

# RAPID RESULTS MAX 8400kJ Personalised Menu

## This week's focus

Food

Body

Mind

## Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_

Phone \_\_\_\_\_

## My Own Foods - Per Day

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

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

\* All non-starchy vegetables are Free Foods



**Rapid Results MAX**

*jenny*  
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