

# PERSONALISED MENU SELECTIONS

## MAKING THE MOST OF YOUR PERSONALISED MENU

When following a Personalised Menu, you will need to write your Jenny Craig selections on your Personalised Menu Plan, remembering to include any specified Grocery Serves.

Selecting a wide variety of Jenny Craig menu items will ensure you receive the correct number of kilojoules for your weight loss needs, as well as a range of vitamins and minerals.

Each week:

- Choose seven breakfasts, seven lunches, seven dinners and seven snacks.
- Select a variety of foods for optimal nutrition and weight management.
- Get creative! Add volume and your personal flair by bulking up your meals using Free Foods. See overleaf for details.

Fruit serves

Vegetable serves

Grain serves

Meat/meat alternative serves

Dairy serves

Fat serves

## RECHARGE BAR

### Recharge Bar 🌱

Almonds, macadamias and pecans with a touch of honey.

## BREAKFAST

### Apple & Berry Brekkie Cup 🌱\*

A wholesome muffin with an apple and berry compote, topped with oats and sunflower seeds.

### Apple Cinnamon Oat Clusters 🌱

Crunchy oat clusters with dried apple, pecans, pumpkin seeds and a hint of cinnamon.

### Banana Bread \*

A delicious wholemeal banana bread with a hint of cinnamon.

### Caramelised Onion Fritters 🌱\*

Fluffy egg fritters with onion, spinach and parmesan.

### Cranberry & Vanilla Muesli 🌱

Toasted muesli with juicy cranberries, wheat flakes, sultanas, sunflower seeds and a delicious vanilla flavour.

### Flakes & Fibre Cereal 🌱

A blend of bran flakes, blackcurrant and honey coated wheat flakes, honey puffed wheat and bran sticks.

### Ham & Egg Muffin \*

A classic English muffin with cheesy scrambled egg and ham.

### Hazelnut & Almond Cereal 🌱

A light and crispy breakfast cereal with the goodness of nuts and flaked coconut.

### Malty Grain 🌱

A delicious crunchy breakfast cereal packed with mixed grains.

### Nut & Grain Chew 🌱

A chewy breakfast bar with a blend of peanuts, grains, sunflower seeds and honey.

### Oat & Apricot Bar 🌱

A wholesome combination of rolled oats, rice crisps, dried fruit and seeds.

### Roasted Hazelnut & Cinnamon Porridge 🌱

A delicious creamy porridge with hazelnut, almond and a hint of cinnamon.

### Salted Maple & Cashew Granola 🌱

Crispy clusters of oats combined with seeds, cashews and puffed rice, with a hint of salted maple.

### Toasted Berry Muesli 🌱

Toasted muesli and oat clusters with the goodness of cranberries, pumpkin and sunflower seeds.

### Tropical Twist Muesli 🌱

Toasted muesli with mango, coconut, raspberry and passionfruit.

### Vegetable Omelette Wrap 🌱\*

Spinach, tomato & mushroom omelette rolled inside a tortilla wrap.

### Wholemeal Pancakes 🌱💧

Golden brown light and fluffy pancakes made with wholemeal flour.

## LUNCH

### Bean & Cheese Burrito 🌱\*

A mild spiced mix of pinto beans, cheese and rice wrapped in a tortilla.

### Beef Pie \*

A seasoned lean beef filling surrounded by thin, crisp golden pastry.

### Cheesy Baked Potato 🌱\*

A super spud baked and topped with a cheesy broccoli béchamel.

### Creamy Vegetable Soup 🌱

*with 1 Grain and 1 Meat serve*  
A delicious creamy vegetable soup.

### Ham & Cheese Toastie \*

Ham and melted cheese, seasoned with cracked pepper.

### Oriental Pork Bun \*

A soft fluffy bun filled with tender pork in an Asian-inspired sauce.

### Pea & Ham Risotto \*

A traditional risotto with peas, smoked ham and parmesan.

### Pesto Pasta Salad 🌱\*✳️

Al dente penne pasta with basil pesto, semi dried tomatoes and parmesan cheese.

### Potato Tuna Bake 🐟\*

Layers of potato topped with a tuna, sweetcorn, spinach and creamy cheese sauce.

### Pumpkin Soup 🌱

*with 1 Grain and 1 Meat serve*  
A classic homestyle soup.

### Quiche Lorraine \*

A delicious combination of bacon and cheddar cheese, in a fluffy egg filling, encased in a shortcrust pastry.

### Ricotta & Pumpkin Ravioli 🌱\*

Ravioli filled with ricotta cheese and pumpkin in a sage and butter flavour sauce.

### Roasted Veggie All Round 🌱\*

Multigrain bread filled with tender roasted vegetables and tasty cheddar cheese.

### Sausage Roll \*

Golden pastry filled with seasoned beef and vegetables.

### Spaghetti Bolognese \*

Spaghetti in a traditional bolognese sauce.

### Spinach & Fetta Roll 🌱\*

*with 1 Fat serve*  
Light puff pastry filled with spinach and fetta cheese.

### Vegetable Lasagne 🌱\*

Layers of pasta, rich tomato and spinach, with a cheesy béchamel sauce.

### Vegetable Tortellini 🌱\*

Al dente vegetable filled pasta in a delicious tomato sauce, finished with a light sprinkling of parmesan cheese.

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*jenny*  
C R A I G

💧 Use Dairy serve allocated on this day to prepare, as per pack instructions

🐟 = Fish

🌱 = Vegetarian

\* = Frozen

✳️ = Thaw overnight

## DINNER

### Bangers & Mash \*

Pork sausages in a rich onion gravy with creamy mashed potato and green beans.

### Beef Burger \* ✱

A sesame seed topped golden bun with a lean beef patty and a sweet tomato relish.

### Beef Lasagne \*

Lean beef and rich tomatoes topped with a creamy béchamel sauce.

### Beef Pastie \*

Lean beef and vegetables, encased in a golden puff pastry.

### Beef Pie \*

with 1 Meat serve

A seasoned lean beef filling surrounded by thin, crisp golden pastry.

### Butter Chicken \*

Tender chicken in a rich cream and tomato sauce with pilau rice.

### Chicken Fettuccine \*

Fettuccine pasta tossed with chicken, in a light cream sauce and topped with parmesan cheese.

### Chicken Pad Thai \*

Tender chicken in Pad Thai style sauce, served on a bed of vegetables and rice noodles.

### Chicken Parmigiana \*

A classic chicken parma with Napoli sauce and cheese, served with roasted potatoes and green peas.

### Chicken Satay \*

Tender Chicken in a mild peanut sauce, served with long grain rice.

### Chunky Vegetable Soup 🥬

A hearty blend of mixed vegetables and chickpeas in a mild tomato soup.

### Cottage Pie \*

A traditional cottage pie made with tender beef and vegetables, topped with creamy potato mash.

### Crumbed Fish & Wedges 🐟 \*

Succulent crumbed hoki fish with chunky seasoned potato wedges.

### Dhal with Rice 🌿 \*

Aromatic yellow split pea and spinach dhal served with rice and green beans.

### Lamb Moussaka \*

Lamb mince in a rich ragu sauce, layered with potatoes and eggplant, topped with a cheesy mornay sauce.

### Macaroni Cheese 🌿 \*

Macaroni pasta coated in a creamy cheese sauce with broccoli, cauliflower and a parmesan crust.

### Meatballs & Vegetables \*

Tender beef meatballs in tomato sauce, served with roast potatoes and vegetables.

### Mexican-Style Veggie Stack 🌿 \*

Layers of pasta with mildly spiced vegetables, beans, tomato sauce and sour cream, topped with cheese.

### Potato Tuna Bake 🐟 \*

Layers of potato topped with a tuna, sweetcorn, spinach and creamy cheese sauce.

### Pepperoni Pizza \*

Sliced pepperoni with mozzarella cheese on a golden pita base.

### Quiche Lorraine \*

with 1 Fat serve

A delicious combination of bacon and cheddar cheese, in a fluffy egg filling, encased in a shortcrust pastry.

### Roast Chicken & Vegetables \*

Succulent slices of roast chicken served with roasted pumpkin, potatoes and mixed vegetables, topped with a delicious gravy.

### Roast Pork Dinner \*

Lean slices of roast pork served with mashed potato, vegetables, chunky apple sauce, topped with gravy.

## DINNER (cont.)

### Roasted Vegetable Pizza 🌿 \*

Tender roasted vegetables topped with crumbled fetta on a golden pita base.

### Spinach & Ricotta Cannelloni 🌿 \*

Cannelloni pasta filled with creamy ricotta and spinach, topped with an Italian-style Napoli sauce.

### Teriyaki Beef Noodles \*

Tender beef in a teriyaki sauce, served with udon noodles and vegetables.

### Thai Green Chicken Curry \*

Tender chicken in a fragrant creamy coconut sauce with green beans and capsicum, served with rice.

### Vegetable Tikka Masala with Paneer Cheese 🌿 \*

A mildly spiced vegetable curry with paneer cheese, served with basmati rice.

## SNACKS

### Apple & Rhubarb Crumble 🌿 \*

Tender pieces of apple and rhubarb topped with a golden crumble.

### Butterscotch Sundae 🌿 \*

Creamy butterscotch flavoured low fat ice cream with a sweet caramel ripple.

### Choc Chip Bites 🌿

Bite size cookies with chunks of rich chocolate.

### Chocolate Mousse 💧

A delightfully light and creamy chocolate treat.

### Chocolate Pudding 🌿 \*

A delicious pudding with a rich chocolate sauce.

### Light & Tangy Veggie Crisps 🌿

Crunchy vegetable crisps with a light and tangy seasoning.

### Melting Moment 🌿

Soft and crumbly, a real treat to eat.

### Nut & Cranberry Mix 🌿

A blend of roasted nuts and dried cranberries.

### Oregano & Thyme Crunchies 🌿

A pumpkin, potato and rice snack with a herbalicious dusting of oregano and thyme seasoning.

### Salsa Curls 🌿

A crunchy and tangy savoury snack made with chickpeas.

### Salted Caramel Nut Bar 🌿

A chewy choc nut bar with a salted caramel kick.

### Savoury Soy Snack 🌿

Crunchy bite size crisps, dusted with a light seasoning.

### Shortbread Bites 🌿

Bite sized shortbread biscuits with a hint of lemon.

### Sticky Date Pudding 🌿 \*

A decadent sticky date pudding in a rich caramel sauce.

### Sweet & Salty Popcorn 🌿

Air popped popcorn, lightly dusted with sugar and salt.

### Trio Spice Mix 🌿

A lightly spiced mix of peanuts and noodles.

### White Chocolate Cranberry Cookie 🌿

An indulgent biscuit with white chocolate chips and sweet cranberries.

## FREE FOODS

Free Foods (approximately 0-100kJ per serve)

### Beverages

Coffee, Tea  
Soda/Sparkling/Mineral Water (plain or flavoured with no added sugar)  
*Natural / Artificial Sweeteners can be used in place of sugar*

### Non-Starchy Vegetables

Artichoke, Asparagus, Bamboo shoots, Beans (string), Bean sprouts (alfalfa sprouts), Beetroot, soy bean sprouts), Beetroot, Bok choy, Broccoli, Broccolini, Chinese broccoli, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Cucumber, Eggplant, Fennel, Kale, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (e.g. lettuce, radicchio, rocket), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (button), Swede, Tamarillo, Tomato, Turnip, Zucchini.

Limited Free Foods (enjoy up to 3 servings per day)

### Beverages (250ml)

Diet soft drink, Diet tonic water, Diet cordial (made up with water).

### Beverages (125ml)

Vegetable juice (low salt).

### Fruit

Berries, Grapefruit, Melon, Paw Paw (½ cup), Lychees, Passionfruit, Rambutans (2), Cherries (8).

### Other

Cacao beans (3), Diet jelly (1 serve, ¼ pack), Gherkins/pickles sweetened (30g), Gravy ready-made or powder made up with water (¼ cup), Konjac noodles, Kelp noodles (250g), LSA (1 tsp), Rice paper (1 sheet), Sugar-free sweets (1 piece).

### Flavour Enhancers

Broth/Stock, Capers, Chilli sauce, Yeast extract (Vegemite™), Fish sauce, Garlic, Ginger, Gherkins/pickles (unsweetened), Herbs - fresh, dried, paste (e.g. basil, coriander, dill, mint, oregano, parsley, rosemary, thyme), Horseradish, Kimchi, Lemon juice, Lime juice, Mustard, Pickled onions, Seaweed, Sriracha sauce, Spices (e.g. chilli, cinnamon, cumin, curry powder, nutmeg, paprika, turmeric), Soy sauce, Tabasco sauce, Tomato passata, Tomato paste, Vinegar, Wasabi, Worcestershire sauce.

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