

Adolescent Menu 3

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

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

Vegetables

18 cups salad
10 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	Toasted Berry Muesli D 1 milk serve 1 fruit serve Daily Supplement	1 milk serve	2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	Lamb Moussaka B 2 vegetable serves *	Choc Mousse A ½ milk serve	
Day 2	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	Chicken Fettuccine C 2 vegetable serves *	Sweet Chilli & Sour Cream Chips A	
Day 3	Peanut Breakfast Bar A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve	Beef Burger C 1 fried egg 20g reduced fat cheese 2 cups salad *	Oregano & Thyme Crunchies B	
Day 4	Apple & Cinnamon Porridge B ½ milk serve 1 fruit serve Daily Supplement	1 milk serve	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad * 1 fat serve	Shortbread Bites D 1 milk serve	
Day 5	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	Butter Chicken E 2 vegetable serves *	Cinnamon Cookie B	
Day 6	Zucchini & Corn Muffin C 1 fat serve 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	BBQ Pulled Pork Toastie B 2 cups salad * 1 fat serve	1 fruit serve	Vegetarian Chilli A 2 vegetable serves *	Sticky Date Pudding C	
Day 7	Wholemeal Pancakes B ½ milk serve 1 fat serve 1 fruit serve Daily Supplement	1 milk serve	Vegetable Tortellini D 2 cups salad * 1 fat serve	1 fruit serve	Sweet & Sour Chicken B 2 vegetable serves *	Choc Chip Bites C 1 milk serve	

* 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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jenny
CRAIG

Adolescent Menu 4

This week's focus

Food

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Shopping list

Meat

4 eggs
4 slices lean ham (90g)
80g reduced fat cheese

Vegetables

18 cups salad
10 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	Flakes & Fibre Cereal A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Cottage Pie D 2 vegetable serves *	Salted Caramel Nut Bar D	
Day 2	Nut & Grain Chew B 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 1 fat serve 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	Corn Chips C	
Day 3	Toasted Berry Muesli D 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Beef Lasagne C 2 vegetable serves *	Jenny Craig's Ice Cream Sundae B	
Day 4	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	1 fruit serve	Chicken Parmigiana E 2 cups salad *	Light & Tangy Veggie Crisps A	
Day 5	Oat & Apricot Bar C 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	2 slices wholegrain bread 1 fat serve 1 boiled egg 20g reduced fat cheese 2 cups salad *	1 fruit serve	Crumbed Fish & Wedges B 2 cups salad *	BBQ Bites D	
Day 6	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Pumpkin & Fetta Rice Salad D * 2 cups salad *	1 fruit serve	Beef Pastie B 2 vegetable serves * 20g reduced fat cheese	White Chocolate Cranberry Cookie B	
Day 7	Cranberry & Vanilla Muesli C 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves	Spaghetti Bolognese B 20g reduced fat cheese 2 cups salad * 1 fat serve	1 fruit serve	Asian-style Vegetable Fried Rice A 1 fried egg 2 vegetable serves *	Cheesy Popcorn C	

* All non-starchy vegetables are Free Foods * Thaw overnight

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