

5000kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

- Grains**
1 slice wholegrain bread
- Dairy**
10½ dairy serves
- Fruit**
14 fruit serves
- Vegetables**
18 cups salad
10 non-starchy vegetable serves

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|--|---------------|---|---------------|--|--|----------|
| Day 1 | Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Cheesy Baked Potato B 2 cups salad * | 1 fruit serve | Chicken Parmigiana E 2 cups salad * | Light & Tangy Veggie Crisps A 🕒 Stop _____ | |
| Day 2 | Tropical Twist Muesli B ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Beef Pie D 2 cups salad * | 1 fruit serve | Macaroni Cheese A 2 vegetable serves * | Salted Caramel Nut Bar D 🕒 Stop _____ | |
| Day 3 | Oat & Apricot Bar D ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Vegetable Tortellini C 2 cups salad * | 1 fruit serve | Meatballs & Vegetables B 2 vegetable serves * | Choc Chip Bites C 🕒 Stop _____ | |
| Day 4 | Apple & Berry Brekkie Cup D ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Roasted Veggie All Round D 2 cups salad * | 1 fruit serve | Beef Pastie B 2 vegetable serves * | Oregano & Thyme Crunchies B 🕒 Stop _____ | |
| Day 5 | Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Spinach & Fetta Roll B 2 cups salad * | 1 fruit serve | Chicken Fettuccine C 2 vegetable serves * | White Chocolate Cranberry Cookie B 🕒 Stop _____ | |
| Day 6 | Vegetable Omelette Wrap A ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Creamy Vegetable Soup A 1 slice wholegrain bread 2 cups salad * | 1 fruit serve | Crumbed Fish & Wedges E 2 cups salad * | Chocolate Pudding D 🕒 Stop _____ | |
| Day 7 | Wholemeal Pancakes B 💧 ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start _____ | 1 dairy serve | Ham & Cheese Toastie C 2 cups salad * | 1 fruit serve | Spinach & Ricotta Cannelloni D 2 vegetable serves * | Salsa Curls C 🕒 Stop _____ | |

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

5000kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Please direct comments to:
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| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|--|---------------|--|---------------|--|--|----------|
| Day 1 | Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | ½ dairy serve | Potato Tuna Bake D 2 cups salad * ½ dairy serve | 1 fruit serve | Mexican-style Veggie Stack B 2 vegetable serves * | Melting Moment A ⌚ Stop | |
| Day 2 | Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve | Oriental Pork Bun D 2 cups salad * | 1 fruit serve | Thai Green Chicken Curry C 2 vegetable serves * | Oregano & Thyme Crunchies B ⌚ Stop | |
| Day 3 | Apple Cinnamon Oat Clusters B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve | Vegetable Lasagne B 2 cups salad * | 1 fruit serve | Beef Burger * D 2 cups salad * | Jenny Craig's Ice Cream Sundae A ⌚ Stop | |
| Day 4 | Caramelised Onion Fritters C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve | Sausage Roll C 2 cups salad * | 1 fruit serve | Chunky Vegetable Soup A 2 vegetable serves * | Nut & Cranberry Mix C ⌚ Stop | |
| Day 5 | Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve | Pesto Pasta Salad * C 2 cups salad * | 1 fruit serve | Cottage Pie E 2 vegetable serves * | Savoury Soy Snack B ⌚ Stop | |
| Day 6 | Banana Bread B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve | Pumpkin Soup A 1 slice wholegrain bread 2 cups salad * | 1 fruit serve | Chicken Pad Thai D 2 vegetable serves * | Shortbread Bites D ⌚ Stop | |
| Day 7 | Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve | Spaghetti Bolognese B 2 cups salad * | 1 fruit serve | Dhal with Rice C 2 vegetable serves * | Salsa Curls C ⌚ Stop | |

* All non-starchy vegetables are Free Foods * Thaw overnight * Thaw overnight before heating