

# RAPID RESULTS MAX Vegetarian 6400kJ Menu 3

## This week's focus

Food

Body

Mind

## Appointment

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

Phone \_\_\_\_\_

## Shopping list

- |   |   |
|---|---|
| <b>Meat Alternatives</b><br>2 meat alternatives<br>80g reduced fat cheese | <b>Vegetables</b><br>16 cups salad<br>12 non-starchy vegetable serves |
| <b>Grains</b><br>3 crispbread<br>6 slices wholegrain bread                |   |
| <b>Dairy</b><br>17½ dairy serves  |   |
| <b>Fat</b><br>6 fat serves  |   |
| <b>Fruit</b><br>14 fruit serves   |   |

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar  ⌚ Time _____	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b> ⌚ Start _____	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * 1 fat serve	1½ dairy serves 1 fruit serve	<b>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves *  ⌚ Stop _____	
Day 2	Recharge Bar  ⌚ Time _____	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b> ⌚ Start _____	<b>Cheesy Baked Potato</b> <b>C</b> 2 cups salad * 1 fat serve	1½ dairy serves 1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves *  ⌚ Stop _____	
Day 3	Recharge Bar  ⌚ Time _____	<b>Banana Bread</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad * 1 fat serve	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves *  ⌚ Stop _____	
Day 4	Recharge Bar  ⌚ Time _____	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>B</b> 20g reduced fat cheese 2 cups salad * 1 fat serve	1½ dairy serves 1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves * 1 fat serve  ⌚ Stop _____	
Day 5	Recharge Bar  ⌚ Time _____	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1½ dairy serves 1 fruit serve	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves *  ⌚ Stop _____	
Day 6	Recharge Bar  ⌚ Time _____	<b>Wholemeal Pancakes</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	<b>Pesto Pasta Salad</b> * <b>C</b> 2 cups salad * 1 slice wholegrain bread 1 meat alternative 1 dairy serve	1 dairy serve 1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad *  ⌚ Stop _____	
Day 7	Recharge Bar  ⌚ Time _____	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 1 fruit serve	1½ dairy serves 3 crispbread 40g reduced fat cheese	<b>Macaroni Cheese</b> <b>B</b> 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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### Meat Alternatives

3 eggs  
½ cup Cottage cheese  
⅓ cup four bean mix  
1 meat alternative

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

6 crispbread  
5 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

5 fat serves

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	<b>Vegetable Tortellini</b> <b>C</b> 2 cups salad *	1½ dairy serves 1 fruit serve	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves *  ⌚ Stop .....	
Day 2	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves *  ⌚ Stop .....	
Day 3	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	<b>Cheesy Baked Potato</b> <b>C</b> 2 cups salad *	1½ dairy serves 1 fruit serve	<b>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves *  ⌚ Stop .....	
Day 4	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * 1 boiled egg 1 fat serve	1½ dairy serves 1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves * 1 fat serve  ⌚ Stop .....	
Day 5	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Tropical Muesli</b> <b>B</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b> ⌚ Start .....	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad * ⅓ cup four bean mix	1½ dairy serves 1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad *  ⌚ Stop .....	
Day 6	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 1 fat serve 1 fruit serve	1½ dairy serves 3 crispbread ¼ cup Cottage cheese	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves *  ⌚ Stop .....	
Day 7	<b>Recharge Bar</b>  ⌚ Time ..... ⌚ Start .....	<b>Vegetable Omelette Wrap</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	<b>Pesto Pasta Salad</b> * <b>C</b> 2 cups salad * 1 fruit serve	1½ dairy serves 3 crispbread ¼ cup Cottage cheese	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves *  ⌚ Stop .....	

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