

RAPID RESULTS MAX 7000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

Meat 3 eggs 180g canned fish 4 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese	Fat 7 fat serves
Grains 1 cup corn 6 crispbread 9 slices wholegrain bread	Fruit 14 fruit serves
Dairy 17½ dairy serves	Vegetables 18 cups salad 10 non-starchy vegetable serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Ricotta & Pumpkin Ravioli 2 cups salad * 1 slice wholegrain bread 1 fat serve	1 fruit serve	Bangers & Mash 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____	Vegetable Omelette Wrap 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 2 fat serves	Spinach & Fetta Roll 2 cups salad * 90g canned fish	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 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Vegetable Tortellini 2 cups salad * 1 slice wholegrain bread 2 slices lean meat	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 _____	1½ dairy serves	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	Butter Chicken 2 vegetable serves * ½ cup corn ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Tropical Twist Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	Beef Pie 2 cups salad * 20g reduced fat cheese	1 fruit serve	Macaroni Cheese 2 slices lean meat 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	Malty Grain 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 3 crispbread 90g canned fish	Pea & Ham Risotto 2 cups salad * ⌚ Stop _____	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 _____	1 dairy serve 1 slice wholegrain toast 1 fat serve	Potato Tuna Bake 20g reduced fat cheese 2 cups salad * ⌚ Stop _____	1 dairy serve 1 fruit serve	Beef Pastie 2 vegetable serves * ½ cup corn ⌚ 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

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



RAPID RESULTS MAX 7000kJ Menu 4

This week's focus

Food

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Shopping list

- | | |
|---|---|
| Meat
2/3 cup baked beans (salt reduced)
90g canned fish
1 cup Cottage cheese
6 slices lean meat (chicken, turkey, ham) | Fat
7 fat serves |
| Grains
1 cup corn
6 crispbread
9 slices wholegrain bread | Fruit
14 fruit serves |
| Dairy
17 1/2 dairy serves | Vegetables
16 cups salad
12 non-starchy vegetable serves |

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1/3 cup baked beans Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Cheesy Baked Potato B 90g canned fish 2 cups salad * 1 fat serve	1 fruit serve	Beef Lasagne C 2 vegetable serves *	
Day 2	Recharge Bar ⌚ Time _____	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 slice wholegrain toast 2 slices lean meat	Ham & Cheese Toastie C 2 cups salad * 1 fat serve	1 fruit serve	Vegetable Tikka Masala D with Paneer Cheese 2 vegetable serves * 1/2 cup corn ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	3 crispbread 1/2 cup Cottage cheese	Spaghetti Bolognese B 1 slice wholegrain bread 1 fat serve 2 cups salad *	1 1/2 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 fruit serve Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 slice wholegrain toast 2 slices lean meat	Roasted Veggie All Round D 2 cups salad * 1 fat serve	1 fruit serve	Lamb Moussaka B 2 vegetable serves * 1/2 cup corn ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli C 1 dairy serve 1 slice wholegrain toast 1/4 cup Cottage cheese Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Sausage Roll C 2 cups salad * 1 fat serve	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 2 slices wholegrain toast 1/3 cup baked beans Daily Supplement ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	Oriental Pork Bun D 2 cups salad * 1 fat serve	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 _____	1 1/2 dairy serves 3 crispbread 1/4 cup Cottage cheese	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 2 cups salad *	1 fruit serve	Chicken Satay E 2 vegetable serves * ⌚ Stop _____	

* All non-starchy vegetables are Free Foods