

RAPID RESULTS MAX Vegetarian 5000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

Shopping list

Grains
1 slice wholegrain bread

Dairy
10½ dairy serves

Fat
1 fat serve

Fruit
7 fruit serves

Vegetables
16 cups salad
12 non-starchy vegetable serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	Malty Grain ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Roasted Veggie All Round 2 cups salad * ⌚ Start _____	1 dairy serve	Mexican-style Veggie Stack 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____	Toasted Berry Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Cheesy Baked Potato 2 cups salad * ⌚ Start _____	1 dairy serve	Dhal with Rice 2 vegetable serves * ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	Banana Bread ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad * ⌚ Start _____	1 dairy serve	Spinach & Ricotta Cannelloni 2 vegetable serves * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____	Apple Cinnamon Oat Clusters ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Ricotta & Pumpkin Ravioli 2 cups salad * ⌚ Start _____	1 dairy serve	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves * ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Vegetable Lasagne 2 cups salad * ⌚ Start _____	1 dairy serve	Chunky Vegetable Soup 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	Wholemeal Pancakes ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Pesto Pasta Salad 2 cups salad * ⌚ Start _____	1 dairy serve	Roasted Vegetable Pizza 2 cups salad * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	Spinach & Fetta Roll 2 cups salad * 1 fat serve ⌚ Start _____	1 dairy serve	Macaroni 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 MAX Vegetarian 5000kJ Menu 4

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Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ 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 D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Vegetable Tortellini C 2 cups salad * ⌚ Start	1 dairy serve	Chunky Vegetable Soup B 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Apple Cinnamon Oat Clusters B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad * ⌚ Start	1 dairy serve	Spinach & Ricotta Cannelloni C 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Cheesy Baked Potato C 2 cups salad * ⌚ Start	1 dairy serve	Mexican-style Veggie Stack C 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Roasted Veggie All Round D 2 cups salad * ⌚ Start	1 dairy serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Tropical Muesli B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Vegetable Lasagne B 2 cups salad * ⌚ Start	1 dairy serve	Roasted Vegetable Pizza B 2 cups salad * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Spinach & Fetta Roll B 2 cups salad * ⌚ Start	1 dairy serve	Macaroni Cheese B 2 vegetable serves * ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Vegetable Omelette Wrap A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pesto Pasta Salad * C 2 cups salad * ⌚ Start	1 dairy serve	Dhal with Rice C 2 vegetable serves * ⌚ Stop	

* All non-starchy vegetables are Free Foods * Thaw overnight



Please direct comments to:

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