

# Adolescent Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

2 eggs  
90g canned fish  
4 slices lean meat (chicken, turkey, ham)

### Grains

10 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat


9 fat serves

### Fruit

14 fruit serves

### Vegetables

18 cups salad  
10 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> <b>A</b>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	<b>Chicken Parmigiana</b> <b>E</b> 2 cups salad *	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	
Day 2	<b>Tropical Twist Muesli</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	<b>Macaroni Cheese</b> <b>A</b> 2 vegetable serves *	<b>Salted Caramel Nut Bar</b> <b>D</b>	
Day 3	<b>Oat &amp; Apricot Bar</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve	<b>Meatballs &amp; Vegetables</b> <b>B</b> 2 vegetable serves *	<b>Choc Chip Bites</b> <b>C</b>	
Day 4	<b>Apple &amp; Berry Brekkie Cup</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	<b>Beef Pastie</b> <b>B</b> 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 5	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve	<b>Chicken Fettuccine</b> <b>C</b> 2 vegetable serves *	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	
Day 6	<b>Vegetable Omelette Wrap</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Cheesy Baked Potato</b> <b>B</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Crumbed Fish &amp; Wedges</b> <b>E</b> 2 cups salad *	<b>Chocolate Pudding</b> <b>D</b>	
Day 7	<b>Wholemeal Pancakes</b> <b>B</b>  ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	<b>Beef Pie</b> <b>D</b> 2 cups salad * 1 fat serve	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>	

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

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grains \_\_\_\_\_ Meat \_\_\_\_\_ Milk \_\_\_\_\_ Fat \_\_\_\_\_

Please direct comments to:  
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# Adolescent Menu 2

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

1 egg  
90g canned fish  
4 slices lean meat (chicken, turkey, ham)  
20g reduced fat cheese

### Grains

10 slices wholegrain bread

### Dairy

17½ dairy serves

### Fat

8 fat serves

### Fruit

14 fruit serves

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

	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>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	<b>Mexican-style Veggie Stack</b> <b>B</b> 2 vegetable serves *	<b>Melting Moment</b> <b>A</b>	
Day 2	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Thai Green Chicken Curry</b> <b>C</b> 2 vegetable serves *	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 3	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve	<b>Beef Burger</b> * <b>D</b> 2 cups salad *	<b>Jenny Craig's Ice Cream Sundae</b> <b>A</b>	
Day 4	<b>Caramelised Onion Fritters</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve	<b>Chunky Vegetable Soup</b> <b>A</b> 2 vegetable serves *	<b>Nut &amp; Cranberry Mix</b> <b>C</b>	
Day 5	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	1 fruit serve	<b>Cottage Pie</b> <b>E</b> 2 vegetable serves *	<b>Savoury Soy Snack</b> <b>B</b>	
Day 6	<b>Banana Bread</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Spaghetti Bolognese</b> <b>B</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Chicken Pad Thai</b> <b>D</b> 2 vegetable serves *	<b>Shortbread Bites</b> <b>D</b>	
Day 7	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Dhal with Rice</b> <b>C</b> 2 vegetable serves *	<b>Salsa Curls</b> <b>C</b>	

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

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grains \_\_\_\_\_ Meat \_\_\_\_\_ Milk \_\_\_\_\_ Fat \_\_\_\_\_

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