

RAPID RESULTS 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

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

RAPID RESULTS 5000kJ Vegetarian Menu 4

This week's focus

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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

Please direct comments to:

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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 ✱ | White Chocolate Cranberry Cookie B | Chunky Vegetable Soup B 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 | Spinach & Fetta Roll B 2 cups salad ✱ 20g reduced fat cheese | Oregano & Thyme Crunchies B | Creamy Vegetable Pappardelle A 2 vegetable serves ✱ | 1 fruit serve 🕒 Stop | |
| Day 3 | Malty Grain A 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 | Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves ✱ | 1 fruit serve 🕒 Stop | |
| Day 4 | Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start | 1 dairy serve | Pumpkin & Fetta Rice Salad ✳ D 2 cups salad ✱ | Light & Tangy Veggie Crisps A | Macaroni Cheese B 2 vegetable serves ✱ | 1 fruit serve 🕒 Stop | |
| Day 5 | Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start | 1 dairy serve | Vegetable Tortellini C 2 cups salad ✱ | Salted Caramel Nut Bar C | Vegetarian Chilli B 2 vegetable serves ✱ | 1 fruit serve 🕒 Stop | |
| Day 6 | Nut & Grain Chew B ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start | 1 dairy serve | Pumpkin Soup A 1 slice wholegrain bread 2 cups salad ✱ | Trio Spice Mix D | Roasted Vegetable Pizza C 2 cups salad ✱ | 1 fruit serve 🕒 Stop | |
| Day 7 | Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start | 1 dairy serve | Cheese & Chive Omelette B 2 cups salad ✱ | Sticky Date Pudding C | Bean & Cheese Burrito B 2 cups salad ✱ | 1 fruit serve 🕒 Stop | |

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