

Vegetarian 5000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fat

1 fat serve

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Please direct comments to:
Customer Care Australia
P 1800 453 669 W jennycraig.com.au
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	A 1 dairy serve	Roasted Veggie All Round 2 cups salad * D	1 fruit serve	Mexican-style Veggie Stack 2 vegetable serves * C	Apple & Rhubarb Crumble B ⌚ Stop	
Day 2	Toasted Berry Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	D 1 dairy serve	Cheesy Baked Potato 2 cups salad * C	1 fruit serve	Dhal with Rice 2 vegetable serves * C	Light & Tangy Veggie Crisps A ⌚ Stop	
Day 3	Banana Bread ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	B 1 dairy serve	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad * A	1 fruit serve	Spinach & Ricotta Cannelloni 2 vegetable serves * C	Trio Spice Mix D ⌚ Stop	
Day 4	Nut & Grain Chew ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	C 1 dairy serve	Ricotta & Pumpkin Ravioli 2 cups salad * B	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves * C	Melting Moment A ⌚ Stop	
Day 5	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	C 1 dairy serve	Vegetable Lasagne 2 cups salad * B	1 fruit serve	Chunky Vegetable Soup 2 vegetable serves * B	Oregano & Thyme Crunchies B ⌚ Stop	
Day 6	Wholemeal Pancakes 💧 ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	B 1 dairy serve	Pesto Pasta Salad ✨ 2 cups salad * C	1 fruit serve	Roasted Vegetable Pizza 2 cups salad * B	Nut & Cranberry Mix C ⌚ Stop	
Day 7	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	A 1 dairy serve	Spinach & Fetta Roll 2 cups salad * 1 fat serve B	1 fruit serve	Macaroni Cheese 2 vegetable serves * B	Choc Chip Bites C ⌚ 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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Day 1	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetable Tortellini C 2 cups salad *	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Salted Caramel Nut Bar D ⌚ Stop	
Day 2	Apple Cinnamon Oat Clusters B ½ 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 *	Salsa Curls C ⌚ Stop	
Day 3	Oat & Apricot Bar D ½ 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 *	Melting Moment A ⌚ Stop	
Day 4	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Roasted Veggie All Round D 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Sweet & Salty Popcorn B ⌚ Stop	
Day 5	Tropical Muesli B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetable Lasagne B 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad *	Shortbread Bites D ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Spinach & Fetta Roll B 2 cups salad *	1 fruit serve	Macaroni Cheese B 2 vegetable serves *	Sticky Date Pudding C ⌚ Stop	
Day 7	Vegetable Omelette Wrap A 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 *	Savoury Soy Snack B ⌚ Stop	

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