

# 7000kJ Personalised Menu

## This week's focus

Food

Body

Mind

## Appointment

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

## My Own Foods - Per Day

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

|       | Breakfast   | Snack          | Lunch  | Snack  | Dinner  | Snack     | Activity |
|-------|---|----------------|--|--|---|-----------|----------|
| Day 1 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 meat serve | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>1 meat serve                 | j/c _____ |          |
| Day 2 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 fat serve  | 1 fruit serve                                  | j/c _____<br>2 vegetable serves *<br>2 meat serves                | j/c _____ |          |
| Day 3 | j/c _____<br>1 milk serve<br>1 fruit serve<br><b>Daily Supplement</b>                                 | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>2 meat serves                 | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 fat serve | j/c _____ |          |
| Day 4 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 meat serve | 1 fruit serve                                  | j/c _____<br>2 vegetable serves *<br>1 meat serve<br>1 fat serve  | j/c _____ |          |
| Day 5 | j/c _____<br>1 milk serve<br>1 fruit serve<br><b>Daily Supplement</b>                                 | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve                 | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>2 meat serves<br>1 fat serve | j/c _____ |          |
| Day 6 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 meat serve                  | 1 fruit serve<br>1 grain serve<br>1 meat serve | j/c _____<br>2 vegetable serves *<br>1 fat serve                  | j/c _____ |          |
| Day 7 | j/c _____<br>1 milk serve<br>1 fruit serve<br><b>Daily Supplement</b>                                 | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 fat serve  | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>2 meat 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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| Day 2 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 fat serve  | 1 fruit serve                                  | j/c _____<br>2 vegetable serves *<br>2 meat serves                | j/c _____ |          |
| Day 3 | j/c _____<br>1 milk serve<br>1 fruit serve<br><b>Daily Supplement</b>                                 | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>2 meat serves                 | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 fat serve | j/c _____ |          |
| Day 4 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 meat serve | 1 fruit serve                                  | j/c _____<br>2 vegetable serves *<br>1 meat serve<br>1 fat serve  | j/c _____ |          |
| Day 5 | j/c _____<br>1 milk serve<br>1 fruit serve<br><b>Daily Supplement</b>                                 | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve                 | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>2 meat serves<br>1 fat serve | j/c _____ |          |
| Day 6 | j/c _____<br>1 milk serve<br>1 fruit serve<br>1 grain serve<br>1 fat serve<br><b>Daily Supplement</b> | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 meat serve                  | 1 fruit serve<br>1 grain serve<br>1 meat serve | j/c _____<br>2 vegetable serves *<br>1 fat serve                  | j/c _____ |          |
| Day 7 | j/c _____<br>1 milk serve<br>1 fruit serve<br><b>Daily Supplement</b>                                 | 1½ milk serves | j/c _____<br>2 vegetable serves *<br>1 grain serve<br>1 fat serve  | 1 fruit serve<br>1 grain serve<br>1 fat serve  | j/c _____<br>2 vegetable serves *<br>2 meat serves                | j/c _____ |          |

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