

RAPID RESULTS 7000kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

3 eggs
7 meat alternatives
180g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
10 slices wholegrain bread

Dairy

17½ dairy serves

Fat

12 fat serves

Please direct comments to:
Customer Care Australia
P 1800 453 669 W jennycraig.com.au
Customer Care New Zealand
P 0800 555 123 W jennycraig.co.nz
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	A 1½ dairy serves	Roasted Veggie All Round C 2 slices wholegrain bread 2 fat serves 40g reduced fat cheese 2 cups salad *	Sweet & Salty Popcorn B	Macaroni Cheese B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves	Vegetable Tortellini C 2 meat alternatives 2 cups salad * 1 fat serve	Shortbread Bites D	Roasted Vegetable Pizza C 20g reduced fat cheese 2 cups salad *	1 fruit serve ⌚ Stop	
Day 3	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 40g reduced fat cheese	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Light & Tangy Veggie Crisps A	Spinach & Ricotta Cannelloni C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Cranberry & Vanilla Muesli C 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Pumpkin & Fetta Rice Salad D ✱ 2 meat alternatives 2 cups salad * 1 slice wholegrain bread 1 fat serve	Chocolate Pudding D	Vegetable Lasagne A 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Nut & Grain Chew B 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves	Creamy Vegetable Pappardelle D 20g reduced fat cheese 2 cups salad *	Nut & Cranberry Mix C	Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Wholemeal Pancakes B 💧 ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve 3 crispbread 1 fat serve 40g reduced fat cheese	Cheesy Baked Potato C 2 cups salad * 1 boiled egg 1 fat serve	BBQ Bites D	Nasi Goreng C 2 vegetable serves *	1 dairy serve ⌚ Stop	
Day 7	Cheese & Chive Omelette D 1 slice wholegrain toast 1 fat serve 1 dairy serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 cups salad * 2 meat alternatives 2 fat serves	Choc Fudge Bikkie B	Vegetarian Chilli B 20g reduced fat cheese 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

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Meat Alternatives 3 eggs 10 meat alternatives 120g reduced fat cheese	Fruit 14 fruit serves
Grains 9 crispbread 10 slices wholegrain bread	Vegetables 18 cups salad 10 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 10 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple & Cinnamon Porridge 💧 (B) ½ dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1 dairy serve 1 fruit serve	Vegetable Lasagne (B) 2 cups salad ✱ 1 meat alternative 1 fat serve	White Chocolate Cranberry Cookie (B) 1 dairy serve	Chunky Vegetable Soup (B) 1 slice wholegrain bread 1 fat serve 2 vegetable serves ✱	1 fruit serve ⌚ Stop	
Day 2	Caramelised Onion Fritters (C) 1 slice wholegrain toast 1 fat serve 1 dairy serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll (B) 2 cups salad ✱ 2 meat alternatives 1 slice wholegrain bread 1 fat serve	Oregano & Thyme Crunchies (B)	Creamy Vegetable Pappardelle (A) 20g reduced fat cheese 2 vegetable serves ✱	1 fruit serve ⌚ Stop	
Day 3	Malty Grain (A) 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 40g reduced fat cheese	Roasted Veggie All Round (C) 2 cups salad ✱ 2 meat alternatives	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) 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 40g reduced fat cheese	Pumpkin & Fetta Rice Salad ✱ (D) 2 meat alternatives 2 cups salad ✱ 1 fat serve	Light & Tangy Veggie Crisps (A)	Macaroni Cheese (B) 2 vegetable serves ✱	1 fruit serve ⌚ Stop	
Day 5	Cranberry & Vanilla Muesli (C) 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Tortellini (C) 2 cups salad ✱ 1 meat alternative 1 slice wholegrain bread 1 fat serve	Salted Caramel Nut Bar (C)	Vegetarian Chilli (B) 2 vegetable serves ✱	1 fruit serve ⌚ Stop	
Day 6	Nut & Grain Chew (B) 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 3 crispbread 1 fat serve 20g reduced fat cheese	Pumpkin Soup (A) 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad ✱	Trio Spice Mix (D)	Roasted Vegetable Pizza (C) 2 cups salad ✱	1 fruit serve ⌚ Stop	
Day 7	Toasted Berry Muesli (D) 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves	Cheese & Chive Omelette (B) 1 slice wholegrain toast 1 fat serve 1 meat alternative 2 cups salad ✱	Sticky Date Pudding (C)	Bean & Cheese Burrito (B) 2 cups salad ✱ 1 meat alternative	1 fruit serve ⌚ Stop	

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