

RAPID RESULTS MAX Vegetarian 7000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

4 eggs
½ cup Cottage cheese
⅓ cup four bean mix
2 meat alternatives

Fat

8 fat serves
6 nut serves (unsalted mixed nuts, peanuts, almonds)

Grains

6 crispbread
1 cup peas
8 slices wholegrain bread

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Dairy

17½ dairy serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time ⌚ Start	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Roasted Veggie All Round D 2 cups salad * ½ cup four bean mix 1 fat serve	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time ⌚ Start	Toasted Berry Muesli D 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves 2 nut serves	Cheesy Baked Potato C 2 cups salad *	1 fruit serve	Dhal with Rice C 2 vegetable serves * ½ cup peas ⌚ Stop	
Day 3	Recharge Bar ⌚ Time ⌚ Start	Banana Bread B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 2 nut serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves * ⌚ Stop	
Day 4	Recharge Bar ⌚ Time ⌚ Start	Apple Cinnamon Oat Clusters B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Ricotta & Pumpkin Ravioli B 2 cups salad * ½ cup four bean mix	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves * ½ cup peas ⌚ Stop	
Day 5	Recharge Bar ⌚ Time ⌚ Start	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Vegetable Lasagne B 2 cups salad * 1 slice wholegrain bread 1 meat alternative	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Chunky Vegetable Soup B 2 vegetable serves * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time ⌚ Start	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve 3 crispbread ¼ cup Cottage cheese	Pesto Pasta Salad * C 2 cups salad * 1 boiled egg 1 fat serve	1 dairy serve 1 fruit serve	Roasted Vegetable Pizza B 2 cups salad * 1 fat serve ⌚ Stop	
Day 7	Recharge Bar ⌚ Time ⌚ Start	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 2 nut serves	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	Macaroni Cheese 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

⅔ cup baked beans (salt reduced)
3 eggs
½ cup Cottage cheese
5 meat alternatives

Fat

7 fat serves
6 nut serves (unsalted mixed nuts, peanuts, almonds)

Fruit

14 fruit serves

Grains

1 cup corn
2 English muffins
5 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Dairy

17½ dairy serves

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve ⅓ cup baked beans Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves * ⌚ Stop	
Day 2	Recharge Bar ⌚ Time	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 2 nut serves	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves * ⌚ Stop	
Day 3	Recharge Bar ⌚ Time	Malty Grain A 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Cheesy Baked Potato C 2 cups salad * ⌚ Stop	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves * ½ cup corn ⌚ Stop	
Day 4	Recharge Bar ⌚ Time	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast ½ cup Cottage cheese Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Roasted Veggie All Round D 2 cups salad * 1 fat serve	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves * ⌚ Stop	
Day 5	Recharge Bar ⌚ Time	Tropical Muesli B 1 dairy serve 1 slice wholegrain toast ⅓ cup baked beans Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 2 cups salad * 1 meat alternative	1 fruit serve 2 nut serves	Roasted Vegetable Pizza B 2 cups salad * ⌚ Stop	
Day 6	Recharge Bar ⌚ Time	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 1 English muffin 1 fat serve 1 boiled egg	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	1 fruit serve	Macaroni Cheese B 2 vegetable serves * 1 fat serve ⌚ Stop	
Day 7	Recharge Bar ⌚ Time	Vegetable Omelette Wrap A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 2 nut serves	Pesto Pasta Salad * C 2 cups salad * 2 meat alternatives	1 fruit serve	Dhal with Rice C 2 vegetable serves * ½ cup corn ⌚ Stop	

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