

RAPID RESULTS MAX 6400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

Meat
4 slices lean meat (chicken, turkey, ham)
100g reduced fat cheese

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grains
6 slices wholegrain bread

Dairy
17½ dairy serves

Fat
4 fat serves

Fruit
14 fruit serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Ricotta & Pumpkin Ravioli 2 cups salad * 1 slice wholegrain bread 1 fat serve	1½ dairy serves 1 fruit serve	Bangers & Mash 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____	Vegetable Omelette Wrap 20g reduced fat cheese 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Spinach & Fetta Roll 2 cups salad * 1 fat serve	1½ dairy serves 1 fruit serve	Beef Burger * 20g reduced fat cheese 2 cups salad * ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	Toasted Berry Muesli 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Vegetable Tortellini 2 cups salad * 1 slice wholegrain bread 1 fat serve 2 slices lean meat	1½ dairy serves 1 fruit serve	Quiche Lorraine 2 cups salad * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____	Flakes & Fibre Cereal 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Creamy Vegetable Soup 2 slices wholegrain bread 2 slices lean meat 2 cups salad * ⌚ Start _____	1½ dairy serves 1 fruit serve	Butter Chicken 2 vegetable serves * ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Tropical Twist Muesli 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Beef Pie 2 cups salad * 40g reduced fat cheese	1½ dairy serves 1 fruit serve	Macaroni Cheese 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Pea & Ham Risotto 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1½ dairy serves 1 fruit serve	Roast Chicken & Vegetables 2 vegetable serves * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____	Wholemeal Pancakes ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Potato Tuna Bake 2 cups salad * 1 slice wholegrain bread 1 fat serve 1 dairy serve	1 dairy serve 1 fruit serve	Beef Pastie 2 vegetable serves * ⌚ Stop _____	

* All non-starchy vegetables are Free Foods ♦ Use dairy serve allocated on this day to prepare, as per pack instructions * Thaw overnight before heating



RAPID RESULTS MAX

6400kJ Menu 4

This week's focus

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Meat

90g canned fish
4 slices lean meat (chicken, turkey, ham)
60g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

5 slices wholegrain bread

Dairy

17½ dairy serves

Fat

5 fat serves

Fruit

14 fruit 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

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Cheesy Baked Potato B 90g canned fish 2 cups salad * 1 fat serve	1½ dairy serves 1 fruit serve	Beef Lasagne C 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Ham & Cheese Toastie C 2 cups salad * 1½ dairy serves 1 fruit serve 1 slice wholegrain toast 1 fat serve		Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Spaghetti Bolognese B 2 cups salad * 1 fat serve 1 slice wholegrain bread 2 slices lean meat	1½ dairy serves 1 fruit serve	Roast Pork Dinner A 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Tropical Twist Muesli B 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 fruit serve Daily Supplement ⌚ Start	Roasted Veggie All Round D 2 cups salad * 1½ dairy serves 1 fruit serve		Lamb Moussaka B 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Sausage Roll C 2 cups salad * 20g reduced fat cheese	1½ dairy serves 1 fruit serve	Roasted Vegetable Pizza B 2 slices lean meat 2 cups salad * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Oriental Pork Bun D 2 cups salad * 40g reduced fat cheese	1½ dairy serves 1 fruit serve	Teriyaki Beef Noodles D 2 vegetable serves * ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 2 cups salad * 1½ dairy serves 1 fruit serve		Chicken Satay E 2 vegetable serves * ⌚ Stop	

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