

7000kJ Menu 1

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____
Phone _____

Shopping list

<p>Meat 2 eggs 6 slices lean ham (135g) 160g reduced fat cheese</p>	<p>Fruit 14 fruit serves</p>
<p>Grains 6 crispbread 1 cup peas 12 slices wholegrain bread</p>	<p>Vegetables 16 cups salad 12 non-starchy vegetable serves</p>
<p>Dairy 17½ dairy serves</p>	
<p>Fat 9 fat serves</p>	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement A	1½ dairy serves	Beef Pie D 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	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 40g reduced fat cheese	Beef & Vegetable Casserole C 2 vegetable serves * ½ cup peas	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 20g reduced fat cheese 2 vegetable serves * 1 slice wholegrain bread	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 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	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 3 crispbread 20g reduced fat cheese	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 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	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 2 cups salad * 1 boiled egg 1 slice wholegrain bread 1 fat serve	1 dairy serve 1 fruit serve	Cottage Pie E 20g reduced fat cheese 2 vegetable serves * ½ cup peas	Light & Tangy Veggies Crisps A	

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

7000kJ Menu 2

This week's focus

Food

Body

Mind

Appointment

Date	Time
Phone	

Shopping list

Meat 2 eggs 270g canned fish 160g reduced fat cheese	Fruit 14 fruit serves
Grains 1 cup corn 9 crispbread 9 slices wholegrain bread	Vegetables 22 cups salad 6 non-starchy vegetable serves
Dairy 17½ dairy serves	
Fat 7 fat serves	

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve Daily Supplement	A 1½ dairy serves	Pea & Ham Risotto C 2 cups salad * 1 boiled egg	1 fruit serve 3 crispbread 40g reduced fat cheese	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 90g canned fish 2 cups salad *	1 fruit serve	Chicken Parmigiana E 2 cups salad * 40g reduced fat cheese	BBQ Bites D	
Day 3	Ham & Egg Muffin D 1 dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Sausage Roll C 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad *	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 2 slices wholegrain toast 1 fat serve 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 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ dairy serves	Vegetable Lasagne B 2 cups salad *	1 fruit serve 3 crispbread 20g reduced fat cheese	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 fruit serve 3 crispbread 20g reduced fat cheese	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 * 90g canned fish 2 fat serves	1 fruit serve	Beef Pastie C 2 vegetable serves *	Light & Tangy Veggies Crisps A	

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

Please direct comments to:
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