

Adolescent My Selection

This week's focus

Food

Body

Mind

Appointment

| Date | Time |
|------|------|
| | |

Phone

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

Fruit _____

Vegetables _____

Grain _____

Meat _____

Milk _____

Fat _____

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | My Own Foods |
|-------|--|-----------------|--|---------------|---|-----------------|--|
| Day 1 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat |
| Day 2 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve 1 fat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat 1 Fat |
| Day 3 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat |
| Day 4 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve 1 fat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat 1 Fat |
| Day 5 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat |
| Day 6 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat |
| Day 7 | <i>jc</i> _____ 1 dairy serve 1 fruit serve Daily Supplement | 1½ dairy serves | <i>jc</i> _____ 2 vegetable serves * 1 meat serve 1 fat serve | 1 fruit serve | <i>jc</i> _____ 2 vegetable serves * | <i>jc</i> _____ | 2 Fruit 4 Vegetables 2½ Dairy 1 Meat 1 Fat |

* All non-starchy vegetables are Free Foods

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