

RAPID RESULTS 8400kJ Vegetarian Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

4 eggs
9 meat alternatives
200g reduced fat cheese

Fat

24 fat serves

Fruit

14 fruit serves

Grains

1½ cups baked beans (salt-reduced)
9 crispbread
3 English muffins
17 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Dairy

17½ dairy serves

Please direct comments to:

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

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Shopping list

Meat Alternatives 3 eggs 10 meat alternatives 240g reduced fat cheese	Fat 23 fat serves
Grains 1 cup baked beans (salt-reduced) 1 cup corn 12 crispbread 3 English muffins 16 slices wholegrain bread	Fruit 14 fruit serves
Dairy 17½ dairy serves	Vegetables 18 cups salad 10 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple & Cinnamon Porridge ● B ½ dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1 dairy serve 1 English muffin 1 fat serve 1 boiled egg	Vegetable Lasagne B 2 cups salad * 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	White Chocolate Cranberry Cookie B 1 fruit serve	Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	1 dairy serve 1 fruit serve ⌚ Stop _____	
Day 2	Caramelised Onion Fritters C 1 English muffin 2 fat serves ½ cup baked beans Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	Oregano & Thyme Crunchies B 1 fruit serve	Creamy Vegetable Pappardelle A 20g reduced fat cheese 2 vegetable serves *	1 dairy serve ⌚ Stop _____	
Day 3	Malty Grain A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Roasted Veggie All Round C 2 cups salad * 2 meat alternatives 1 slice wholegrain bread 1 fat serve	Jenny Craig's Ice Cream Sundae A	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves *	1 fruit serve ⌚ Stop _____	
Day 4	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese	Pumpkin & Fetta Rice Salad ✳ D 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	Light & Tangy Veggie Crisps A 1 fruit serve	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 3 crispbread 1 fat serve 40g reduced fat cheese	Vegetable Tortellini C 1 slice wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Salted Caramel Nut Bar C 1 fruit serve	Vegetarian Chilli B 2 vegetable serves * ½ cup corn	1 fruit serve ⌚ Stop _____	
Day 6	Nut & Grain Chew B 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 2 meat alternatives 40g reduced fat cheese 2 cups salad *	Trio Spice Mix D	Roasted Vegetable Pizza C 2 cups salad * 1 fat serve	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 3 crispbread 40g reduced fat cheese	Cheese & Chive Omelette B 1 slice wholegrain toast 1 fat serve ½ cup baked beans 1 meat alternative 2 cups salad *	Sticky Date Pudding C	Bean & Cheese Burrito B 2 cups salad * ½ cup corn	1 fruit serve ⌚ Stop _____	

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