

RAPID RESULTS MAX 7000kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

5 eggs
90g canned fish
4 slices lean meat (chicken, turkey, ham)
80g reduced fat cheese

Fruit

14 fruit serves

Vegetables

18 cups salad
10 non-starchy vegetable serves

Grains

1 cup peas
9 slices wholegrain bread

Dairy

17½ dairy serves

Fat

8 fat serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time ⌚ Start	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Cheesy Baked Potato B 2 slices lean meat 2 cups salad *	1 fruit serve	Chicken Parmigiana E 2 cups salad * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time ⌚ Start	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Beef Pie D 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve	Macaroni Cheese A 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time ⌚ Start	Apple & Berry Brekkie Cup D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 40g reduced fat cheese 2 cups salad *	1 fruit serve	Meatballs & Vegetables B 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time ⌚ Start	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	1 fruit serve	Chicken Fettuccine C 2 vegetable serves * ½ cup peas ⌚ Stop	
Day 5	Recharge Bar ⌚ Time ⌚ Start	Banana Bread B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 boiled egg 20g reduced fat cheese 2 cups salad *	1 fruit serve	Crumbed Fish & Wedges E 2 cups salad * 1 fat serve ⌚ Stop	
Day 6	Recharge Bar ⌚ Time ⌚ Start	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Ham & Cheese Toastie C 2 cups salad * 1 fat serve	1 fruit serve	Spinach & Ricotta Cannelloni D 2 vegetable serves * ½ cup peas ⌚ Stop	
Day 7	Recharge Bar ⌚ Time ⌚ Start	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Roasted Veggie All Round D 2 cups salad * 90g canned fish 1 fat serve	1 dairy serve 1 fruit serve	Beef Pastie B 2 vegetable serves * ⌚ Stop	

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

Please direct comments to:

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RAPID RESULTS MAX 7000kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

Meat 4 eggs 90g canned fish 6 slices lean meat (chicken, turkey, ham) 60g reduced fat cheese	Fruit 14 fruit serves
Grains 1 cup corn 11 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 4 fat serves	

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Potato Tuna Bake D 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1 fruit serve	Mexican-style Veggie Stack B 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Oriental Pork Bun D 2 cups salad * 1 fat serve	1 fruit serve	Thai Green Chicken Curry C 2 vegetable serves * ½ cup corn ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	Apple Cinnamon Oat Clusters B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 2 slices lean meat 2 cups salad * ⌚ Stop _____	1 fruit serve	Beef Burger * D 20g reduced fat cheese 2 cups salad * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____	Caramelised Onion Fritters C 1 slice wholegrain toast 1 fat serve 1 dairy serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Sausage Roll C 2 cups salad * 1 slice wholegrain bread 2 slices lean meat	1 fruit serve	Chunky Vegetable Soup A 2 vegetable serves * ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Pesto Pasta Salad * C 2 cups salad * 90g canned fish	1 fruit serve	Cottage Pie E 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve	Chicken Pad Thai D 2 vegetable serves * ½ cup corn ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve 1 slice wholegrain toast 1 boiled egg	Spaghetti Bolognese B 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1 dairy serve 1 fruit serve	Dhal with Rice C 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 ❄ Thaw overnight before heating

