

# Vegetarian 8400kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat Alternatives

⅔ cup baked beans (salt reduced)  
5 eggs  
⅔ cup four bean mix  
8 meat alternatives  
120g reduced fat cheese

### Fat

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

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

1½ cups corn  
6 crispbread  
3 English muffins  
19 slices wholegrain bread

### Dairy

17½ dairy serves

Please direct comments to:

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 English muffin 2 fat serves 1 boiled egg	<b>Cheesy Baked Potato</b> <b>C</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 * ½ cup corn	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b> ⌚ Stop _____	
Day 2	<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>Pesto Pasta Salad</b> * <b>C</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves * ½ cup corn	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b> ⌚ Stop _____	
Day 3	<b>Caramelised Onion Fritters</b> <b>C</b> 2 slices wholegrain toast ⅓ cup baked beans 1 dairy serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve 2 nut serves	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves *	<b>Choc Chip Bites</b> <b>C</b> ⌚ Stop _____	
Day 4	<b>Malty Grain</b> <b>A</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>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * ⅓ cup four bean mix 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Chunky Vegetable Soup</b> <b>B</b> 1 meat alternative 2 vegetable serves *	<b>Trio Spice Mix</b> <b>D</b> ⌚ Stop _____	
Day 5	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 English muffin 1 fat serve 1 boiled egg	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve	<b>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves * ½ cup corn	<b>White Chocolate Cranberry Cookie</b> <b>B</b> ⌚ Stop _____	
Day 6	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve 1 English muffin 2 fat serves	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>B</b> 2 cups salad * ⅓ cup four bean mix 1 fat serve	1 fruit serve 2 nut serves	<b>Roasted Vegetable Pizza</b> <b>B</b> 40g reduced fat cheese 2 cups salad *	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b> ⌚ Stop _____	
Day 7	<b>Wholemeal Pancakes</b> <b>B</b>  ½ dairy serve 1 fruit serve 2 nut serves <b>Daily Supplement</b> ⌚ Start _____	1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans	<b>Vegetable Lasagne</b> <b>B</b> 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 dairy serve 1 fruit serve	<b>Vegetable Tikka Masala with Paneer Cheese</b> <b>C</b> 2 vegetable serves *	<b>Salsa Curls</b> <b>C</b> ⌚ Stop _____	

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

# Vegetarian 8400kJ Menu 2

## This week's focus

Food

Body

Mind

## Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_  
Phone \_\_\_\_\_

## Shopping list

<p><b>Meat Alternatives</b> 1 cup baked beans (salt reduced) 4 eggs ½ cup Cottage cheese 8 meat alternatives 80g reduced fat cheese</p>	<p><b>Fat</b> 16 fat serves 8 nut serves (unsalted mixed nuts, peanuts, almonds)</p>
<p><b>Grains</b> 6 crispbread 4 English muffins 1½ cups peas 19 slices wholegrain bread</p>	<p><b>Fruit</b> 14 fruit serves</p>
<p><b>Dairy</b> 17½ dairy serves</p>	<p><b>Vegetables</b> 16 cups salad 12 non-starchy vegetable serves</p>

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 English muffin 1 fat serve ¼ cup Cottage cheese <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Roasted Veggie All Round</b> <b>D</b> 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 2 nut serves	<b>Macaroni Cheese</b> <b>B</b> 2 vegetable serves * ½ 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 2 fat serves ⅓ cup baked beans <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Vegetable Tortellini</b> <b>C</b> 1 English muffin 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	<b>Roasted Vegetable Pizza</b> <b>B</b> 20g reduced fat cheese 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 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Pesto Pasta Salad</b> * <b>C</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves * ½ cup peas	<b>Savoury Soy Snack</b> <b>B</b> ⌚ Stop _____	
Day 4	<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>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve 2 nut serves	<b>Spinach &amp; Ricotta Cannelloni</b> <b>C</b> 20g reduced fat cheese 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 _____	1½ dairy serves 1 fruit serve	<b>Cheesy Baked Potato</b> <b>C</b> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 2 nut serves	<b>Mexican-style Veggie Stack</b> <b>C</b> 2 vegetable serves * ½ 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 English muffin 1 boiled/poached egg <b>Daily Supplement</b> ⌚ Start _____	1½ dairy serves 1 fruit serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<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> ½ dairy serve 1 fruit serve <b>Daily Supplement</b> ⌚ Start _____	1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>B</b> 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 dairy serve 1 fruit serve 2 nut serves	<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