

# RAPID RESULTS 7000kJ

## Menu 3

### This week's focus

Food

Body

Mind

### Appointment

Date

Time

Phone

### Shopping list

#### Meat

3 eggs  
90g canned fish  
2 slices lean ham (45g)  
80g reduced fat cheese

#### Fruit

14 fruit serves

#### Vegetables

14 cups salad  
14 non-starchy vegetable serves

#### Grains

1 cup corn  
14 slices wholegrain bread

#### Dairy

17½ dairy serves

#### Fat

13 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)  
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 slice wholegrain toast 2 fat serves <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 1 slice wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	<b>Nasi Goreng</b> <b>C</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 2	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Roasted Veggie All Round</b> <b>D</b> 1 slice wholegrain bread 1 fat serve 2 cups salad *	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b>	<b>Chicken Pad Thai</b> <b>D</b> 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop .....	
Day 3	<b>Caramelised Onion Fritters</b> <b>C</b> 2 slices wholegrain toast 1 fat serve 1 dairy serve <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Cheesy Baked Potato</b> <b>C</b> 1 slice wholegrain bread 2 slices lean ham 2 cups salad *	<b>BBQ Bites</b> <b>D</b>	<b>Vegetarian Chilli</b> <b>A</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 4	<b>Oat &amp; Apricot Bar</b> <b>C</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 Lasagne</b> <b>B</b> 20g reduced fat cheese 2 cups salad * ½ cup corn 1 fat serve	<b>Sticky Date Pudding</b> <b>C</b>	<b>Lamb Moussaka</b> <b>B</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 5	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 slice wholegrain toast 2 fat serves <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Spaghetti Bolognese</b> <b>B</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>Trio Spice Mix</b> <b>D</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 1 slice wholegrain toast 20g reduced fat cheese	<b>Sausage Roll</b> <b>C</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>Choc Fudge Bikkie</b> <b>B</b> 1 dairy serve	<b>Salmon Linguine</b> <b>C</b> 2 vegetable serves *	1 fruit serve ⌚ Stop .....	
Day 7	<b>Apple &amp; Cinnamon Porridge</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1 dairy serve	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	<b>Nut &amp; Cranberry Mix</b> <b>C</b> 1 fruit serve	<b>Chicken Satay</b> <b>E</b> 2 vegetable serves * ½ cup corn	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 4

### This week's focus

Food

Body

Mind

### Appointment

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Time

Phone

### Shopping list

#### Meat

4 eggs  
4 slices lean ham (90g)  
120g reduced fat cheese

#### Fruit

14 fruit serves

#### Vegetables

14 cups salad  
14 non-starchy vegetable serves

#### Grains

6 crispbread  
1 cup peas  
12 slices wholegrain bread

#### Dairy

17½ dairy serves

#### Fat

14 fat serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Nut &amp; Grain Chew</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	<b>B</b> 1½ dairy serves 3 crispbread 1 fat serve 2 slices lean ham	<b>Beef Nachos</b> <b>C</b> 40g reduced fat cheese 2 cups salad * 2 fat serves	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	<b>Macaroni Cheese</b> <b>A</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 2	<b>Cocoa Clusters</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Vegetable Tortellini</b> <b>C</b> 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	<b>Trio Spice Mix</b> <b>D</b>	<b>Roast Chicken &amp; Vegetables</b> <b>B</b> 2 vegetable serves * ½ cup peas	1 fruit serve  ⌚ Stop .....	
Day 3	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 slice wholegrain toast 2 fat serves <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Beef Pie</b> <b>D</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b>	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>D</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 4	<b>Fruit Loaf</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 3 crispbread 1 fat serve 20g reduced fat cheese	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	<b>Cottage Pie</b> <b>E</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 5	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Tuna Baked Potato</b> <b>B</b> 1 slice wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	<b>Sweet &amp; Salty Popcorn</b> <b>B</b>	<b>Beef Pastie</b> <b>C</b> 2 vegetable serves * ½ cup peas	1 fruit serve  ⌚ Stop .....	
Day 6	<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>Vegetarian Chilli</b> <b>D</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>Salted Caramel Nut Bar</b> <b>C</b>	<b>Creamy Vegetable Pappardelle</b> <b>A</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	
Day 7	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	<b>Shortbread Bites</b> <b>D</b>	<b>Beef Lasagne</b> <b>C</b> 2 vegetable serves *	1 fruit serve  ⌚ Stop .....	

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