

# RAPID RESULTS MAX Vegetarian 5000kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Grains

1 slice wholegrain bread

### Dairy

10½ dairy serves

### Fat

2 fat serves

### Fruit

7 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar  ⌚ Time .....	Apple Cinnamon Oat Clusters ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Cheesy Baked Potato 2 cups salad *  ⌚ Start .....	1 dairy serve	Spinach & Ricotta Cannelloni 2 vegetable serves *  ⌚ Stop .....	
Day 2	Recharge Bar  ⌚ Time .....	Malty Grain ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Pesto Pasta Salad * 2 cups salad *  ⌚ Start .....	1 dairy serve	Dhal with Rice 2 vegetable serves *  ⌚ Stop .....	
Day 3	Recharge Bar  ⌚ Time .....	Caramelised Onion Fritters ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Creamy Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 cups salad *  ⌚ Start .....	1 dairy serve	Macaroni Cheese 2 vegetable serves *  ⌚ Stop .....	
Day 4	Recharge Bar  ⌚ Time .....	Toasted Berry Muesli ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Roasted Veggie All Round 2 cups salad *  ⌚ Start .....	1 dairy serve	Chunky Vegetable Soup 2 vegetable serves *  ⌚ Stop .....	
Day 5	Recharge Bar  ⌚ Time .....	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Spinach & Fetta Roll 2 cups salad * 1 fat serve  ⌚ Start .....	1 dairy serve	Mexican-style Veggie Stack 2 vegetable serves *  ⌚ Stop .....	
Day 6	Recharge Bar  ⌚ Time .....	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Ricotta & Pumpkin Ravioli 2 cups salad *  ⌚ Start .....	1 dairy serve	Roasted Vegetable Pizza 2 cups salad *  ⌚ Stop .....	
Day 7	Recharge Bar  ⌚ Time .....	Wholemeal Pancakes ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	Vegetable Lasagne 2 cups salad *  ⌚ Start .....	1 dairy serve	Vegetable Tikka Masala with Paneer Cheese 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



Rapid  
Results  
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# RAPID RESULTS MAX Vegetarian 5000kJ Menu 2

## This week's focus

Food

Body

Mind

## Appointment

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

## Shopping list

- Meat Alternatives**  
1/3 cup four bean mix
- Grains**  
1 slice wholegrain bread
- Dairy**  
10 1/2 dairy serves
- Fruit**  
7 fruit serves
- Vegetables**  
16 cups salad  
12 non-starchy vegetable serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar  ⌚ Time _____	Toasted Berry Muesli <b>D</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Roasted Veggie All Round <b>D</b> 2 cups salad *  ⌚ Start _____	1 dairy serve	Macaroni Cheese <b>B</b> 2 vegetable serves *  ⌚ Stop _____	
Day 2	Recharge Bar  ⌚ Time _____	Flakes & Fibre Cereal <b>A</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Vegetable Tortellini <b>C</b> 2 cups salad *  ⌚ Start _____	1 dairy serve	Roasted Vegetable Pizza <b>B</b> 2 cups salad *  ⌚ Stop _____	
Day 3	Recharge Bar  ⌚ Time _____	Apple & Berry Brekkie Cup <b>D</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Pesto Pasta Salad * <b>C</b> 2 cups salad *  ⌚ Start _____	1 dairy serve	Dhal with Rice <b>C</b> 2 vegetable serves *  ⌚ Stop _____	
Day 4	Recharge Bar  ⌚ Time _____	Tropical Muesli <b>B</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Pumpkin Soup <b>A</b> 1 slice wholegrain bread 2 cups salad *  ⌚ Start _____	1 dairy serve	Spinach & Ricotta Cannelloni <b>C</b> 2 vegetable serves *  ⌚ Stop _____	
Day 5	Recharge Bar  ⌚ Time _____	Cranberry & Vanilla Muesli <b>C</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Cheesy Baked Potato <b>C</b> 2 cups salad *  ⌚ Start _____	1 dairy serve	Mexican-style Veggie Stack <b>C</b> 2 vegetable serves *  ⌚ Stop _____	
Day 6	Recharge Bar  ⌚ Time _____	Hazelnut & Almond Cereal <b>A</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Spinach & Fetta Roll <b>B</b> 2 cups salad * 1/3 cup four bean mix  ⌚ Start _____	1 dairy serve	Chunky Vegetable Soup <b>B</b> 2 vegetable serves *  ⌚ Stop _____	
Day 7	Recharge Bar  ⌚ Time _____	Wholemeal Pancakes <b>B</b> 1/2 dairy serve 1 fruit serve Daily Supplement  ⌚ Start _____	Ricotta & Pumpkin Ravioli <b>B</b> 2 cups salad *  ⌚ Start _____	1 dairy serve	Vegetable Tikka Masala <b>C</b> with Paneer Cheese 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



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