

7000kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

Shopping list

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

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grains
6 crispbread
9 slices wholegrain bread

Dairy
17½ dairy serves

Fat
14 fat serves

Fruit
14 fruit serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	A 1½ dairy serves	Cheesy Baked Potato B 2 slices lean meat 2 cups salad * 1 fat serve	1 fruit serve 1 slice wholegrain toast 40g reduced fat cheese	Chicken Parmigiana E 2 cups salad * 1 fat serve	Light & Tangy Veggie Crisps A 🕒 Stop _____	
Day 2	Tropical Twist Muesli B 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1½ dairy serves	Beef Pie D 2 cups salad * 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Macaroni Cheese A 2 slices lean meat 2 vegetable serves *	Salted Caramel Nut Bar D 🕒 Stop _____	
Day 3	Oat & Apricot Bar D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement 🕒 Start _____	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 2 slices lean meat 2 cups salad *	1 fruit serve 1 slice wholegrain toast 1 fat serve	Meatballs & Vegetables B 2 vegetable serves *	Choc Chip Bites C 🕒 Stop _____	
Day 4	Apple & Berry Brekkie Cup D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement 🕒 Start _____	1½ dairy serves 1 fruit serve	Roasted Veggie All Round D 2 cups salad * 2 slices lean meat	1 fruit serve 1 slice wholegrain toast 1 fat serve	Beef Pastie B 2 vegetable serves *	Oregano & Thyme Crunchies B 🕒 Stop _____	
Day 5	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement 🕒 Start _____	1½ dairy serves	Spinach & Fetta Roll B 2 cups salad * 1 boiled egg 1 fat serve	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Chicken Fettuccine C 2 vegetable serves *	White Chocolate Cranberry Cookie B 🕒 Stop _____	
Day 6	Vegetable Omelette Wrap A 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 1 slice wholegrain toast 1 fat serve	Crumbed Fish & Wedges E 2 cups salad *	Chocolate Pudding D 🕒 Stop _____	
Day 7	Wholemeal Pancakes B ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement 🕒 Start _____	1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled egg	Ham & Cheese Toastie C 2 cups salad * 2 slices lean meat 1 fat serve	1 dairy serve 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

7000kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

2 eggs
180g canned fish
6 slices lean meat (chicken, turkey, ham)
100g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

6 crispbread
11 slices wholegrain bread

Dairy

17½ dairy serves

Fat

12 fat serves
2 nut serves (unsalted mixed nuts, peanuts, almonds)

Fruit

14 fruit serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Potato Tuna Bake D 2 cups salad * 	1 fruit serve 3 crispbread 40g reduced fat cheese	Mexican-style Veggie Stack B 2 vegetable serves * 	Melting Moment A ⌚ Stop	
Day 2	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Oriental Pork Bun D 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad * 	1 fruit serve 1 nut serve	Thai Green Chicken Curry C 2 vegetable serves * 	Oregano & Thyme Crunchies B ⌚ Stop	
Day 3	Apple Cinnamon Oat Clusters B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Vegetable Lasagne B 2 cups salad * 90g canned fish 1 fat serve	1 fruit serve 3 crispbread 40g reduced fat cheese	Beef Burger * D 2 cups salad * 1 fat serve	Jenny Craig's Ice Cream Sundae A ⌚ Stop	
Day 4	Caramelised Onion Fritters C 1 slice wholegrain toast 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Sausage Roll C 2 cups salad * 2 slices lean meat 1 fat serve	1 fruit serve	Chunky Vegetable Soup A 1 slice wholegrain bread 1 fat serve 2 vegetable serves * 	Nut & Cranberry Mix C ⌚ Stop	
Day 5	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Pesto Pasta Salad * C 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad * 	1 fruit serve	Cottage Pie E 2 vegetable serves * 	Savoury Soy Snack B ⌚ Stop	
Day 6	Banana Bread B 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean meat 20g reduced fat cheese 2 cups salad * 	1 fruit serve 1 nut serve	Chicken Pad Thai D 2 vegetable serves * 	Shortbread Bites D ⌚ Stop	
Day 7	Cranberry & Vanilla Muesli C 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spaghetti Bolognese B 2 cups salad * 1 fat serve	1 fruit serve 1 slice wholegrain toast 1 fat serve	Dhal with Rice C 2 vegetable serves * 1 fat serve	Salsa Curls C ⌚ Stop	

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