

Adolescent Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

1 egg
4 slices lean ham (90g)
80g reduced fat cheese

Vegetables

16 cups salad
12 non-starchy vegetable serves

Grains

10 slices wholegrain bread

Dairy

17½ dairy serves

Fat

7 fat serves

Fruit

14 fruit serves

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

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit _____ Vegetables _____ Grains _____ Meat _____ Milk _____ Fat _____

Please direct comments to:
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Adolescent Menu 2

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat

2 eggs
4 slices lean ham (90g)
40g reduced fat cheese

Vegetables

22 cups salad
6 non-starchy vegetable serves

Grains

10 slices wholegrain bread

Dairy

17½ dairy serves

Fat

9 fat serves

Fruit

14 fruit 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	2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve	Crumbed Fish & Wedges 2 cups salad *	E BBQ Bites D	
Day 2	Fruit Loaf 1 dairy serve 1 fruit serve Daily Supplement	B 1½ dairy serves	2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve	Chicken Parmigiana 2 cups salad *	E Choc Chip Bites C	
Day 3	Ham & Egg Muffin 1 dairy serve 1 fruit serve Daily Supplement	D 1 dairy serve	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza 2 cups salad * 1 fat serve	B Panna Cotta A ½ dairy serve	
Day 4	Cocoa Clusters 1 dairy serve 1 fruit serve Daily Supplement	D 1½ dairy serves	2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve	Chicken Cacciatore 2 vegetable serves *	D Sweet & Salty Popcorn B	
Day 5	Nut & Grain Chew 1 dairy serve 1 fruit serve Daily Supplement	B 1½ dairy serves	2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve	Quiche Lorraine 2 cups salad *	A Mango Cheesecake D *	
Day 6	Malty Grain 1 dairy serve 1 fruit serve Daily Supplement	A 1½ dairy serves	Roasted Veggie All Round 2 cups salad * 1 fat serve	1 fruit serve	Teriyaki Beef Noodles 2 vegetable serves * 1 fat serve	D White Chocolate Cranberry Cookie B	
Day 7	Cranberry & Vanilla Muesli 1 dairy serve 1 fruit serve Daily Supplement	C 1½ dairy serves	Pea & Ham Risotto 20g reduced fat cheese 2 cups salad *	1 fruit serve	Beef Pastie 2 vegetable serves *	C 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

If your menu requires extra kilojoules, your Consultant will discuss adding the following serves each day:

Fruit _____ Vegetables _____ Grains _____ Meat _____ Milk _____ Fat _____

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