

# RAPID RESULTS MAX Vegetarian 7000kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

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

Phone \_\_\_\_\_

## Shopping list

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                         |
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| <p><b>Meat Alternatives</b></p> <ul style="list-style-type: none"> <li>5 eggs</li> <li>½ cup four bean mix</li> <li>40g reduced fat cheese</li> </ul> <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>2 English muffins</li> <li>9 slices wholegrain bread</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>17½ dairy serves</li> </ul> <p><b>Fat</b></p> <ul style="list-style-type: none"> <li>9 fat serves</li> <li>4 nut serves (unsalted mixed nuts, peanuts, almonds)</li> </ul> | <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>14 fruit serves</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>16 cups salad</li> <li>12 non-starchy vegetable serves</li> </ul> |
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	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	<b>Recharge Bar</b> ⌚ Time _____ ⌚ Start _____	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 English muffin 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Cheesy Baked Potato</b> <b>C</b> ½ cup four bean mix 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves * ⌚ Stop _____	
Day 2	<b>Recharge Bar</b> ⌚ Time _____ ⌚ Start _____	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves	<b>Pesto Pasta Salad</b> * <b>C</b> 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves * ⌚ Stop _____	
Day 3	<b>Recharge Bar</b> ⌚ Time _____ ⌚ Start _____	<b>Caramelised Onion Fritters</b> <b>C</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves * ⌚ Stop _____	
Day 4	<b>Recharge Bar</b> ⌚ Time _____ ⌚ Start _____	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * ½ cup four bean mix 1 fat serve	1 fruit serve	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves * ⌚ Stop _____	
Day 5	<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 _____	1½ dairy serves	<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>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves * ⌚ Stop _____	
Day 6	<b>Recharge Bar</b> ⌚ Time _____ ⌚ Start _____	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 English muffin 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve 2 nut serves	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>B</b> 2 cups salad *	1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad * ⌚ Stop _____	
Day 7	<b>Recharge Bar</b> ⌚ Time _____ ⌚ Start _____	<b>Wholemeal Pancakes</b> <b>B</b> ½ dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1 dairy serve 2 nut serves	<b>Vegetable Lasagne</b> <b>B</b> 1 slice wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 dairy serve 1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</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



# RAPID RESULTS MAX Vegetarian 7000kJ Menu 2

## This week's focus

Food

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## Appointment

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## Shopping list

### Meat Alternatives

⅔ cup baked beans (salt reduced)  
4 eggs  
4 meat alternatives

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

2 English muffins  
1 cup peas  
9 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

10 fat serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar  ⌚ Time .....	Toasted Berry Muesli <b>D</b> 1 dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	1½ dairy serves 1 slice wholegrain toast 1 fat serve	Roasted Veggie All Round <b>D</b> 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Macaroni Cheese <b>B</b> 2 vegetable serves * ½ cup peas  ⌚ Stop .....	
Day 2	Recharge Bar  ⌚ Time .....	Flakes & Fibre Cereal <b>A</b> 1 dairy serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement  ⌚ Start .....	1½ dairy serves 1 fruit serve	Vegetable Tortellini <b>C</b> 2 cups salad * 1 fat serve	1 fruit serve	Roasted Vegetable Pizza <b>B</b> 2 cups salad *  ⌚ Stop .....	
Day 3	Recharge Bar  ⌚ Time .....	Apple & Berry Brekkie Cup <b>D</b> 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement  ⌚ Start .....	1½ dairy serves 1 fruit serve	Pesto Pasta Salad * <b>C</b> 2 cups salad * 1 fat serve	1 fruit serve	Dhal with Rice <b>C</b> 2 vegetable serves *  ⌚ Stop .....	
Day 4	Recharge Bar  ⌚ Time .....	Tropical Muesli <b>B</b> 1 dairy serve 1 slice wholegrain toast ⅓ cup baked beans Daily Supplement  ⌚ Start .....	1½ dairy serves 1 fruit serve	Pumpkin Soup <b>A</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *  ⌚ Stop .....	1 fruit serve	Spinach & Ricotta Cannelloni <b>C</b> 2 vegetable serves *  ⌚ Stop .....	
Day 5	Recharge Bar  ⌚ Time .....	Cranberry & Vanilla Muesli <b>C</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement  ⌚ Start .....	1½ dairy serves 1 fruit serve	Cheesy Baked Potato <b>C</b> 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Mexican-style Veggie Stack <b>C</b> 2 vegetable serves * ½ cup peas  ⌚ Stop .....	
Day 6	Recharge Bar  ⌚ Time .....	Hazelnut & Almond Cereal <b>A</b> 1 dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	1½ dairy serves	Spinach & Fetta Roll <b>B</b> 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *  ⌚ Stop .....	1 fruit serve	Chunky Vegetable Soup <b>B</b> 2 vegetable serves *  ⌚ Stop .....	
Day 7	Recharge Bar  ⌚ Time .....	Wholemeal Pancakes <b>B</b> ½ dairy serve 1 fruit serve Daily Supplement  ⌚ Start .....	1 dairy serve 1 English muffin 1 fat serve ⅓ cup baked beans	Ricotta & Pumpkin Ravioli <b>B</b> 1 meat alternative 2 cups salad *  ⌚ Stop .....	1 dairy serve 1 fruit 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

Please direct comments to:

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