

Vegetarian 6400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

1/3 cup baked beans (salt reduced)
3 eggs
100g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

10 slices wholegrain bread

Dairy

17 1/2 dairy serves

Fat

7 fat serves


Fruit

14 fruit serves

Please direct comments to:

Customer Care Australia
P 1800 453 669 W jennycraig.com.au
Customer Care New Zealand
P 0800 555 123 W jennycraig.co.nz
© Jenny Craig Inc 01/22



	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Apple Cinnamon Oat Clusters B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Cheesy Baked Potato C 2 cups salad * 1 fat serve	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves * 1 fat serve	Jenny Craig's Ice Cream Sundae A ⌚ Stop	
Day 2	Oat & Apricot Bar D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 1/2 dairy serves	Pesto Pasta Salad * C 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	1 fruit serve	Dhal with Rice C 2 vegetable serves * 1 fat serve	Oregano & Thyme Crunchies B ⌚ Stop	
Day 3	Caramelised Onion Fritters C 1 slice wholegrain toast 1 fat serve 1 dairy serve Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Creamy Vegetable Soup A 2 slices wholegrain bread 20g reduced fat cheese 2 cups salad *	1 fruit serve	Macaroni Cheese B 2 vegetable serves *	Choc Chip Bites C ⌚ Stop	
Day 4	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Roasted Veggie All Round D 2 cups salad * 20g reduced fat cheese	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Trio Spice Mix D ⌚ Stop	
Day 5	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 cups salad * 20g reduced fat cheese 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 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1 1/2 dairy serves 1 fruit serve	Ricotta & Pumpkin Ravioli B 2 cups salad * 1 fat serve	1 fruit serve	Roasted Vegetable Pizza B 20g reduced fat cheese 2 cups salad *	Light & Tangy Veggie Crisps A ⌚ Stop	
Day 7	Wholemeal Pancakes B  1/2 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve 2 slices wholegrain toast 1/3 cup baked beans	Vegetable Lasagne B 2 cups salad *	1 dairy serve 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 6400kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

2 eggs
½ cup Cottage cheese
3 meat alternatives

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
7 slices wholegrain bread

Dairy

17½ dairy serves

Fat

10 fat serves

Fruit

14 fruit serves

Please direct comments to:

Customer Care Australia
P 1800 453 669 W jennycraig.com.au
Customer Care New Zealand
P 0800 555 123 W jennycraig.co.nz
© Jenny Craig Inc 01/22



	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Roasted Veggie All Round D 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	Macaroni Cheese B 2 vegetable serves *	Light & Tangy Veggie Crisps A	
Day 2	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Vegetable Tortellini C 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Roasted Vegetable Pizza B 2 cups salad *	Chocolate Pudding D	
Day 3	Apple & Berry Brekkie Cup D 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Pesto Pasta Salad * C 2 cups salad * 1 meat alternative	1 fruit serve	Dhal with Rice C 2 vegetable serves *	Savoury Soy Snack B	
Day 4	Tropical Muesli B 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 2 vegetable serves *	Salted Caramel Nut Bar D	
Day 5	Nut & Grain Chew C 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Cheesy Baked Potato C 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Mexican-style Veggie Stack C 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 6	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Salsa Curls C	
Day 7	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Ricotta & Pumpkin Ravioli B 2 cups salad * 1 fat serve	1 dairy serve 1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Melting Moment A	

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