

# 5000kJ Personalised Menu

## This week's focus

Food

Body

Mind

## Appointment

Date \_\_\_\_\_ Time \_\_\_\_\_  
Phone \_\_\_\_\_

## My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 1½ Dairy

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	
Day 2	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	
Day 3	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	
Day 4	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	
Day 5	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	
Day 6	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	
Day 7	 _____ ½ dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	 _____ 2 vegetable serves *	1 fruit serve	 _____ 2 vegetable serves *	 _____	

\* All non-starchy vegetables are Free Foods

Please direct comments to:  
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