

PERSONALISED MENU SELECTIONS

MAKING THE MOST OF YOUR PERSONALISED MENU

When following a Personalised Menu, you will need to write your Jenny Craig selections on your Personalised Menu Plan, remembering to include any specified Grocery Serves.

Selecting a wide variety of Jenny Craig menu items will ensure you receive the correct number of kilojoules for your weight loss needs, as well as a range of vitamins and minerals.

Each week:

- Choose seven breakfasts, seven lunches, seven dinners and seven snacks.
- Select a variety of foods for optimal nutrition and weight management.
- Get creative! Add volume and your personal flair by bulking up your meals using Free Foods. See overleaf for details.



Fruit serves



Vegetable serves



Grain serves



Meat/meat alternative serves



Milk serves



Fat serves

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BREAKFAST

Apple & Berry

Brekkie Cup 🍏*

A wholesome muffin with an apple and berry compote, topped with oats and sunflower seeds.

Apple & Cinnamon

Porridge 🍏💧

A delicious creamy porridge with dried apple pieces and sliced almonds.

Bean & Cheese Burrito 🍏*

A mild spiced mix of pinto beans, cheese and rice wrapped in a tortilla.

Café-style Banana Bread 🍏*

A delicious wholemeal banana bread with a hint of cinnamon.

Cocoa Clusters 🍏

Crunchy cocoa and oat clusters with cranberries and sliced almonds.

Cranberry & Vanilla Muesli 🍏

Toasted muesli with juicy cranberries, wheat flakes, sultanas, sunflower seeds and a delicious vanilla flavour.

Flakes & Fibre Cereal 🍏

A blend of bran flakes, blackcurrant and honey coated wheat flakes, honey puffed wheat and bran sticks.

Ham & Cheese Toastie *

Ham and melted cheese, seasoned with cracked pepper.

Hazelnut & Almond Cereal 🍏

A light and crispy breakfast cereal with the goodness of nuts and flaked coconut.

Malty Grain 🍏

A delicious crunchy breakfast cereal packed with mixed grains.

Nut & Grain Chew 🍏

A chewy breakfast bar with a blend of peanuts, grains, sunflower seeds and honey.

Oat & Apricot Bar 🍏

Rolled oats, rice crisps, dried fruit and seeds, drizzled with a yoghurt coating.

Peanut Breakfast Bar 🍏

Crunchy peanuts with a blend of rolled oats and rice crisps.

Roasted Veggie

All Round 🍏*

Multigrain bread filled with tender roasted vegetables and tasty cheddar cheese.

Toasted Berry Muesli 🍏

Toasted muesli and oat clusters with the goodness of cranberries, pumpkin and sunflower seeds.

Waffles 🍏*

with 2 Fat serves
 Three light and fluffy golden waffles.

Wholemeal Pancakes 🍏💧

Golden brown light and fluffy pancakes made with wholemeal flour.

Zucchini & Corn Muffin 🍏*

A savoury muffin packed with zucchini, corn and cheese.

LUNCH

Asian-style Vegetable

Fried Rice 🍏*

Vegetables and scrambled egg tossed through white rice, seasoned with traditional Asian flavours.

BBQ Pulled Pork Toastie *

Lightly toasted ciabatta bread filled with tender pulled pork in a BBQ sauce.

Bean & Cheese Burrito 🍏*

with 1 Fat serve
 A mild spiced mix of pinto beans, cheese and rice wrapped in a tortilla.

Beef Pie *

A seasoned lean beef filling surrounded by thin, crisp golden pastry.

Cheesy Baked Potato 🍏*

A super spud baked and topped with a cheesy broccoli béchamel.

Cheesy Pesto Pasta 🍏*🍏*

Al dente pasta with pesto, green beans and bocconcini cheese.

Creamy Vegetable

Pappardelle 🍏*

Pappardelle pasta tossed with vegetables, in a light cream sauce and topped with parmesan cheese.

Creamy Vegetable Soup 🍏

with 1 Grain and 1 Meat serve
 A delicious creamy vegetable soup.

Ham & Cheese Toastie *

Ham and melted cheese, seasoned with cracked pepper.

Pasta Verde 🍏

Super easy pasta spirals and peas in a creamy herb sauce.

Potato & Leek Soup 🍏

with 1 Grain and 1 Meat serve
 Creamy potato with hints of parmesan cheese and leek.

Pumpkin & Fetta Rice

Salad 🍏*🍏*

Pumpkin, brown rice and fetta, with a light citrus dressing.

Roasted Veggie

All Round 🍏*

Multigrain bread filled with tender roasted vegetables and tasty cheddar cheese.

Smoked Paprika Paella 🍏

with 1 Fat serve
 A delicious Mediterranean-inspired paella, tossed with herbs and spices.

Spaghetti Bolognese *

Spaghetti in a traditional bolognese sauce.

Spinach & Fetta Roll 🍏*

with 1 Fat serve
 Light puff pastry filled with spinach and fetta cheese.

Tuna Pasta 🍏*

Penne pasta in a creamy sauce with tuna, carrots and peas, topped with cheese.

Vegetable Lasagne 🍏*

Layers of pasta, rich tomato and spinach, with a cheesy béchamel sauce.

Vegetable Tortellini 🍏*

Al dente vegetable filled pasta in a delicious tomato sauce, finished with a light sprinkling of parmesan cheese.

Vegetarian Chilli 🍏*

Vegetables, kidney beans and lentils in a mild chilli sauce, with white and brown rice.

Zucchini & Corn Muffin 🍏*

A savoury muffin packed with zucchini, corn and cheese.

💧 Use milk serve allocated on this day to prepare, as per pack instructions



= Fish



= Vegetarian



= Frozen



= Thaw overnight

DINNER

Asian-style Vegetable Fried Rice 🌱*

with 1 Meat serve

Vegetables and scrambled egg tossed through white rice, seasoned with traditional Asian flavours.

Beef Burger *

A sesame seed topped golden bun with a lean beef patty and a sweet tomato relish.

Beef Lasagne *

Lean beef and rich tomatoes topped with a creamy béchamel sauce.

Beef Pastie *

Lean beef and vegetables, encased in a golden puff pastry.

Beef Pie *

with 1 Meat serve

A seasoned lean beef filling surrounded by thin, crisp golden pastry.

Butter Chicken *

Tender chicken in a rich cream and tomato sauce with pilau rice.

Chicken Fettuccine *

Fettuccine pasta tossed with chicken, in a light cream sauce and topped with parmesan cheese.

Chicken Pad Thai *

Tender chicken in Pad Thai style sauce, served on a bed of vegetables and rice noodles.

Chicken Parmigiana *

A classic chicken parma with Napoli sauce and cheese, served with roasted potatoes and green peas.

Chicken Satay *

Tender Chicken in a mild peanut sauce, served with long grain rice.

Cottage Pie *

A traditional cottage pie made with tender beef and vegetables, topped with creamy potato mash.

Creamy Vegetable Pappardelle 🌱*

with 1 Meat serve

Pappardelle pasta tossed with vegetables, in a light cream sauce and topped with parmesan cheese.

Crumbed Fish & Wedges 🐟*

Succulent crumbed hoki fish with chunky seasoned potato wedges.

Lamb Moussaka *

Lamb mince in a rich ragu sauce, layered with potatoes and eggplant, topped with a cheesy mornay sauce.

Macaroni Cheese 🌱*

Macaroni pasta coated in a creamy cheese sauce with broccoli, cauliflower and a parmesan crust.

Mexican-style Slow Cooked Pork *

Slow cooked pork in a chipotle sauce with a colourful rice medley.

Oriental Beef Stir Fry *

Aromatic spiced beef strips, green beans and carrots served with a blend of white and brown rice.

Pumpkin & Fetta Rice Salad 🌱*🥗

with 1 Meat serve

Pumpkin, brown rice and fetta, with a light citrus dressing.

Roast Chicken & Vegetables *

Succulent slices of roast chicken served with roasted pumpkin, potatoes and mixed vegetables, topped with a delicious gravy.

Roasted Vegetable Pizza 🌱*

Tender roasted vegetables topped with crumbled fetta on a golden pita base.

Spaghetti & Meatballs *

Traditional meatballs in a rich tomato sauce with green beans.

DINNER (cont)

Spinach & Ricotta Cannelloni 🌱*

Cannelloni pasta filled with creamy ricotta and spinach, topped with an Italian-style Napoli sauce.

Sweet & Sour Chicken *

Tender chicken in a sweet and sour sauce, with long grain rice.

Tuna Pasta 🐟*

with 1 Grain serve

Penne pasta in a creamy sauce with tuna, carrots and peas, topped with cheese.

Vegetable Tikka Masala with Paneer Cheese 🌱*

A mildly spiced vegetable curry with paneer cheese, served with basmati rice.

Vegetarian Chilli 🌱*

with 1 Meat serve

Vegetables, kidney beans, and lentils in a mild chilli sauce, with white and brown rice.

SNACKS

BBQ Bites 🌱

Crunchy bite size soy crisps, dusted with a light BBQ seasoning.

Butterscotch Sundae 🌱*

Creamy butterscotch flavoured low fat ice cream with a sweet caramel ripple.

Cheesy Popcorn 🌱

Light popcorn with a great taste of cheese.

Choc Chip Bites 🌱

Bite size cookies with chunks of rich chocolate.

Choc Fudge Bikkie 🌱

A brownie-style treat with caramel fudge pieces.

Choc Mousse 🍫

A fluffy, light and creamy choc mousse.

Chocolate Pudding 🌱*

A delicious pudding with a rich chocolate sauce.

Chocolate Sundae 🌱*

Chocolate low fat ice cream topped with a chocolate fudge sauce.

Cinnamon Cookie 🌱

A biscuit with delicious cinnamon nibs and a hint of spice.

Corn Chips 🌱

Crunchy Mexican-style tortilla chips.

Light & Tangy Veggie Crisps 🌱

Crunchy vegetable crisps with a light and tangy seasoning.

Oregano & Thyme Crunchies 🌱

A pumpkin, potato and rice snack with a herbalicious dusting of oregano and thyme seasoning.

Salted Caramel Nut Bar 🌱

A chewy choc nut bar with a salted caramel kick.

Shortbread Bites 🌱

Bite sized shortbread biscuits with a hint of lemon.

Sticky Date Pudding 🌱*

A decadent sticky date pudding in a rich caramel sauce.

Sweet Chilli & Sour Cream Chips 🌱

A crispy blend of potato, rice and corn with a sweet chilli and sour cream seasoning.

White Chocolate Cranberry Cookie 🌱

An indulgent biscuit with white chocolate chips and sweet cranberries.

FREE FOODS

Free Foods (approximately 0-100kJ per serve)

Beverages

Coffee, Tea
Soda/Sparkling/Mineral Water (plain or flavoured with no added sugar)
Natural / Artificial Sweeteners can be used in place of sugar

Non-Starchy Vegetables

Artichoke, Asparagus, Bamboo shoots, Beans (string), Bean sprouts (alfalfa sprouts, mung bean sprouts, soy bean sprouts), Beetroot, Bok choy, Broccoli, Broccolini, Chinese broccoli, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Cucumber, Eggplant, Fennel, Kale, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (e.g. lettuce, radicchio, rocket), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (butter), Swede, Tamarillo, Tomato, Turnip, Zucchini.

Limited Free Foods (enjoy up to 3 servings per day)

Beverages (250ml)

Diet soft drink, Diet tonic water, Diet cordial (made up with water).

Beverages (125ml)

Vegetable juice (low salt).

Fruit

Berries, Grapefruit, Melon, Paw Paw (½ cup), Lychees, Passionfruit, Rambutans (2), Cherries (8).

Other

Cacao beans (3), Diet jelly (1 serve, ¼ pack), Gherkins/pickles sweetened (30g), Gravy ready-made or powder made up with water (¼ cup), Konjac noodles, Kelp noodles (250g), LSA (1 tsp), Rice paper (1 sheet), Sugar-free sweets (1 piece).

Flavour Enhancers

Broth/Stock, Capers, Chilli sauce, Yeast extract (Vegemite™), Fish sauce, Garlic, Ginger, Gherkins/pickles (unsweetened), Herbs - fresh, dried, paste (e.g. basil, coriander, dill, mint, oregano, parsley, rosemary, thyme), Horseradish, Kimchi, Lemon juice, Lime juice, Mustard, Pickled onions, Seaweed, Sriracha sauce, Spices (e.g. chilli, cinnamon, cumin, curry powder, nutmeg, paprika, turmeric), Soy sauce, Tabasco sauce, Tomato passata, Tomato paste, Vinegar, Wasabi, Worcestershire sauce.

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🐟 = Fish

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❄️ = Frozen

🥶 = Thaw overnight