

12 HOUR CLOCK 5000kJ Menu 3

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 1 egg	Vegetables 18 cups salad 10 non-starchy vegetable serves
Grains 1 slice wholegrain bread	
Milk 10½ milk serves	
Fat 1 fat serve	
Fruit 14 fruit serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Toasted Berry Muesli D ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	½ milk serve	Cheesy Pesto Pasta C 2 cups salad *	Choc Mousse A ½ milk serve	Mexican-style Slow Cooked Pork D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Hazelnut & Almond Cereal A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Beef Pie D 2 cups salad *	Sweet Chilli & Sour Cream Chips A	Chicken Fettuccine C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Nut & Grain Chew B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Smoked Paprika Paella B 2 cups salad * 1 boiled egg	Oregano & Thyme Crunchies B	Beef Burger C 2 cups salad *	1 fruit serve ⌚ Stop	
Day 4	Flakes & Fibre Cereal A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Spaghetti Bolognese B 2 cups salad * 1 fat serve	Shortbread Bites D	Roasted Vegetable Pizza B 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Zucchini & Corn Muffin C ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Creamy Vegetable Soup A 1 slice wholegrain bread 2 cups salad *	Cinnamon Cookie B	Butter Chicken E 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Apple & Berry Brekkie Cup C ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Tuna Pasta D 2 cups salad *	Sticky Date Pudding C	Beef Pastie B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Wholemeal Pancakes B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Ham & Cheese Toastie C 2 cups salad *	Choc Chip Bites C	Sweet & Sour Chicken B 2 vegetable serves *	1 fruit serve ⌚ Stop	

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

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Grains

1 slice wholegrain bread

Milk

10½ milk serves

Fat

3 fat serves

Fruit

14 fruit serves

Vegetables

16 cups salad
12 non-starchy vegetable serves

Please direct comments to:
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Flakes & Fibre Cereal A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Vegetable Lasagne B 2 cups salad *	Salted Caramel Nut Bar D	Oriental Beef Stir Fry D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Peanut Breakfast Bar A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Cheesy Baked Potato C 2 cups salad *	Corn Chips C	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Toasted Berry Muesli D ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Potato & Leek Soup A 1 slice wholegrain bread 2 cups salad *	Chocolate Pudding D	Lamb Moussaka B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Hazelnut & Almond Cereal A ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Pasta Verde C 2 cups salad *	Light & Tangy Veggie Crisps A	Chicken Parmigiana E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Apple & Cinnamon Porridge B ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	BBQ Pulled Pork Toastie B 2 cups salad * 1 fat serve	Jenny Craig's Ice Cream Sundae B	Macaroni Cheese B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Vegetable Tortellini D 2 cups salad *	White Chocolate Cranberry Cookie B	Cottage Pie D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Waffles D 2 fat serves ½ milk serve 1 fruit serve Daily Supplement ⌚ Start	1 milk serve	Pumpkin & Fetta Rice Salad D ✖ 2 cups salad *	Cheesy Popcorn C	Creamy Vegetable Pappardelle A 2 vegetable serves *	1 fruit serve ⌚ Stop	

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