

# Adolescent Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

180g canned fish  
4 slices lean ham (90g)  
60g reduced fat cheese

### Vegetables

16 cups salad  
12 non-starchy vegetable serves

### Grains

10 slices wholegrain bread

### Milk

17½ milk serves

### Fat

11 fat serves

### Fruit

14 fruit serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>B</b>	1½ milk serves	2 slices wholegrain bread 1 fat serve 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Chicken Fettuccine</b> 2 vegetable serves * <b>C</b>	<b>Chocolate Pudding</b> <b>D</b>	
Day 2	<b>Toasted Berry Muesli</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>D</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	<b>Lamb Moussaka</b> 2 vegetable serves * <b>B</b>	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 3	<b>Nut &amp; Grain Chew</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>B</b>	1½ milk serves	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Chicken Satay</b> 2 vegetable serves * <b>E</b>	<b>Choc Chip Bites</b> <b>C</b>	
Day 4	<b>Flakes &amp; Fibre Cereal</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>A</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	<b>Beef Lasagne</b> 2 vegetable serves * <b>C</b>	<b>Sweet Chilli &amp; Sour Cream Chips</b> <b>A</b>	
Day 5	<b>Hazelnut &amp; Almond Cereal</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>A</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> 2 vegetable serves * <b>D</b>	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	
Day 6	<b>Wholemeal Pancakes</b> ½ milk serve 1 fruit serve 1 fat serve <b>Daily Supplement</b> <b>B</b>	1 milk serve	<b>Cheesy Baked Potato</b> <b>C</b> 2 cups salad * 1 fat serve	1 milk serve 1 fruit serve	<b>Oriental Beef Stir Fry</b> 2 vegetable serves * <b>D</b>	<b>Corn Chips</b> <b>C</b>	
Day 7	<b>Apple &amp; Berry Brekkie Cup</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>C</b>	1½ milk serves	<b>Beef Pie</b> <b>D</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Chicken Parmigiana</b> 2 cups salad * <b>E</b>	<b>Salted Caramel Nut Bar</b> <b>D</b>	

\* All non-starchy vegetables are Free Foods Use milk serve allocated on this day to prepare, as per pack instructions

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grains \_\_\_\_\_ Meat \_\_\_\_\_ Milk \_\_\_\_\_ Fat \_\_\_\_\_

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# Adolescent Menu 2

## This week's focus

Food

Body

Mind

## Appointment

Date

Time

Phone

## Shopping list

### Meat

3 eggs  
4 slices lean ham (90g)  
60g reduced fat cheese

### Vegetables

14 cups salad  
14 non-starchy vegetable serves

### Grains

10 slices wholegrain bread

### Milk

17½ milk serves

### Fat

13 fat serves

### Fruit

14 fruit serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Oat &amp; Apricot Bar</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>C</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	<b>Beef Pastie</b> 2 vegetable serves * <b>B</b>	<b>Cheesy Popcorn</b> <b>C</b>	
Day 2	<b>Cocoa Clusters</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>D</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Roast Chicken &amp; Vegetables</b> 2 vegetable serves * <b>C</b>	<b>Cinnamon Cookie</b> <b>B</b>	
Day 3	<b>Café-style Banana Bread</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>A</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Cottage Pie</b> 2 vegetable serves * <b>D</b>	<b>Choc Fudge Bikkie</b> <b>A</b>	
Day 4	<b>Malty Grain</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>B</b>	1½ milk serves	2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	<b>Chicken Pad Thai</b> 2 vegetable serves * <b>D</b>	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>	
Day 5	<b>Apple &amp; Cinnamon Porridge</b> <b>B</b> ½ milk serve 1 fruit serve <b>Daily Supplement</b>	1 milk serve	2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 milk serve 1 fruit serve	<b>Mexican-style Slow Cooked Pork</b> 2 vegetable serves * <b>D</b>	<b>Jenny Craig's Ice Cream Sundae</b> <b>B</b>	
Day 6	<b>Cranberry &amp; Vanilla Muesli</b> 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>C</b>	1½ milk serves	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad * 1 fat serve	1 fruit serve	<b>Spaghetti &amp; Meatballs</b> 2 vegetable serves * <b>E</b>	<b>Shortbread Bites</b> <b>D</b>	
Day 7	<b>Waffles</b> 2 fat serves 1 milk serve 1 fruit serve <b>Daily Supplement</b> <b>D</b>	1½ milk serves	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * 1 boiled egg	1 fruit serve	<b>Macaroni Cheese</b> 2 vegetable serves * <b>B</b>	<b>BBQ Bites</b> <b>D</b>	

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