

Adolescent My Selection

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

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

Fruit _____

Vegetables _____

Grain _____

Meat _____

Milk _____

Fat _____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	My Own Foods
Day 1	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat
Day 2	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve 1 fat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat 1 Fat
Day 3	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat
Day 4	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve 1 fat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat 1 Fat
Day 5	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat
Day 6	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve 1 fat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat 1 Fat
Day 7	<i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	<i>jc</i> _____ 2 vegetable serves * 1 meat serve	1 fruit serve	<i>jc</i> _____ 2 vegetable serves *	<i>jc</i> _____	2 Fruit 4 Vegetables 2½ Dairy 1 Meat

* All non-starchy vegetables are Free Foods

Please direct comments to:
 Customer Care Australia
 P 1800 453 669 W jennycraig.com.au
 Customer Care New Zealand
 P 0800 555 123 W jennycraig.co.nz
 © Jenny Craig Inc 01/22

