

# Vegetarian 7000kJ Menu 3

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

4 eggs  
 ½ cup four bean mix  
 2 meat alternatives  
 100g reduced fat cheese

### Vegetables

16 cups salad  
 12 non-starchy vegetable serves

### Grains

9 crispbread  
 1 cup peas  
 9 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

11 fat serves  
 6 nut serves (unsalted mixed nuts, peanuts, almonds)

### Fruit

14 fruit serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> (A) 1 dairy serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Roasted Veggie All Round</b> (D) 2 cups salad * ¼ cup four bean mix 1 fat serve	1 fruit serve	<b>Mexican-style Veggie Stack</b> (C) 2 vegetable serves *	<b>Apple &amp; Rhubarb Crumble</b> (B) ⌚ Stop .....	
Day 2	<b>Toasted Berry Muesli</b> (D) 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 2 nut serves	<b>Cheesy Baked Potato</b> (C) 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve	<b>Dhal with Rice</b> (C) 2 vegetable serves * ½ cup peas	<b>Light &amp; Tangy Veggie Crisps</b> (A) ⌚ Stop .....	
Day 3	<b>Banana Bread</b> (B) 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves	<b>Creamy Vegetable Soup</b> (A) 2 slices wholegrain bread 1 fat serve 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Spinach &amp; Ricotta Cannelloni</b> (C) 2 vegetable serves *	<b>Trio Spice Mix</b> (D) ⌚ Stop .....	
Day 4	<b>Nut &amp; Grain Chew</b> (C) 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve 2 nut serves	<b>Ricotta &amp; Pumpkin Ravioli</b> (B) 2 cups salad * ¼ cup four bean mix	1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> (C) 2 vegetable serves * ½ cup peas	<b>Melting Moment</b> (A) ⌚ Stop .....	
Day 5	<b>Cranberry &amp; Vanilla Muesli</b> (C) 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Vegetable Lasagne</b> (B) 20g reduced fat cheese 2 cups salad *	1 fruit serve 3 crispbread 2 fat serves	<b>Chunky Vegetable Soup</b> (B) 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> (B) ⌚ Stop .....	
Day 6	<b>Wholemeal Pancakes</b> (B) ½ dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1 dairy serve 3 crispbread 40g reduced fat cheese	<b>Pesto Pasta Salad</b> * (C) 2 cups salad * 1 boiled egg 1 fat serve	1 dairy serve 1 fruit serve	<b>Roasted Vegetable Pizza</b> (B) 2 cups salad * 1 fat serve	<b>Nut &amp; Cranberry Mix</b> (C) ⌚ Stop .....	
Day 7	<b>Flakes &amp; Fibre Cereal</b> (A) 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start .....	1½ dairy serves 2 nut serves	<b>Spinach &amp; Fetta Roll</b> (B) 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> (B) 2 vegetable serves *	<b>Choc Chip Bites</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

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<b>Meat Alternatives</b> ⅓ cup baked beans (salt reduced) 4 eggs 1 cup Cottage cheese 3 meat alternatives	<b>Vegetables</b> 16 cups salad 12 non-starchy vegetable serves
<b>Grains</b> 1 cup corn 3 English muffins 9 slices wholegrain bread	
<b>Dairy</b> 17½ dairy serves	
<b>Fat</b> 9 fat serves	
<b>Fruit</b> 14 fruit serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Vegetable Tortellini</b> <b>C</b> 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve	<b>Chunky Vegetable Soup</b> <b>B</b> 2 vegetable serves *	<b>Salted Caramel Nut Bar</b> <b>D</b> ⌚ Stop _____	
Day 2	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ 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>Salsa Curls</b> <b>C</b> ⌚ Stop _____	
Day 3	<b>Oat &amp; Apricot Bar</b> <b>D</b> 1 dairy serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Cheesy Baked Potato</b> <b>C</b> 2 cups salad *	1 fruit serve	<b>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves * ½ cup corn	<b>Melting Moment</b> <b>A</b> ⌚ Stop _____	
Day 4	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * 1 fat serve	1 fruit serve 1 English muffin ½ cup Cottage cheese	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves *	<b>Sweet &amp; Salty Popcorn</b> <b>B</b> ⌚ Stop _____	
Day 5	<b>Tropical Muesli</b> <b>B</b> 1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad * 1 meat alternative 1 fat serve	1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad *	<b>Shortbread Bites</b> <b>D</b> ⌚ Stop _____	
Day 6	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve 1 English muffin ½ cup Cottage cheese	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves *	<b>Sticky Date Pudding</b> <b>C</b> ⌚ Stop _____	
Day 7	<b>Vegetable Omelette Wrap</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 English muffin 2 fat serves	<b>Pesto Pasta Salad</b> * <b>C</b> 2 cups salad * 1 meat alternative	1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves * ½ cup corn	<b>Savoury Soy Snack</b> <b>B</b> ⌚ Stop _____	

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