

# 6400kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

3 eggs  
4 slices lean meat (chicken, turkey, ham)  
120g reduced fat cheese

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

### Grains

6 crispbread  
5 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

6 fat serves

### Fruit

14 fruit serves

Please direct comments to:

Customer Care Australia  
P 1800 453 669 W [jennycraig.com.au](http://jennycraig.com.au)  
Customer Care New Zealand  
P 0800 555 123 W [jennycraig.co.nz](http://jennycraig.co.nz)  
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  🕒 Start .....	<b>A</b> 1½ dairy serves	<b>Cheesy Baked Potato</b> <b>B</b> 2 slices lean meat 2 cups salad * 1 fat serve	1 fruit serve	<b>Chicken Parmigiana</b> <b>E</b> 40g reduced fat cheese 2 cups salad *	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>  🕒 Stop .....	
Day 2	<b>Tropical Twist Muesli</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  🕒 Start .....	1½ dairy serves	<b>Beef Pie</b> <b>D</b> 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Macaroni Cheese</b> <b>A</b> 2 vegetable serves *	<b>Salted Caramel Nut Bar</b> <b>D</b>  🕒 Stop .....	
Day 3	<b>Oat &amp; Apricot Bar</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>Vegetable Tortellini</b> <b>C</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Meatballs &amp; Vegetables</b> <b>B</b> 2 vegetable serves *	<b>Choc Chip Bites</b> <b>C</b>  🕒 Stop .....	
Day 4	<b>Apple &amp; Berry Brekkie Cup</b> <b>D</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 boiled egg	1 fruit serve 1 slice wholegrain toast 1 fat serve	<b>Beef Pastie</b> <b>B</b> 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>  🕒 Stop .....	
Day 5	<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 fruit serve 3 crispbread 40g reduced fat cheese	<b>Chicken Fettuccine</b> <b>C</b> 2 vegetable serves *	<b>White Chocolate Cranberry Cookie</b> <b>B</b>  🕒 Stop .....	
Day 6	<b>Vegetable Omelette Wrap</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  🕒 Start .....	1½ dairy serves	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	<b>Crumbed Fish &amp; Wedges</b> <b>E</b> 2 cups salad *	<b>Chocolate Pudding</b> <b>D</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 1 slice wholegrain toast 1 fat serve	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad * 1 boiled egg	1 dairy serve 1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>D</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

# 6400kJ Menu 2

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

3 eggs  
90g canned fish  
80g reduced fat cheese

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

3 crispbread  
6 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

9 fat serves

### Fruit

14 fruit serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Potato Tuna Bake</b> <b>D</b> 2 cups salad *  ⌚ Start .....	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Mexican-style Veggie Stack</b> <b>B</b> 2 vegetable serves *	<b>Melting Moment</b> <b>A</b>  ⌚ Stop .....	
Day 2	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves 1 fruit serve	<b>Oriental Pork Bun</b> <b>D</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Thai Green Chicken Curry</b> <b>C</b> 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>  ⌚ Stop .....	
Day 3	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Beef Burger</b> * 40g reduced fat cheese 2 cups salad * 1 fat serve	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b>  ⌚ Stop .....	
Day 4	<b>Caramelised Onion Fritters</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Sausage Roll</b> <b>C</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Chunky Vegetable Soup</b> <b>A</b> 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	<b>Nut &amp; Cranberry Mix</b> <b>C</b>  ⌚ Stop .....	
Day 5	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Pesto Pasta Salad</b> * 90g canned fish 2 cups salad *	1 fruit serve 1 slice wholegrain toast 1 fat serve	<b>Cottage Pie</b> <b>E</b> 2 vegetable serves *	<b>Savoury Soy Snack</b> <b>B</b>  ⌚ Stop .....	
Day 6	<b>Banana Bread</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>  ⌚ Start .....	1½ dairy serves	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve	<b>Chicken Pad Thai</b> <b>D</b> 2 vegetable serves *	<b>Shortbread Bites</b> <b>D</b>  ⌚ Stop .....	
Day 7	<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	<b>Spaghetti Bolognese</b> <b>B</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves * 1 fat serve	<b>Salsa Curls</b> <b>C</b>  ⌚ Stop .....	

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