

Vegetarian 6400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

⅓ cup four bean mix
2 meat alternatives
60g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

9 crispbread
5 slices wholegrain bread

Dairy

17½ dairy serves

Fat

14 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	Malty Grain (A) 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 * ⅓ cup four bean mix 1 fat serve	1 fruit serve	Mexican-style Veggie Stack (C) 2 vegetable serves *	Apple & Rhubarb Crumble (B) 🕒 Stop	
Day 2	Toasted Berry Muesli (D) 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves 3 crispbread 2 fat serves	Cheesy Baked Potato (C) 2 cups salad * 1 meat alternative	1 fruit serve	Dhal with Rice (C) 2 vegetable serves *	Light & Tangy Veggie Crisps (A) 🕒 Stop	
Day 3	Banana Bread (B) 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Creamy Vegetable Soup (A) 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni (C) 2 vegetable serves *	Trio Spice Mix (D) 🕒 Stop	
Day 4	Nut & Grain Chew (C) 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves 3 crispbread 2 fat serves	Ricotta & Pumpkin Ravioli (B) 2 cups salad * 1 meat alternative	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese (C) 2 vegetable serves *	Melting Moment (A) 🕒 Stop	
Day 5	Cranberry & Vanilla Muesli (C) 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne (B) 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Chunky Vegetable Soup (B) 2 vegetable serves *	Oregano & Thyme Crunchies (B) 🕒 Stop	
Day 6	Wholemeal Pancakes (B) ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve 1 slice wholegrain toast 1 fat serve	Pesto Pasta Salad * (C) 2 cups salad * 1 fat serve	1 dairy serve 1 fruit serve	Roasted Vegetable Pizza (B) 20g reduced fat cheese 2 cups salad *	Nut & Cranberry Mix (C) 🕒 Stop	
Day 7	Flakes & Fibre Cereal (A) 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves 3 crispbread 2 fat serves	Spinach & Fetta Roll (B) 2 cups salad * ⅓ cup four bean mix 1 fat serve	1 fruit serve	Macaroni Cheese (B) 2 vegetable serves *	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

Vegetarian 6400kJ Menu 4

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

- | | |
|--|--|
| <p>Meat Alternatives
2 eggs
¼ cup Cottage cheese
3 meat alternatives
60g reduced fat cheese</p> <p>Grains
3 crispbread
8 slices wholegrain bread</p> <p>Dairy
17½ dairy serves</p> <p>Fat
7 fat serves</p> <p>Fruit
14 fruit serves</p> | <p>Vegetables
16 cups salad
12 non-starchy vegetable serves</p> |
|--|--|

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 2 cups salad * 1 fat serve	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Salted Caramel Nut Bar D ⌚ Stop	
Day 2	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni C 20g reduced fat cheese 2 vegetable serves *	Salsa Curls C ⌚ Stop	
Day 3	Oat & Apricot Bar D 1 dairy serve 1 fat serve 1 slice wholegrain toast Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Cheesy Baked Potato C 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve	Mexican-style Veggie Stack C 2 vegetable serves *	Melting Moment A ⌚ Stop	
Day 4	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Roasted Veggie All Round D 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Sweet & Salty Popcorn B ⌚ Stop	
Day 5	Tropical Muesli B 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad *	Shortbread Bites D ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Spinach & Fetta Roll B 2 slices wholegrain bread 1 boiled egg 2 cups salad *	1 fruit serve	Macaroni Cheese B 2 vegetable serves *	Sticky Date Pudding C ⌚ Stop	
Day 7	Vegetable Omelette Wrap A 20g reduced fat cheese 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Pesto Pasta Salad * C 2 cups salad * 1 slice wholegrain bread 1 meat alternative	1 fruit serve	Dhal with Rice C 2 vegetable serves *	Savoury Soy Snack B ⌚ Stop	

* All non-starchy vegetables are Free Foods ✨ Thaw overnight