

Vegetarian 5000kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fat

2 fat serves

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

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jenny
C R A I G

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple Cinnamon Oat Clusters B ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves *	Jenny Craig's Ice Cream Sundae A 🕒 Stop	
Day 2	Oat & Apricot Bar D ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Pesto Pasta Salad * C 2 cups salad *	1 fruit serve	Dhal with Rice C 2 vegetable serves *	Oregano & Thyme Crunchies B 🕒 Stop	
Day 3	Caramelised Onion Fritters C ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Creamy Vegetable Soup A 1 slice wholegrain bread 1 fat serve 2 cups salad *	1 fruit serve	Macaroni Cheese B 2 vegetable serves *	Choc Chip Bites C 🕒 Stop	
Day 4	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Roasted Veggie All Round D 2 cups salad *	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Trio Spice Mix D 🕒 Stop	
Day 5	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves *	White Chocolate Cranberry Cookie B 🕒 Stop	
Day 6	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Ricotta & Pumpkin Ravioli B 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad *	Light & Tangy Veggie Crisps A 🕒 Stop	
Day 7	Wholemeal Pancakes B 💧 ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve	Vegetable Lasagne B 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Salsa Curls C 🕒 Stop	

* All non-starchy vegetables are Free Foods 💧 Use dairy serve allocated on this day to prepare, as per pack instructions * Thaw overnight

Vegetarian 5000kJ Menu 2

This week's focus

Food

Body

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Appointment

Date _____ Time _____

Phone _____

Shopping list

Meat Alternatives

1/3 cup four bean mix

Grains

1 slice wholegrain bread

Dairy


10 1/2 dairy serves

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Roasted Veggie All Round D 2 cups salad *	1 fruit serve	Macaroni Cheese B 2 vegetable serves *	Light & Tangy Veggie Crisps A 🕒 Stop _____	
Day 2	Flakes & Fibre Cereal A 1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Vegetable Tortellini C 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad *	Chocolate Pudding D 🕒 Stop _____	
Day 3	Apple & Berry Brekkie Cup D 1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Pesto Pasta Salad * C 2 cups salad *	1 fruit serve	Dhal with Rice C 2 vegetable serves *	Savoury Soy Snack B 🕒 Stop _____	
Day 4	Tropical Muesli B 1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves *	Salted Caramel Nut Bar D 🕒 Stop _____	
Day 5	Nut & Grain Chew C 1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves *	White Chocolate Cranberry Cookie B 🕒 Stop _____	
Day 6	Hazelnut & Almond Cereal A 1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Spinach & Fetta Roll B 2 cups salad * 1/3 cup four bean mix	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Salsa Curls C 🕒 Stop _____	
Day 7	Wholemeal Pancakes B  1/2 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve	Ricotta & Pumpkin Ravioli B 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Melting Moment A 🕒 Stop _____	

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