

6400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 3 eggs 4 slices lean meat (chicken, turkey, ham) 100g reduced fat cheese	Vegetables 16 cups salad 12 non-starchy vegetable serves
Grains 8 slices wholegrain bread	
Dairy 17½ dairy serves	
Fat 7 fat serves	
Fruit 14 fruit serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Tropical Twist Muesli B 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Ricotta & Pumpkin Ravioli B 20g reduced fat cheese 2 cups salad * 1 slice wholegrain bread 2 slices lean meat	1 fruit serve	Quiche Lorraine A 2 cups salad * 1 fat serve	White Chocolate Cranberry Cookie B 🕒 Stop	
Day 2	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	Butter Chicken E 2 vegetable serves *	Salsa Curls C 🕒 Stop	
Day 3	Nut & Grain Chew C 1 slice wholegrain toast 1 boiled/poached egg 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Vegetable Tortellini C 20g reduced fat cheese 2 cups salad *	1 fruit serve	Beef Pastie B 2 vegetable serves *	Melting Moment A 🕒 Stop	
Day 4	Cranberry & Vanilla Muesli C 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Oriental Pork Bun D 2 cups salad * 20g reduced fat cheese	1 fruit serve	Macaroni Cheese A 2 vegetable serves *	Apple & Rhubarb Crumble B 🕒 Stop	
Day 5	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Beef Pie D 2 cups salad * 20g reduced fat cheese	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves *	Jenny Craig's Ice Cream Sundae A 🕒 Stop	
Day 6	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement 🕒 Start	1 dairy serve 1 slice wholegrain bread 20g reduced fat cheese	Pea & Ham Risotto C 2 cups salad * 1 fat serve	1 dairy serve 1 fruit serve	Roast Chicken & Vegetables B 2 vegetable serves *	Salted Caramel Nut Bar D 🕒 Stop	
Day 7	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 cups salad * 1 fat serve	1 fruit serve	Bangers & Mash C 2 vegetable serves *	Nut & Cranberry Mix C 🕒 Stop	

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

6400kJ Menu 4

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Ham & Cheese Toastie C 2 cups salad * 1 fat serve	1 fruit serve	Beef Lasagne C 2 vegetable serves *	Light & Tangy Veggie Crisps A 🕒 Stop	
Day 2	Caramelised Onion Fritters C 1 slice wholegrain toast 1 fat serve 1 dairy serve Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Spaghetti Bolognese B 20g reduced fat cheese 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad * 1 fat serve	Sticky Date Pudding C 🕒 Stop	
Day 3	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Vegetable Lasagne B 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Lamb Moussaka B 2 vegetable serves *	Choc Chip Bites C 🕒 Stop	
Day 4	Tropical Twist Muesli B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement 🕒 Start	1½ dairy serves 1 fruit serve	Sausage Roll C 2 cups salad * 1 fat serve	1 fruit serve	Roast Pork Dinner A 2 vegetable serves *	Trio Spice Mix D 🕒 Stop	
Day 5	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Potato Tuna Bake D 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Teriyaki Beef Noodles D 2 vegetable serves *	Sweet & Salty Popcorn B 🕒 Stop	
Day 6	Oat & Apricot Bar D 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	Chicken Satay E 2 vegetable serves *	Oregano & Thyme Crunchies B 🕒 Stop	
Day 7	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement 🕒 Start	1 dairy serve 1 fruit serve	Roasted Veggie All Round D 2 cups salad * 1 fat serve	1 fruit serve	Cottage Pie E 2 vegetable serves *	Chocolate Mousse A 🔵 ½ dairy serve 🕒 Stop	

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Shopping list

Meat

3 eggs
90g canned fish
100g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

7 fat serves

Fruit

14 fruit serves

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Please direct comments to:

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