & Tangy Veggie Crisps A	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Caramelised Onion Fritters C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	Choc Chip Bites C	Chunky Vegetable Soup B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Oat & Apricot Bar C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pumpkin & Fetta Rice Salad * D 2 cups salad *	Sweet & Salty Popcorn B	Vegetable Tortellini A 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Creamy Vegetable Soup A 1 slice wholegrain bread 2 cups salad *	Nut & Cranberry Mix C	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Cheese & Chive Omelette B 2 cups salad *	Choc Fudge Bikkie B	Nasi Goreng C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Fruit Loaf B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Spinach & Fetta Roll B 2 cups salad *	Chocolate Pudding D	Macaroni Cheese B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Creamy Vegetable Pappardelle D 2 cups salad *	Trio Spice Mix D	Bean & Cheese Burrito B 2 cups salad *	1 fruit serve ⌚ Stop	

* All non-starchy vegetables are Free Foods * Thaw overnight

RAPID RESULTS 5000kJ Vegetarian Menu 2

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

18 cups salad
10 non-starchy vegetable serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple & Cinnamon Porridge B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetable Lasagne B 2 cups salad *	Oregano & Thyme Crunchies B	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Cheese & Chive Omelette B 2 cups salad * 1 fat serve	Shortbread Bites D	Creamy Vegetable Pappardelle A 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Apple & Berry Brekkie Cup C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	BBQ Bites D	Vegetarian Chilli B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Oat & Apricot Bar C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pumpkin & Fetta Rice Salad D 2 cups salad *	Melting Moment A	Roasted Vegetable Pizza C 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Cocoa Clusters D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetable Tortellini C 2 cups salad *	Choc Chip Bites C	Bean & Cheese Burrito B 2 cups salad *	1 fruit serve ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad *	Sticky Date Pudding C	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Roasted Veggie All Round C 2 cups salad *	Jenny Craig's Ice Cream Sundae A	Nasi Goreng C 2 vegetable serves *	1 fruit serve ⌚ Stop	

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