

8400kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 5 eggs 180g canned fish 1 cup Cottage cheese 16 slices lean meat (chicken, turkey, ham)	Fruit 14 fruit serves
Grains 6 crispbread 3 English muffins 1½ cups peas 19 slices wholegrain bread	Vegetables 16 cups salad 12 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 20 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds)	

	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 3 crispbread 1 fat serve ¼ cup Cottage cheese	Ricotta & Pumpkin Ravioli B 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Quiche Lorraine A 1 slice wholegrain bread 1 fat serve 2 cups salad *	White Chocolate Cranberry Cookie B ⌚ Stop	
Day 2	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start	1½ dairy serves 2 nut serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 4 slices lean meat 2 cups salad *	1 fruit serve 1 slice wholegrain toast ¼ cup Cottage cheese	Butter Chicken E 2 slices lean meat 2 vegetable serves * ½ cup peas	Salsa Curls C ⌚ Stop	
Day 3	Nut & Grain Chew C 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve 2 nut serves	Beef Pastie B 2 vegetable serves *	Melting Moment A ⌚ Stop	
Day 4	Cranberry & Vanilla Muesli C 1 dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Oriental Pork Bun D 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	Macaroni Cheese A 2 slices lean meat 2 vegetable serves * ½ cup peas	Apple & Rhubarb Crumble B ⌚ Stop	
Day 5	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Beef Pie D 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	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 fat serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve 1 English muffin 2 fat serves 1 boiled egg	Pea & Ham Risotto C 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	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 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve 1 slice wholegrain toast ¼ cup Cottage cheese	Bangers & Mash C 2 vegetable serves * ½ cup peas	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

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Meat

6 eggs
180g canned fish
1 cup Cottage cheese
8 slices lean meat (chicken, turkey, ham)

Fat

17 fat serves
8 nut serves (unsalted mixed nuts, peanuts, almonds)

Fruit

14 fruit serves

Grains

1 cup baked beans (salt-reduced)
1½ cups corn
9 crispbread
22 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Dairy

17½ dairy serves

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	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 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Beef Lasagne C 2 vegetable serves * ½ cup corn 1 fat serve	Light & Tangy Veggie Crisps A ⌚ Stop	
Day 2	Caramelised Onion Fritters C 1 slice wholegrain toast ½ cup baked beans 1 dairy serve Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Spaghetti Bolognese B 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	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 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Vegetable Lasagne B 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve 2 nut serves	Lamb Moussaka B 2 vegetable serves * ½ cup corn	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 2 nut serves	Sausage Roll C 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Roast Pork Dinner A 2 vegetable serves * ⌚ Stop	Trio Spice Mix D ⌚ Stop	
Day 5	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast ½ cup baked beans Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Potato Tuna Bake D 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread ¼ cup Cottage cheese	Teriyaki Beef Noodles D 2 vegetable serves * ⌚ Stop	Sweet & Salty Popcorn B ⌚ Stop	
Day 6	Oat & Apricot Bar D 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start	1½ dairy serves 1 fruit serve	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 slice wholegrain toast 1 fat serve ¼ cup Cottage cheese	Chicken Satay E 2 vegetable serves * ⌚ Stop	Oregano & Thyme Crunchies B 1 fruit serve ⌚ 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 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve 2 nut serves	Cottage Pie E 2 vegetable serves * ½ cup corn	Chocolate Mousse A ½ dairy serve ⌚ Stop	

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