

12 HOUR CLOCK 8400kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

4 eggs
180g canned fish
10 slices lean ham (225g)
280g reduced fat cheese

Fat

22 fat serves

Fruit

14 fruit serves

Grains

1½ cups corn
12 crispbread
2 English muffins
18 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Milk

17½ milk serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 milk serve 1 fruit serve Daily Supplement 🕒 Start	B 1½ milk serves 3 crispbread 40g reduced fat cheese 2 slices lean ham	Beef Pie 2 slices wholegrain bread 90g canned fish 2 fat serves 2 cups salad *	D Chocolate Pudding	C Chicken Fettuccine 2 vegetable serves * 1 fat serve	1 fruit serve 🕒 Stop	
Day 2	Toasted Berry Muesli 1 milk serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement 🕒 Start	D 1½ milk serves 1 fruit serve	Spinach & Fetta Roll 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	B Oregano & Thyme Crunchies	C Beef Lasagne 20g reduced fat cheese 2 vegetable serves * ½ cup corn	1 fruit serve 🕒 Stop	
Day 3	Nut & Grain Chew 1 milk serve 1 fruit serve Daily Supplement 🕒 Start	B 1½ milk serves 1 English muffin 40g reduced fat cheese	Spaghetti Bolognese 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	C Choc Chip Bites	E Chicken Satay 2 vegetable serves * ½ cup corn	1 fruit serve 🕒 Stop	
Day 4	Flakes & Fibre Cereal 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement 🕒 Start	A 1½ milk serves 3 crispbread 1 fat serve 40g reduced fat cheese	Pumpkin & Fetta Rice Salad ✨ 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	A Sweet Chilli & Sour Cream Chips	B Beef Pastie 2 vegetable serves *	1 fruit serve 🕒 Stop	
Day 5	Hazelnut & Almond Cereal 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement 🕒 Start	A 1½ milk serves 3 crispbread 1 fat serve 40g reduced fat cheese	Roasted Veggie All Round 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	B White Chocolate Cranberry Cookie 1 fruit serve	D Spinach & Ricotta Cannelloni 2 vegetable serves *	1 fruit serve 🕒 Stop	
Day 6	Wholemeal Pancakes 💧 ½ milk serve 2 slices wholegrain toast 2 fat serves Daily Supplement 🕒 Start	B 1 milk serve 3 crispbread 1 fat serve 40g reduced fat cheese	Ham & Cheese Toastie 2 cups salad * 1 boiled egg ½ cup corn 1 fat serve 1 fruit serve	C Corn Chips 1 milk serve	A Vegetarian Chilli 2 vegetable serves * 1 fat serve	1 fruit serve 🕒 Stop	
Day 7	Apple & Berry Brekkie Cup 1 milk serve 1 English muffin 1 boiled/poached egg Daily Supplement 🕒 Start	C 1½ milk serves 1 fruit serve	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 40g reduced fat cheese 2 slices lean ham 2 cups salad *	D Salted Caramel Nut Bar	E Chicken Parmigiana 2 cups salad * 20g reduced fat cheese 1 fat serve	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

12 HOUR CLOCK 8400kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

8 eggs
270g canned fish
6 slices lean ham (135g)
220g reduced fat cheese

Fat

25 fat serves

Fruit

14 fruit serves

Grains

1½ cups corn
6 crispbread
4 English muffins
17 slices wholegrain bread

Vegetables

16 cups salad
12 non-starchy vegetable serves

Milk

17½ milk serves

Please direct comments to:

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



	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Oat & Apricot Bar C 1 milk serve 1 English muffin 2 fat serves 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 1 fruit serve	Vegetable Tortellini D 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Cheesy Popcorn C	Lamb Moussaka B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Cocoa Clusters D 1 milk serve 1 fruit serve 2 slices wholegrain toast 2 fat serves Daily Supplement ⌚ Start	1½ milk serves	Bean & Cheese Burrito B 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 1 boiled egg 2 cups salad *	Cinnamon Cookie B	Roast Chicken & Vegetables C 2 vegetable serves * ½ cup corn	1 fruit serve ⌚ Stop	
Day 3	Café-style Banana Bread A 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 40g reduced fat cheese	Creamy Vegetable Pappardelle D 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Choc Fudge Bikkie A 1 fruit serve	Cottage Pie D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Malty Grain B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 3 crispbread 1 fat serve 40g reduced fat cheese	Cheesy Baked Potato C 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Light & Tangy Veggie Crisps A	Chicken Pad Thai D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Apple & Cinnamon Porridge B 1 milk serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 1 English muffin 2 fat serves 40g reduced fat cheese	BBQ Pulled Pork Toastie B 2 cups salad * ½ cup corn 2 fat serves	Jenny Craig's Ice Cream Sundae B 1 fruit serve	Asian-style Vegetable Fried Rice A 2 slices lean ham 1 fried egg 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Cranberry & Vanilla Muesli C 1 milk serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start	1½ milk serves 1 fruit serve	Potato & Leek Soup A 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	Shortbread Bites D	Spaghetti & Meatballs E 40g reduced fat cheese 2 vegetable serves * 1 fat serve	1 fruit serve ⌚ Stop	
Day 7	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement ⌚ Start	1½ milk serves 1 English muffin 1 fat serve 1 boiled egg	Vegetable Lasagne B 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	BBQ Bites D	Crumbed Fish & Wedges B 2 cups salad * ½ cup corn	1 fruit serve ⌚ Stop	

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