П	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	½ milk serve 1 fruit serve Daily Supplement ① Start	1 milk serve	ie	še	isc	1 fruit serve ① Stop	
Day 2	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	§e	še	ÿ̄ ^c 2 vegetable serves ★	1 fruit serve	
	① Start	4	•	•		① Stop	
Day 3	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	§e2 vegetable serves ★	šε	š ^c 2 vegetable serves ★	1 fruit serve	
	① Start					① Stop	
Day 4	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	jc	ġε	isc	1 fruit serve	
ш	① Start					① Stop	
Day 5	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	¿c	δ ^c	2 vegetable serves *	1 fruit serve	
	① Start					① Stop	
	is a start	1 milk serve	ic	ic	ic	1 fruit serve	
Day 6	½ milk serve 1½ milk serve 1 fruit serve Daily Supplement	THIIK Serve	§c	δc	isc	Thuit serve	
	① Start					① Stop	
Day 7	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	ic 2 vegetable serves ★	je	isc2 vegetable serves ★	1 fruit serve	
	① Start					① Stop	
* A	* All non-starchy vegetables are Free Foods						

12 HOUR CLOCK 5000kJ Personalised Menu

-			7 .	C
-44	hie	14200	ייל	focus

Appointment

Date	Time
Phone	

My Own Foods - Per Day

Fruit Vegetables 1½ Milk

Customer Care Australia P 1800 453 669 W jennycraig.com.au Customer Care New Zealand
P 0800 555 123 W jennycraig.co.nz
© Jenny Craig Inc 01/19



П	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	½ milk serve 1 fruit serve Daily Supplement ① Start	1 milk serve	ie	še	isc	1 fruit serve ① Stop	
Day 2	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	§e	še	ÿ̄ ^c 2 vegetable serves ★	1 fruit serve	
	① Start	4	•	•		① Stop	
Day 3	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	§e2 vegetable serves ★	šε	š ^c 2 vegetable serves ★	1 fruit serve	
	① Start					① Stop	
Day 4	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	jc	ġε	isc	1 fruit serve	
ш	① Start					① Stop	
Day 5	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	¿c	δ ^c	2 vegetable serves *	1 fruit serve	
	① Start					① Stop	
	is a start	1 milk serve	ic	ic	ic	1 fruit serve	
Day 6	½ milk serve 1½ milk serve 1 fruit serve Daily Supplement	THIIK Serve	§c	δc	isc	Thuit serve	
	① Start					① Stop	
Day 7	½ milk serve 1 fruit serve Daily Supplement	1 milk serve	ic 2 vegetable serves ★	je	isc2 vegetable serves ★	1 fruit serve	
	① Start					① Stop	
* A	* All non-starchy vegetables are Free Foods						

12 HOUR CLOCK 5000kJ Personalised Menu

-			7 .	C
-44	hie	14200	ייל	focus

Appointment

Date	Time
Phone	

My Own Foods - Per Day

Fruit Vegetables 1½ Milk

Customer Care Australia P 1800 453 669 W jennycraig.com.au Customer Care New Zealand
P 0800 555 123 W jennycraig.co.nz
© Jenny Craig Inc 01/19

