

# RAPID RESULTS 6400kJ Vegetarian Menu 3

*This week's focus*

Food

Body

Mind

*Appointment*

Date

Time

Phone

*Shopping list*

### Meat Alternatives

2 eggs  
180g reduced fat cheese

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

6 crispbread  
6 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

8 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)  
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>A</b> 1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	<b>Roasted Veggie All Round</b> <b>C</b> 2 cups salad *	<b>Sweet &amp; Salty Popcorn</b> <b>B</b>	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 2	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Vegetable Tortellini</b> <b>C</b> 20g reduced fat cheese 2 cups salad *	<b>Shortbread Bites</b> <b>D</b>	<b>Roasted Vegetable Pizza</b> <b>C</b> 2 cups salad *	1 fruit serve  ⌚ Stop .....	
Day 3	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 4	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Pumpkin &amp; Fetta Rice Salad</b> <b>D</b> ✱ 2 cups salad * 1 boiled egg 1 fat serve	<b>Chocolate Pudding</b> <b>D</b>	<b>Vegetable Lasagne</b> <b>A</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 5	<b>Nut &amp; Grain Chew</b> <b>B</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Creamy Vegetable Pappardelle</b> <b>D</b> 20g reduced fat cheese 2 cups salad * 1 fat serve	<b>Nut &amp; Cranberry Mix</b> <b>C</b>	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 6	<b>Wholemeal Pancakes</b> <b>B</b> 💧 ½ dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve 3 crispbread 40g reduced fat cheese	<b>Cheesy Baked Potato</b> <b>C</b> 2 cups salad *	<b>BBQ Bites</b> <b>D</b>	<b>Nasi Goreng</b> <b>C</b> 2 vegetable serves *	1 dairy serve  ⌚ Stop .....	
Day 7	<b>Cheese &amp; Chive Omelette</b> <b>D</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 20g reduced fat cheese 1 fat serve	<b>Choc Fudge Bikkie</b> <b>B</b>	<b>Vegetarian Chilli</b> <b>B</b> 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 6400kJ Vegetarian Menu 4

## This week's focus

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## Shopping list

### Meat Alternatives

3 eggs  
2 meat alternatives  
140g reduced fat cheese

### Fruit

14 fruit serves

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Grains

6 crispbread  
6 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

7 fat serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Apple &amp; Cinnamon Porridge</b> <span style="color: blue;">💧</span> <b>B</b> ½ dairy serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b> 🕒 Start _____	1 dairy serve 1 fruit serve	<b>Vegetable Lasagne</b> <b>B</b> 40g reduced fat cheese 2 cups salad *	<b>White Chocolate Cranberry Cookie</b> <b>B</b> 1 dairy serve	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves *	1 fruit serve 🕒 Stop _____	
Day 2	<b>Caramelised Onion Fritters</b> <b>C</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve <b>Daily Supplement</b> 🕒 Start _____	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 1 boiled egg 1 fat serve	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	<b>Creamy Vegetable Pappardelle</b> <b>A</b> 20g reduced fat cheese 2 vegetable serves *	1 fruit serve 🕒 Stop _____	
Day 3	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> 🕒 Start _____	1½ dairy serves 3 crispbread 40g reduced fat cheese	<b>Roasted Veggie All Round</b> <b>C</b> 2 cups salad *	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b>	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves *	1 fruit serve 🕒 Stop _____	
Day 4	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> 🕒 Start _____	1½ dairy serves 3 crispbread 40g reduced fat cheese	<b>Pumpkin &amp; Fetta Rice Salad</b> <span style="color: purple;">✳</span> <b>D</b> 2 cups salad *	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves *	1 fruit serve 🕒 Stop _____	
Day 5	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> 🕒 Start _____	1½ dairy serves 1 fruit serve	<b>Vegetable Tortellini</b> <b>C</b> 1 meat alternative 2 cups salad *	<b>Salted Caramel Nut Bar</b> <b>C</b>	<b>Vegetarian Chilli</b> <b>B</b> 2 vegetable serves *	1 fruit serve 🕒 Stop _____	
Day 6	<b>Nut &amp; Grain Chew</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> 🕒 Start _____	1½ dairy serves	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	<b>Trio Spice Mix</b> <b>D</b>	<b>Roasted Vegetable Pizza</b> <b>C</b> 2 cups salad *	1 fruit serve 🕒 Stop _____	
Day 7	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> 🕒 Start _____	1½ dairy serves	<b>Cheese &amp; Chive Omelette</b> <b>B</b> 1 slice wholegrain toast 1 fat serve 1 meat alternative 2 cups salad *	<b>Sticky Date Pudding</b> <b>C</b>	<b>Bean &amp; Cheese Burrito</b> <b>B</b> 2 cups salad * 1 fat serve	1 fruit serve 🕒 Stop _____	

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