

RAPID RESULTS 5000kJ Menu 1

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
16 cups salad
12 non-starchy vegetable serves

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Beef Pie D 2 cups salad *	Shortbread Bites D	Chicken Fettuccine C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 2	Oat & Apricot Bar C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	Nut & Cranberry Mix C	Beef & Vegetable Casserole C 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 3	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Ham & Cheese Toastie C 2 cups salad *	Melting Moment A	Spinach & Ricotta Cannelloni D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 4	Cheese & Chive Omelette D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Spaghetti Bolognaise B 2 cups salad *	Salted Caramel Nut Bar C	Bean & Cheese Burrito A 2 cups salad *	1 fruit serve ⌚ Stop	
Day 5	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Creamy Vegetable Soup A 1 slice wholegrain bread 2 cups salad *	Oregano & Thyme Crunchies B	Butter Chicken E 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 6	Apple & Berry Brekkie Cup C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Spinach & Fetta Roll B 2 cups salad *	Chocolate Pudding D	Meatballs & Vegetables B 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Wholemeal Pancakes B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Creamy Vegetable Pappardelle D 2 cups salad *	Light & Tangy Veggie Crisps A	Cottage Pie E 2 vegetable serves *	1 fruit serve ⌚ Stop	

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

RAPID RESULTS 5000kJ 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
22 cups salad
6 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pea & Ham Risotto C 2 cups salad *	Choc Chip Bites C	Crumbed Fish & Wedges E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 2	Fruit Loaf B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad *	BBQ Bites D	Chicken Parmigiana E 2 cups salad *	1 fruit serve ⌚ Stop	
Day 3	Ham & Egg Muffin D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	½ dairy serve	Sausage Roll C 2 cups salad *	Panna Cotta A ● ½ dairy serve	Roasted Vegetable Pizza B 2 cups salad *	1 fruit serve ⌚ Stop	
Day 4	Cocoa Clusters D ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Cheese & Chive Omelette B 2 cups salad *	Sweet & Salty Popcorn B	Chicken Cacciatore D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 5	Nut & Grain Chew B ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Vegetable Lasagne B 2 cups salad *	Mango Cheesecake D ✳	Quiche Lorraine A 2 cups salad *	1 fruit serve ⌚ Stop	
Day 6	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Roasted Veggie All Round D 2 cups salad *	White Chocolate Cranberry Cookie B	Teriyaki Beef Noodles D 2 vegetable serves *	1 fruit serve ⌚ Stop	
Day 7	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start	1 dairy serve	Pumpkin & Fetta Rice Salad D ✳ 2 cups salad *	Light & Tangy Veggie Crisps A	Beef Pastie C 2 vegetable serves *	1 fruit serve ⌚ Stop	

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