

5000kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 1½ Dairy

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	
Day 2	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	
Day 3	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	
Day 4	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	
Day 5	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	
Day 6	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	
Day 7	<i>j</i> c _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	1 dairy serve	<i>j</i> c _____ 2 vegetable serves *	1 fruit serve	<i>j</i> c _____ 2 vegetable serves *	<i>j</i> c _____ ⌚ Stop _____	

* All non-starchy vegetables are Free Foods

Please direct comments to:
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