

# RAPID RESULTS MAX 8400kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

2/3 cup baked beans (salt reduced)  
6 eggs  
180g canned fish  
4 slices lean meat (chicken, turkey, ham)  
120g reduced fat cheese

### Fat

18 fat serves

### Fruit

14 fruit serves

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Grains

6 crispbread  
1 cup peas  
23 slices wholegrain bread

### Dairy

17 1/2 dairy serves

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

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

# RAPID RESULTS MAX 8400kJ Menu 2

## This week's focus

Food

Body

Mind

## Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_

Phone \_\_\_\_\_

## Shopping list

<b>Meat</b> 2/3 cup baked beans (salt reduced) 5 eggs 180g canned fish 10 slices lean meat (chicken, turkey, ham) 60g reduced fat cheese	<b>Fat</b> 15 fat serves
<b>Fruit</b> 14 fruit serves	<b>Vegetables</b> 16 cups salad 12 non-starchy vegetable serves
<b>Grains</b> 1 1/2 cups corn 4 English muffins 19 slices wholegrain bread	<b>Dairy</b> 17 1/2 dairy serves

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

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

