

# Vegetarian 7000kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

3 eggs  
 1/2 cup four bean mix  
 3 meat alternatives  
 80g reduced fat cheese

### Vegetables

16 cups salad  
 12 non-starchy vegetable serves

### Grains

1 cup corn  
 3 English muffins  
 9 slices wholegrain bread

### Dairy

17 1/2 dairy serves

### Fat

10 fat serves  
 4 nut serves (unsalted mixed nuts, peanuts, almonds)

### Fruit

14 fruit serves

Please direct comments to:  
 Customer Care Australia  
 P 1800 453 669 W [jennycraig.com.au](http://jennycraig.com.au)  
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Apple Cinnamon Oat Clusters</b> (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> (C) 1 meat alternative 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> (C) 2 vegetable serves * 1/2 cup corn	<b>Jenny Craig's Ice Cream Sundae</b> (A) ⌚ Stop _____	
Day 2	<b>Oat &amp; Apricot Bar</b> (D) 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1 1/2 dairy serves	<b>Pesto Pasta Salad</b> * (C) 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Dhal with Rice</b> (C) 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> (B) ⌚ Stop _____	
Day 3	<b>Caramelised Onion Fritters</b> (C) 1 English muffin 1 fat serve 1 dairy serve <b>Daily Supplement</b> ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	<b>Creamy Vegetable Soup</b> (A) 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> (B) 2 vegetable serves *	<b>Choc Chip Bites</b> (C) ⌚ Stop _____	
Day 4	<b>Malty Grain</b> (A) 1 dairy serve 1 slice wholegrain toast 1 fat serve 20g reduced fat cheese <b>Daily Supplement</b> ⌚ Start _____	1 1/2 dairy serves 1 fruit serve	<b>Roasted Veggie All Round</b> (D) 2 cups salad * 1/2 cup four bean mix 1 fat serve	1 fruit serve	<b>Chunky Vegetable Soup</b> (B) 1 meat alternative 2 vegetable serves *	<b>Trio Spice Mix</b> (D) ⌚ Stop _____	
Day 5	<b>Hazelnut &amp; Almond Cereal</b> (A) 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1 1/2 dairy serves	<b>Spinach &amp; Fetta Roll</b> (B) 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	<b>Mexican-style Veggie Stack</b> (C) 2 vegetable serves * 1/2 cup corn	<b>White Chocolate Cranberry Cookie</b> (B) ⌚ Stop _____	
Day 6	<b>Cranberry &amp; Vanilla Muesli</b> (C) 1 dairy serve 1 English muffin 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1 1/2 dairy serves 1 fruit serve 2 nut serves	<b>Ricotta &amp; Pumpkin Ravioli</b> (B) 2 cups salad * 1 fat serve	1 fruit serve	<b>Roasted Vegetable Pizza</b> (B) 20g reduced fat cheese 2 cups salad *	<b>Light &amp; Tangy Veggie Crisps</b> (A) ⌚ Stop _____	
Day 7	<b>Wholemeal Pancakes</b> (B) 1/2 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1 dairy serve 2 nut serves	<b>Vegetable Lasagne</b> (B) 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 dairy serve 1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> (C) 2 vegetable serves *	<b>Salsa Curls</b> (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 7000kJ Menu 2

## This week's focus

Food

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## Shopping list

### Meat Alternatives

2/3 cup baked beans (salt reduced)  
3 eggs  
3/4 cup Cottage cheese  
5 meat alternatives

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

3 English muffins  
1 cup peas  
10 slices wholegrain bread

### Dairy

17 1/2 dairy serves

### Fat

10 fat serves

### Fruit

14 fruit serves

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

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