

6400kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 2 Milk
- 2 Meat
- 1 Fat
- 1 Grains

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|---|--------------|--|---|--|-----------|----------|
| Day 1 | j/c _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * 1 meat serve | 1 fruit serve 1 grain serve 1 fat serve | j/c _____ 2 vegetable serves * 1 meat serve | j/c _____ | |
| Day 2 | j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * | 1 fruit serve | j/c _____ 2 vegetable serves * 2 meat serves | j/c _____ | |
| Day 3 | j/c _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * 1 meat serve | 1 fruit serve 1 grain serve 1 fat serve 1 meat serve | j/c _____ 2 vegetable serves * | j/c _____ | |
| Day 4 | j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * 2 meat serves | 1 fruit serve | j/c _____ 2 vegetable serves * | j/c _____ | |
| Day 5 | j/c _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * 1 meat serve | 1 fruit serve 1 grain serve 1 fat serve | j/c _____ 2 vegetable serves * 1 meat serve | j/c _____ | |
| Day 6 | j/c _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * | 1 fruit serve | j/c _____ 2 vegetable serves * 2 meat serves | j/c _____ | |
| Day 7 | j/c _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | j/c _____ 2 vegetable serves * 2 meat serves | 1 fruit serve 1 grain serve 1 fat 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
 Customer Care New Zealand
 P 0800 555 123 W jennycraig.co.nz
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| Day 1 | <i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve 1 grain serve 1 fat serve | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | <i>jc</i> _____ | |
| Day 2 | <i>jc</i> _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * 2 meat serves | <i>jc</i> _____ | |
| Day 3 | <i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve 1 grain serve 1 fat serve 1 meat serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | |
| Day 4 | <i>jc</i> _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * 2 meat serves | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | |
| Day 5 | <i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve 1 grain serve 1 fat serve | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | <i>jc</i> _____ | |
| Day 6 | <i>jc</i> _____ 1 milk serve 1 fruit serve 1 grain serve 1 fat serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * 2 meat serves | <i>jc</i> _____ | |
| Day 7 | <i>jc</i> _____ 1 milk serve 1 fruit serve Daily Supplement | 1 milk serve | <i>jc</i> _____ 2 vegetable serves * 2 meat serves | 1 fruit serve 1 grain serve 1 fat serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | |

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