	Breakfast		Snack	Lunch		Snack		Dinner	Snack	Activity	RAPID RES
Day 1	Malty Grain ½ dairy serve 1 fruit serve Daily Supplement	A	1 dairy serve	Beef Pie 2 cups salad ★	0	Shortbread (Bites	D	Chicken Fettuccine 2 vegetable serves *	1 fruit serve		This week's focus
	① Start								① Stop		
Day 2	Oat & Apricot Bar ½ dairy serve 1 fruit serve Daily Supplement	©	1 dairy serve	Cheesy Baked Potato 2 cups salad *	©	Nut & Cranberry Mix	9	Beef & Vegetable Casserole 2 vegetable serves *	1 fruit serve		Body
_	① Start								① Stop		
Day 3	Flakes & Fibre Cereal 1/2 dairy serve 1 fruit serve Daily Supplement	A	1 dairy serve	Ham & Cheese Toastie 2 cups salad ★	Θ	Melting (A	A	Spinach & Ricotta Cannelloni 2 vegetable serves *	1 fruit serve		Mind
	① Start Cheese & Chive		1 dain can o	Spaghetti Bolognaise	0	Salted (2	Bean & Cheese Burrito (A)	① Stop		Appointment
Day 4	Omelette ½ dairy serve 1 fruit serve Daily Supplement	0	1 dairy serve	2 cups salad *	В	Caramel Nut Bar	9	2 cups salad *	① Stop		Date Phone Shopping list
Day 5	Toasted Berry Muesli ½ dairy serve 1 fruit serve Daily Supplement	0	1 dairy serve	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad *	A	Oregano & Thyme Crunchies	В	Butter Chicken 2 vegetable serves *	1 fruit serve		Grains 1 slice wholegrain bread Dairy 10½ dairy serves
Day 6	Apple & Berry Brekkie Cup ½ dairy serve 1 fruit serve Daily Supplement	0	1 dairy serve	Spinach & Fetta Roll 2 cups salad *	8	Chocolate (Pudding	D	Meatballs & Vegetables ② vegetable serves ★	1 fruit serve		Fruit 14 fruit serves Vegetables 16 cups salad 12 non-starchy vegetable serves
Day 7	Wholemeal Pancakes ½ dairy serve 1 fruit serve Daily Supplement	В	1 dairy serve	Creamy Vegetable Pappardelle 2 cups salad *	0	Light & Tangy Veggie Crisps	A	Cottage Pie 2 vegetable serves *	1 fruit serve		Please direct comments to: Customer Care Australia
	① Start								① Stop		P 1800 453 669 W jennycraig.com. Customer Care New Zealand
*	*All non-starchy vegetables are Free Foods Use dairy serve allocated on this day to prepare, as per pack instructions *P 0800 555 123 W jennycraig.co.r © Jenny Craig Inc 02/21										

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Menu 1							
This week's focus							
Food							
Body							
Mind							
Date	Time						
Phone							
Shopping list							
Grains 1 slice wholegrain bread							
Dairy 10½ dairy serves							
Fruit							



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	Breakfast		Snack	Lunch		Snack	Dinner		Snack	Activity	RAPID RESULTS
Day 1	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve Daily Supplement	A	1 dairy serve	Pea & Ham Risotto 2 cups salad *	Θ	Choc Chip Bites	Crumbed Fish & Wedges 2 cups salad *	(3)	1 fruit serve		Menu 2 This week's focus Food
	① Start								① Stop		
Day 2	Fruit Loaf ½ dairy serve 1 fruit serve Daily Supplement	В	1 dairy serve	Pumpkin Soup 1 slice wholegrain bread 2 cups salad *	A	BBQ Bites ()	Chicken Parmigiana 2 cups salad *	(3)	1 fruit serve		Body
_	① Start							_	① Stop		
Day 3	Ham & Egg Muffin ½ dairy serve 1 fruit serve Daily Supplement	0	1/2 dairy serve	Sausage Roll 2 cups salad *	Θ	Panna Cotta • 1/2 dairy serve	Roasted Vegetable Pizza 2 cups salad *	B	1 fruit serve		Mind
	① Start								① Stop		Appointment
Day 4	Cocoa Clusters ½ dairy serve 1 fruit serve Daily Supplement	0	1 dairy serve	Cheese & Chive Omelette 2 cups salad *	B	Sweet & Salty Popcorn	Chicken Cacciatore 2 vegetable serves *	•	1 fruit serve		Date Time Phone Shopping list
	O Start Nut & Grain Chew	0	1 dairy serve	Vegetable Lasagne	B	Mango 🕠	Quiche Lorraine	A	① Stop		Grains
Day 5	½ dairy serve 1 fruit serve Daily Supplement	в	rually serve	2 cups salad *	В	Mango D Cheesecake	2 cups salad *	A	① Stop		1 slice wholegrain bread Dairy 10½ dairy serves
Day 6	Malty Grain ½ dairy serve 1 fruit serve Daily Supplement	A	1 dairy serve	Roasted Veggie All Round 2 cups salad *	O	White Chocolate Cranberry Cookie	Teriyaki Beef Noodles 2 vegetable serves ★	D	1 fruit serve ① Stop		Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves
Day 7	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve Daily Supplement	0	1 dairy serve	Pumpkin & Fetta Rice Salad 丞 2 cups salad ★	0	Light & A Tangy Veggie Crisps	Beef Pastie 2 vegetable serves ★	0	1 fruit serve		Please direct comments to: Customer Care Australia P 1800 453 669 W jennycraig.com.au Customer Care New Zealand
*	*All non-starchy vegetables are Free Foods Use dairy serve allocated on this day to prepare, as per pack instructions Thaw overnight P 0800 555 123 W jenny Craig Inc 02/21										

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Menu 2							
This week's focus							
Food							
Body							
Mind							
Appointment							
Date	Time						
Phone							
Shopping list							
Grains 1 slice wholegrain bread							
Dairy							
10½ dairy serves							
Fruit							
14 fruit serves							
Vegetables							



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