

# RAPID RESULTS 7000kJ

## Menu 1

### This week's focus

Food

Body

Mind

### Appointment

Date

Time

Phone

### Shopping list

#### Meat

1 egg  
8 slices lean ham (180g)  
160g reduced fat cheese

#### Fruit

14 fruit serves

#### Vegetables

16 cups salad  
12 non-starchy vegetable serves

#### Grains

9 crispbread  
1 cup peas  
11 slices wholegrain bread

#### Dairy

17½ dairy serves

#### Fat

9 fat 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> 1 dairy serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>  ⌚ Start .....	<b>A</b> 1½ dairy serves 1 fruit serve	<b>Beef Pie</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>D</b> <b>Shortbread Bites</b>	<b>C</b> <b>Chicken Fettuccine</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 2	<b>Oat &amp; Apricot Bar</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>C</b> 1½ dairy serves 3 crispbread 40g reduced fat cheese	<b>C</b> <b>Cheesy Baked Potato</b> 2 cups salad * 2 slices lean ham	<b>G</b> <b>Nut &amp; Cranberry Mix</b>	<b>C</b> <b>Beef &amp; Vegetable Casserole</b> 2 vegetable serves * ½ cup peas	1 fruit serve  ⌚ Stop .....	
Day 3	<b>Flakes &amp; Fibre Cereal</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>  ⌚ Start .....	<b>A</b> 1½ dairy serves 3 crispbread 1 fat serve 20g reduced fat cheese	<b>C</b> <b>Ham &amp; Cheese Toastie</b> 2 cups salad *	<b>A</b> <b>Melting Moment</b>	<b>D</b> <b>Spinach &amp; Ricotta Cannelloni</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 4	<b>Cheese &amp; Chive Omelette</b> 1 slice wholegrain toast 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>D</b> 1½ dairy serves 1 slice wholegrain toast 1 fat serve	<b>B</b> <b>Spaghetti Bolognese</b> 1 slice wholegrain bread 2 slices lean ham 2 cups salad *	<b>C</b> <b>Salted Caramel Nut Bar</b>	<b>A</b> <b>Bean &amp; Cheese Burrito</b> 2 cups salad *	1 fruit serve  ⌚ Stop .....	
Day 5	<b>Toasted Berry Muesli</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>D</b> 1½ dairy serves 3 crispbread 1 fat serve 20g reduced fat cheese	<b>A</b> <b>Creamy Vegetable Soup</b> 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	<b>B</b> <b>Oregano &amp; Thyme Crunchies</b>	<b>E</b> <b>Butter Chicken</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 6	<b>Apple &amp; Berry Brekkie Cup</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>C</b> 1½ dairy serves 1 slice wholegrain toast 20g reduced fat cheese	<b>B</b> <b>Spinach &amp; Fetta Roll</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>D</b> <b>Chocolate Pudding</b>	<b>B</b> <b>Meatballs &amp; Vegetables</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 7	<b>Wholemeal Pancakes</b> 💧 ½ dairy serve 1 fat serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>B</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>D</b> <b>Creamy Vegetable Pappardelle</b> 2 slices lean ham 20g reduced fat cheese 2 cups salad *	<b>A</b> <b>Light &amp; Tangy Veggie Crisps</b> 1 fruit serve	<b>E</b> <b>Cottage Pie</b> 2 vegetable serves * ½ cup peas	1 dairy serve  ⌚ Stop .....	

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

# RAPID RESULTS 7000kJ

## Menu 2

### This week's focus

Food

Body

Mind

### Appointment

Date

Time

Phone

### Shopping list

#### Meat

2 eggs  
180g canned fish  
120g reduced fat cheese

#### Fruit

14 fruit serves

#### Vegetables

22 cups salad  
6 non-starchy vegetable serves

#### Grains

1 cup corn  
3 crispbread  
12 slices wholegrain bread

#### Dairy

17½ dairy serves

#### Fat

11 fat 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>Hazelnut &amp; Almond Cereal</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>A</b> 1½ dairy serves 1 slice wholegrain toast 1 fat serve	<b>Pea &amp; Ham Risotto</b> <b>C</b> 2 cups salad * 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	<b>Choc Chip Bites</b> <b>C</b>	<b>Crumbed Fish &amp; Wedges</b> <b>E</b> 2 cups salad *	1 fruit serve  ⌚ Stop .....	
Day 2	<b>Fruit Loaf</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 90g canned fish 2 cups salad *	<b>BBQ Bites</b> <b>D</b>	<b>Chicken Parmigiana</b> <b>E</b> 20g reduced fat cheese 2 cups salad *	1 fruit serve  ⌚ Stop .....	
Day 3	<b>Ham &amp; Egg Muffin</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Sausage Roll</b> <b>C</b> 2 cups salad * 1 slice wholegrain bread 1 fat serve	<b>Panna Cotta</b> <b>A</b> ½ dairy serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve  ⌚ Stop .....	
Day 4	<b>Cocoa Clusters</b> <b>D</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Cheese &amp; Chive Omelette</b> <b>B</b> 1 slice wholegrain toast 2 cups salad *	<b>Sweet &amp; Salty Popcorn</b> <b>B</b>	<b>Chicken Cacciatore</b> <b>D</b> 2 vegetable serves * ½ cup corn	1 fruit serve  ⌚ Stop .....	
Day 5	<b>Nut &amp; Grain Chew</b> <b>B</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 Lasagne</b> <b>B</b> 2 cups salad * 20g reduced fat cheese 1 slice wholegrain bread	<b>Mango Cheesecake</b> <b>D</b>	<b>Quiche Lorraine</b> <b>A</b> 2 cups salad * ½ cup corn	1 fruit serve  ⌚ Stop .....	
Day 6	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 3 crispbread 40g reduced fat cheese	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad *	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	<b>Teriyaki Beef Noodles</b> <b>D</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 7	<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>Pumpkin &amp; Fetta Rice Salad</b> <b>D</b> 2 cups salad * 90g canned fish 2 fat serves	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	<b>Beef Pastie</b> <b>C</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