Jenny Craig | Planned Menu 5000kJ

Week 1

	Day 01	Day 02	Day 03	Day 04	Day 05	Day 06	Day 07
Breakfast	**OVEN BAKED MUESLI** ½ cup Non Fat Milk **7 DAY SUPPLEMENT**	**NUT & GRAIN CHEW** ½ cup Non Fat Milk **7 DAY SUPPLEMENT**	**BERRY OAT CLUSTERS** ½ cup Non Fat Milk **7 DAY SUPPLEMENT**	**CHOCOLATE DRINK** 1 slice Wholegrain Toast 1 tsp Margarine **7 DAY SUPPLEMENT**	**FRUIT & NUT LOAF** ½ cup Non Fat Milk **7 DAY SUPPLEMENT**	**WHOLEMEAL PANCAKES** 2 tsp Regular Jam **7 DAY SUPPLEMENT**	**MALTY GRAIN** ½ cup Non Fat Milk **7 DAY SUPPLEMENT**
Snack	1 Orange	1 Banana	⅔ cup Fat Free Yoghurt	**BANANA BREAD** 1 Kiwifruit	⅔ cup Fat Free Yoghurt	2 Kiwifruit	**TRIPLE CHOC COOKIE**
Lunch	**HEARTY BEEF PIE** Garden Salad ★ 1 Carrot ★	**FRIED RICE** Garden Salad ★ 1 Apple	**BEAN & CHEESE BURRITO** Garden Salad ★ 1 Tomato ★	**SAUSAGE ROLL** Garden Salad ★ 1 Tomato ★	**TOMATO & CHEESE PASTA** Garden Salad ★ 1 Carrot ★ 1 Apple	**PIZZA ALL ROUND** Garden Salad ★ 1 Orange	**CREAM OF VEGETABLE SOUP** 1 slice Wholegrain Bread 1 tsp Margarine Garden Salad ★ 1 Tomato ★
Snack	**CHEESE TWISTS** 1 Apple	⅔ cup Fat Free Yoghurt	**CHOC NUT BAR**	1 Apple 1 Kiwifruit	**SEA SALT & VINEGAR CRISPS**	**HOT NUTS**	1 Apple
Dinner	**CHICKEN FETTUCCINE** 1 cup Broccoli ★ 1 cup Green Beans ★ 1 cup Zucchini ★	**CRUMBED FISH & WEDGES** Garden Salad ★	**BEEF LASAGNE** 1 cup Broccoli ★ 1 cup Green Beans ★	**CHICKEN KORMA** 1 cup Green Beans ★ 1 cup Zucchini ★	**CREAMY VEGETABLE RISOTTO** Garden Salad ★ 1 Tomato ★	**BANGERS & MASH** 1 cup Broccoli ★ 1 cup Zucchini ★	**SPINACH & RICOTTA CANNELLONI** Garden Salad ★ 1 cup Green Beans ★
Snack	⅔ cup Fat Free Yoghurt	**SKINNY COW ICE CREAM COOKIE**	2 Kiwifruit 1 Orange	⅔ cup Fat Free Yoghurt	1 Orange	⅔ cup Fat Free Yoghurt	1 Banana ⅔ cup Fat Free Yoghurt

This week's plan:

My own foods	Fruit	Vegetable	Grain	Meat	Milk	Fat	Other
	Apples 5 Bananas 2 Kiwifruit 6 Oranges 4	Broccoli 3 cups Carrots 2 Green Beans 4 cups Salad Vegetables 10 cups Tomatoes 4 Zucchini 3 cups	Regular Jam 2 tsp Wholegrain Bread 2 slices		Fat Free Yoghurt 4⅔ cups Non Fat Milk 4 cups	Margarine 2 tsp	

★ All non-starchy vegetables are Free Foods = Unlimited

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