

8400kJ Menu 3

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 25 fat serves
Grains 1½ cups corn 9 crispbread 2 English muffins 17 slices wholegrain bread	Fruit 14 fruit serves
Dairy 17½ dairy serves	Vegetables 16 cups salad 12 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal (A) 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Ham & Cheese Toastie (C) 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Nasi Goreng (C) 2 slices lean ham 2 vegetable serves * 1 fat serve	Oregano & Thyme Crunchies (B)	
Day 2	Flakes & Fibre Cereal (A) 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves 1 fruit serve	Roasted Veggie All Round (D) 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	1 slice wholegrain toast 1 fat serve 40g reduced fat cheese	Chicken Pad Thai (D) 1 fried egg 2 vegetable serves * 1 fat serve	Jenny Craig's Ice Cream Sundae (A)	
Day 3	Caramelised Onion Fritters (C) 1 English muffin 2 fat serves 1 dairy serve Daily Supplement	1½ dairy serves 1 fruit serve	Cheesy Baked Potato (C) 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve	Vegetarian Chilli (A) 40g reduced fat cheese 2 vegetable serves * ½ cup corn	BBQ Bites (D)	
Day 4	Oat & Apricot Bar (C) 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Vegetable Lasagne (B) 2 slices wholegrain bread 1 fat serve 1 boiled egg 20g reduced fat cheese 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Lamb Moussaka (B) 2 vegetable serves * ½ cup corn	Sticky Date Pudding (C)	
Day 5	Toasted Berry Muesli (D) 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ dairy serves 1 fruit serve	Spaghetti Bolognese (B) 20g reduced fat cheese 2 cups salad * 2 fat serves	1 fruit serve	Chunky Vegetable Soup (B) 2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	Trio Spice Mix (D)	
Day 6	Wholemeal Pancakes (B) ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement	1 dairy serve 1 fruit serve	Sausage Roll (C) 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	1 dairy serve 3 crispbread 2 fat serves 2 slices lean ham	Salmon Linguine (C) 2 vegetable serves * ½ cup corn	Choc Fudge Bikkie (B)	
Day 7	Apple & Cinnamon Porridge (B) ½ dairy serve 1 fruit serve 1 English muffin 1 boiled/poached egg Daily Supplement	1 dairy serve	Creamy Vegetable Soup (A) 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 dairy serve 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese	Chicken Satay (E) 2 vegetable serves * 1 fat serve	Nut & Cranberry Mix (C) 1 fruit serve	

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

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Nut & Grain Chew 1 dairy serve 1 fruit serve Daily Supplement B	1½ dairy serves	Beef Nachos C 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve 1 English muffin 2 fat serves 90g canned fish	Macaroni Cheese A 2 slices lean ham 2 vegetable serves *	Light & Tangy Veggies Crisps A	
Day 2	Cocoa Clusters D 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ dairy serves 1 fruit serve	Vegetable Tortellini C 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Roast Chicken & Vegetables B 2 vegetable serves *	Trio Spice Mix D	
Day 3	Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ dairy serves 1 fruit serve	Beef Pie D 2 slices wholegrain bread 2 fat serves 40g reduced fat cheese 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves * ½ cup peas 1 fat serve	Jenny Craig's Ice Cream Sundae A	
Day 4	Fruit Loaf B 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves 1 English muffin 2 fat serves ½ cup baked beans	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 1 boiled egg 40g reduced fat cheese 2 cups salad *	1 fruit serve	Cottage Pie E 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 5	Malty Grain A 1 dairy serve 1 fruit serve Daily Supplement	1½ dairy serves	Tuna Baked Potato B 2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve 1 English muffin 1 fat serve 1 boiled egg	Beef Pastie C 2 vegetable serves * ½ cup peas	Sweet & Salty Popcorn B	
Day 6	Cranberry & Vanilla Muesli C 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ dairy serves	Vegetarian Chilli D 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	Creamy Vegetable Pappardelle A 2 vegetable serves *	Salted Caramel Nut Bar C	
Day 7	Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve ½ cup baked beans Daily Supplement	1½ dairy serves 1 fruit serve	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve	Beef Lasagne C 20g reduced fat cheese 2 vegetable serves * ½ cup peas	Shortbread Bites D	

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Shopping list

Meat 5 eggs 180g canned fish 8 slices lean ham (180g) 220g reduced fat cheese	Fat 21 fat serves
Grains 1 cup baked beans (salt-reduced) 6 crispbread 3 English muffins 1½ cups peas 18 slices wholegrain bread	Fruit 14 fruit serves
Dairy 17½ dairy serves	Vegetables 14 cups salad 14 non-starchy vegetable serves

Please direct comments to:
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