

RAPID RESULTS MAX 7000kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 2½ Dairy
- 2 Meat
- 2 Fat
- 1 Grains

	RECHARGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____ ⌚ Start _____	jc _____ 1 dairy serve 1 grain serve 1 fat serve Daily Supplement ⌚ Start _____	1½ dairy serves 1 fruit serve	jc _____ 2 vegetable serves * 2 meat serves 1 fat serve	1 fruit serve	jc _____ 2 vegetable serves * ⌚ Stop _____	

* All non-starchy vegetables are Free Foods



Please direct comments to:

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