

# 6400kJ Personalised Menu

## This week's focus

Food

Body

Mind

## Appointment

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

## My Own Foods - Per Day

- 2 Fruit
- 4+ Vegetables
- 2 Dairy
- 2 Meat
- 1 Fat
- 1 Grains

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

\* All non-starchy vegetables are Free Foods

Please direct comments to:  
 Customer Care Australia  
 P 1800 453 669 W [jennycraig.com.au](http://jennycraig.com.au)  
 Customer Care New Zealand  
 P 0800 555 123 W [jennycraig.co.nz](http://jennycraig.co.nz)  
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