

Vegetarian 8400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

6 eggs
 ¾ cup Cottage cheese
 ⅔ cup four bean mix
 8 meat alternatives
 100g reduced fat cheese

Fruit

14 fruit serves

Vegetables

16 cups salad
 12 non-starchy vegetable serves

Grains

12 crispbread
 2 English muffins
 1½ cups peas
 17 slices wholegrain bread

Dairy

17½ dairy serves

Fat

18 fat serves
 8 nut serves (unsalted mixed nuts, peanuts, almonds)

Please direct comments to:

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain (A) 1 dairy serve 2 slices wholegrain toast 2 fat serves 1 boiled/poached egg 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 3 crispbread ½ cup Cottage cheese	Mexican-style Veggie Stack (C) 2 vegetable serves * 1 fat serve	Apple & Rhubarb Crumble (B) ⌚ Stop	
Day 2	Toasted Berry Muesli (D) 1 dairy serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Cheesy Baked Potato (C) 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 2 nut serves	Dhal with Rice (C) 2 vegetable serves * ½ cup peas	Light & Tangy Veggie Crisps (A) ⌚ Stop	
Day 3	Banana Bread (B) 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Creamy Vegetable Soup (A) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Spinach & Ricotta Cannelloni (C) 2 vegetable serves *	Trio Spice Mix (D) ⌚ Stop	
Day 4	Nut & Grain Chew (C) 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve 2 nut serves	Ricotta & Pumpkin Ravioli (B) 2 cups salad * ⅓ cup four bean mix 1 meat alternative	1 fruit serve 1 English muffin 2 fat serves	Vegetable Tikka Masala with Paneer Cheese (C) 2 vegetable serves * ½ cup peas	Melting Moment (A) ⌚ Stop	
Day 5	Cranberry & Vanilla Muesli (C) 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve 2 nut serves	Vegetable Lasagne (B) 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	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 3 crispbread 2 fat serves	Pesto Pasta Salad * (C) 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 dairy serve 1 fruit serve	Roasted Vegetable Pizza (B) 40g reduced fat cheese 2 cups salad *	Nut & Cranberry Mix (C) ⌚ Stop	
Day 7	Flakes & Fibre Cereal (A) 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll (B) 2 slices wholegrain bread 1 fat serve 2 meat alternatives 2 cups salad *	1 fruit serve 2 nut serves	Macaroni Cheese (B) 2 vegetable serves * ½ cup peas	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

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<p>Meat Alternatives ⅓ cup baked beans (salt reduced) 4 eggs 1 cup Cottage cheese 6 meat alternatives 100g reduced fat cheese</p>	<p>Fat 15 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds)</p>
<p>Grains 1½ cups corn 6 crispbread 3 English muffins 20 slices wholegrain bread</p>	<p>Fruit 14 fruit serves</p>
<p>Dairy 17½ dairy 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 2 slices wholegrain toast ⅓ cup baked beans Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 2 nut serves	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 1 slice wholegrain toast 1 fat serve 1 boiled egg	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 2 meat alternatives 2 cups salad *	1 fruit serve 3 crispbread ½ cup Cottage cheese	Spinach & Ricotta Cannelloni C 2 vegetable serves *	Salsa Curls C ⌚ Stop	
Day 3	Oat & Apricot Bar D 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Cheesy Baked Potato C 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 2 nut serves	Mexican-style Veggie Stack C 2 vegetable serves * ½ cup corn	Melting Moment A ⌚ Stop	
Day 4	Hazelnut & Almond Cereal 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 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Sweet & Salty Popcorn B ⌚ Stop	
Day 5	Tropical Muesli B 1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 2 nut serves	Roasted Vegetable Pizza B 20g reduced fat cheese 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 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 1 English muffin ½ cup Cottage cheese	Macaroni Cheese B 2 vegetable serves * ½ cup corn	Sticky Date Pudding C ⌚ Stop	
Day 7	Vegetable Omelette Wrap A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Pesto Pasta Salad * C 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve 1 English muffin 40g reduced fat cheese	Dhal with Rice C 2 vegetable serves * ½ cup corn	Savoury Soy Snack B ⌚ Stop	

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