

# RAPID RESULTS MAX

## Vegetarian 8400kJ Menu 3

### This week's focus

Food

Body

Mind

### Appointment

Date

Time

Phone

### Shopping list

#### Meat Alternatives

6 eggs  
1 cup Cottage cheese  
⅓ cup four bean mix  
8 meat alternatives

#### Fat

16 fat serves  
12 nut serves (unsalted mixed nuts, peanuts, almonds)

#### Fruit

14 fruit serves

#### Grains

12 crispbread  
2 English muffins  
1½ cups peas  
14 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	<b>Recharge Bar</b> ⌚ Time ..... ⌚ Start .....	<b>Malty Grain</b> <b>A</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 2 nut serves	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * ⅓ cup four bean mix 1 fat serve	1 fruit serve 3 crispbread ½ cup Cottage cheese	<b>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves * ⌚ Stop .....		
Day 2	<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 2 nut serves	<b>Cheesy Baked Potato</b> <b>C</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves * ½ cup peas ⌚ Stop .....		
Day 3	<b>Recharge Bar</b> ⌚ Time ..... ⌚ Start .....	<b>Banana Bread</b> <b>B</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 2 nut serves	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 2 vegetable serves * ⌚ Stop .....		
Day 4	<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 .....	1½ dairy serves 1 boiled egg 1 English muffin 2 fat serves	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>B</b> 2 cups salad * ⅓ cup four bean mix 1 meat alternative 1 fat serve	1 fruit serve 2 nut serves	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves * ½ cup peas ⌚ Stop .....		
Day 5	<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 .....	1½ dairy serves 1 slice wholegrain toast 1 boiled egg	<b>Vegetable Lasagne</b> <b>B</b> 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 2 fat serves	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves * ⌚ Stop .....		
Day 6	<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 3 crispbread ¼ cup Cottage cheese	<b>Pesto Pasta Salad</b> * <b>C</b> 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 dairy serve 1 fruit serve 2 nut serves	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad * 1 fat serve ⌚ Stop .....		
Day 7	<b>Recharge Bar</b> ⌚ Time ..... ⌚ Start .....	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 2 nut serves	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves * ½ cup peas ⌚ 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 8400kJ Menu 4

### This week's focus

Food

Body

Mind

### Appointment

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

Phone \_\_\_\_\_

### Shopping list

- |   |   |
|---|---|
| <p><b>Meat Alternatives</b></p> <ul style="list-style-type: none"> <li>2/3 cup baked beans (salt reduced)</li> <li>4 eggs</li> <li>1 cup Cottage cheese</li> <li>8 meat alternatives</li> </ul> <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>1 1/2 cups corn</li> <li>6 crispbread</li> <li>3 English muffins</li> <li>18 slices wholegrain bread</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>17 1/2 dairy serves</li> </ul> | <p><b>Fat</b></p> <ul style="list-style-type: none"> <li>15 fat serves</li> <li>6 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> |
|---|---|

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

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Please direct comments to:

Customer Care Australia  
 P 1800 453 669  
 W [jennycraig.com.au](http://jennycraig.com.au)

Customer Care New Zealand  
 P 0800 555 123  
 W [jennycraig.co.nz](http://jennycraig.co.nz)