

# 5000kJ Personalised Menu

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 1½ Milk

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	
Day 2	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	
Day 3	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	
Day 4	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	
Day 5	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	
Day 6	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	
Day 7	j/c _____ ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	j/c _____ 2 vegetable serves *	1 fruit serve	j/c _____ 2 vegetable serves *	j/c _____	

\* All non-starchy vegetables are Free Foods

Please direct comments to:  
 Customer Care Australia  
 P 1800 453 669 W [jennycraig.com.au](http://jennycraig.com.au)  
 Customer Care New Zealand  
 P 0800 555 123 W [jennycraig.co.nz](http://jennycraig.co.nz)  
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