

RAPID RESULTS MAX Vegetarian 6400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2 eggs
80g reduced fat cheese

Grains

8 slices wholegrain bread

Dairy

17½ dairy serves

Fat

3 fat serves

Fruit

14 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 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Cheesy Baked Potato 2 cups salad * 1 slice wholegrain bread 1 fat serve	1½ dairy serves 1 fruit serve	Spinach & Ricotta Cannelloni 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pesto Pasta Salad * 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1½ dairy serves 1 fruit serve	Dhal with Rice 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Caramelised Onion Fritters 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1½ dairy serves 1 fruit serve	Macaroni Cheese 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Toasted Berry Muesli 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Roasted Veggie All Round 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1½ dairy serves 1 fruit serve	Chunky Vegetable Soup 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	Spinach & Fetta Roll 2 cups salad * 1 fat serve 1 fruit serve	1½ dairy serves 1 fruit serve	Mexican-style Veggie Stack 2 vegetable serves * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	Ricotta & Pumpkin Ravioli 2 cups salad * 1 fruit serve	1½ dairy serves 1 fruit 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 * 1 slice wholegrain bread 20g reduced fat cheese 1 dairy serve	1 dairy serve 1 fruit 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 MAX Vegetarian 6400kJ Menu 2

This week's focus

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Meat Alternatives

½ cup Cottage cheese
2 meat alternatives

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

5 fat serves

Fruit

14 fruit serves

	RECHARGE	BREAKFAST	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	Roasted Veggie All Round D 2 cups salad * 1 fruit serve	1½ dairy serves 1 fruit serve	Macaroni Cheese B 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Vegetable Tortellini C 2 cups salad * 1 fruit serve	1½ dairy serves 3 crispbread ¼ cup Cottage cheese	Roasted Vegetable Pizza B 2 cups salad * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Apple & Berry Brekkie Cup D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pesto Pasta Salad * C 2 cups salad * 1 meat alternative 1 fat serve	1½ dairy serves 1 fruit serve	Dhal with Rice C 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Tropical Muesli B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1½ dairy serves 1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Cheesy Baked Potato C 2 cups salad * 1 fruit serve	1½ dairy serves 3 crispbread ¼ cup Cottage cheese	Mexican-style Veggie Stack C 2 vegetable serves * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 2 cups salad *	1½ dairy serves 1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves * ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	Ricotta & Pumpkin Ravioli B 2 cups salad * 1 slice wholegrain bread 1 fat serve 1 dairy serve	1 dairy serve 1 fruit serve	Vegetable Tikka Masala C with Paneer Cheese 2 vegetable serves * ⌚ Stop	

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Rapid
Results
MAX™

jenny
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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