

6400kJ Menu 1

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Beef Pie D 2 cups salad * 40g reduced fat cheese 1 fat serve	1 fruit serve	Chicken Fettuccine C 2 vegetable serves *	Shortbread Bites D	
Day 2	Oat & Apricot Bar C 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheesy Baked Potato C 2 cups salad * 2 slices lean ham	1 fruit serve 3 crispbread 20g reduced fat cheese	Beef & Vegetable Casserole C 2 vegetable serves *	Nut & Cranberry Mix C	
Day 3	Flakes & Fibre Cereal A 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Ham & Cheese Toastie C 2 cups salad * 1 fat serve	1 fruit serve	Spinach & Ricotta Cannelloni D 2 vegetable serves *	Melting Moment A	
Day 4	Cheese & Chive Omelette D 1 slice wholegrain toast 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Spaghetti Bolognese B 2 cups salad * 1 slice wholegrain bread 1 fat serve	1 fruit serve	Bean & Cheese Burrito A 2 cups salad *	Salted Caramel Nut Bar C	
Day 5	Toasted Berry Muesli D 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	1 fruit serve	Butter Chicken E 2 vegetable serves *	Oregano & Thyme Crunchies B	
Day 6	Apple & Berry Brekkie Cup C 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Spinach & Fetta Roll B 2 cups salad * 2 slices lean ham 20g reduced fat cheese 1 slice wholegrain bread	1 fruit serve	Meatballs & Vegetables B 2 vegetable serves *	Chocolate Pudding D	
Day 7	Wholemeal Pancakes B ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement	1 dairy serve	Creamy Vegetable Pappardelle D 20g reduced fat cheese 2 cups salad * 1 fat serve	1 dairy serve 1 fruit serve	Cottage Pie E 2 vegetable serves * ½ cup peas	Light & Tangy Veggie Crisps A	

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

This week's focus

Food

Body

Mind

Appointment

Date Time

Phone

Shopping list

Meat
1 egg
6 slices lean ham (135g)
100g reduced fat cheese

Fruit
14 fruit serves

Grains
3 crispbread
½ cup peas
6 slices wholegrain bread

Vegetables
16 cups salad
12 non-starchy vegetable serves

Dairy
17½ dairy serves

Fat
7 fat serves

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jenny
C R A I G

6400kJ Menu 2

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Pea & Ham Risotto C 2 cups salad * 40g reduced fat cheese	1 fruit serve	Crumbed Fish & Wedges E 2 cups salad * 1 fat serve	Choc Chip Bites C	
Day 2	Fruit Loaf B 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	Chicken Parmigiana E 2 cups salad *	BBQ Bites D	
Day 3	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Sausage Roll C 2 cups salad * 40g reduced fat cheese 1 fat serve	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad * 1 fat serve	Panna Cotta A ½ dairy serve	
Day 4	Cocoa Clusters D 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Cheese & Chive Omelette B 1 slice wholegrain toast 2 cups salad *	1 fruit serve	Chicken Cacciatore D 2 vegetable serves * ½ cup corn	Sweet & Salty Popcorn B	
Day 5	Nut & Grain Chew B 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Vegetable Lasagne B 2 cups salad * 20g reduced fat cheese 1 slice wholegrain bread	1 fruit serve	Quiche Lorraine A 2 cups salad * 1 slice wholegrain bread	Mango Cheesecake D *	
Day 6	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Roasted Veggie All Round D 2 cups salad * 90g canned fish 1 fat serve	1 fruit serve	Teriyaki Beef Noodles D 2 vegetable serves * ½ cup corn	White Chocolate Cranberry Cookie B	
Day 7	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Pumpkin & Fetta Rice Salad D 2 cups salad * *	1 fruit serve	Beef Pastie C 2 vegetable serves *	Light & Tangy Veggie Crisps A	

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

This week's focus

Food

Body

Mind

Appointment

Date Time

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Shopping list

Meat

1 egg
90g canned fish
120g reduced fat cheese

Fruit

14 fruit serves

Vegetables

22 cups salad
6 non-starchy vegetable serves

Grains

1 cup corn
6 slices wholegrain bread

Dairy

17½ dairy serves

Fat

5 fat serves

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