

Adolescent Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

- Meat**
180g canned fish
4 slices lean meat (chicken, turkey, ham)
40g 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	Tropical Twist Muesli B 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	Quiche Lorraine A 2 cups salad * 1 fat serve	White Chocolate Cranberry Cookie B	
Day 2	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	2 slices wholegrain bread 2 slices lean meat 2 cups salad *	1 fruit serve	Butter Chicken E 2 vegetable serves *	Salsa Curls C	
Day 3	Nut & Grain Chew C 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	Beef Pastie B 2 vegetable serves *	Melting Moment A	
Day 4	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	Macaroni Cheese A 2 vegetable serves *	Apple & Rhubarb Crumble B	
Day 5	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves *	Jenny Craig's Ice Cream Sundae A	
Day 6	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Oriental Pork Bun D 2 cups salad * 1 fat serve	1 dairy serve 1 fruit serve	Roast Chicken & Vegetables B 2 vegetable serves *	Salted Caramel Nut Bar D	
Day 7	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Ricotta & Pumpkin Ravioli B 20g reduced fat cheese 2 cups salad *	1 fruit serve	Bangers & Mash C 2 vegetable serves *	Nut & Cranberry Mix C	

* 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 4

This week's focus

Food

Body

Mind

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Date

Time

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Shopping list

Meat

1 egg
90g canned fish
4 slices lean meat (chicken, turkey, ham)
40g reduced fat cheese

Grains

10 slices wholegrain bread

Dairy

17½ dairy serves

Fat

6 fat serves

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

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

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