

RAPID RESULTS 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

24 fat serves

Fruit

14 fruit serves

Grains

1½ cups corn
9 crispbread
2 English muffins
17 slices wholegrain bread

Vegetables

14 cups salad
14 non-starchy vegetable serves

Dairy

17½ dairy serves

Please direct comments to:

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| | Breakfast | Snack | Lunch | Snack | Dinner | Snack | Activity |
|-------|--|--|--|--|---|--|----------|
| Day 1 | Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | A 1½ dairy serves 3 crispbread 2 fat serves 40g reduced fat cheese | Ham & Cheese Toastie C 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad * | Oregano & Thyme Crunchies B | Nasi Goreng C 2 slices lean ham 2 vegetable serves * | 1 fruit serve ⌚ Stop | |
| Day 2 | Flakes & Fibre Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Roasted Veggie All Round D 2 slices wholegrain bread 2 fat serves 2 slices lean ham 40g reduced fat cheese 2 cups salad * | Jenny Craig's Ice Cream Sundae A | Chicken Pad Thai D 1 fried egg 2 vegetable serves * 1 fat serve | 1 fruit serve ⌚ Stop | |
| Day 3 | Caramelised Onion Fritters C 1 English muffin 2 fat serves 1 dairy serve Daily Supplement ⌚ Start | 1½ dairy serves 1 fruit serve | Cheesy Baked Potato C 2 slices wholegrain bread 1 fat serve 2 slices lean ham 40g reduced fat cheese 2 cups salad * | BBQ Bites D | Vegetarian Chilli A 2 vegetable serves * ½ cup corn | 1 fruit serve ⌚ Stop | |
| Day 4 | Oat & Apricot Bar C 1 dairy serve 1 fruit serve Daily Supplement ⌚ Start | 1½ dairy serves 3 crispbread 1 fat serve 40g reduced fat cheese | Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 1 boiled egg 20g reduced fat cheese 2 cups salad * | Sticky Date Pudding C | Lamb Moussaka B 2 vegetable serves * ½ cup corn | 1 fruit serve ⌚ Stop | |
| Day 5 | Toasted Berry Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement ⌚ Start | 1 fruit serve | Spaghetti Bolognese B 2 slices wholegrain bread 2 fat serves 2 slices lean ham 20g reduced fat cheese 2 cups salad * | Trio Spice Mix D 1½ dairy serves | Chunky Vegetable Soup B 2 vegetable serves * 20g reduced fat cheese 2 fat serves | 1 fruit serve ⌚ Stop | |
| Day 6 | Wholemeal Pancakes B ½ dairy serve 1 fat serve 1 fruit serve Daily Supplement ⌚ Start | 1 dairy serve 2 crispbread 3 fat serves 2 slices lean ham | Sausage Roll C 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad * | Choc Fudge Bikkie B 1 dairy serve | Salmon Linguine C 2 vegetable serves * ½ cup corn | 1 fruit serve ⌚ Stop | |
| Day 7 | Apple & Cinnamon Porridge B ½ dairy serve 1 English muffin 1 boiled/poached egg Daily Supplement ⌚ Start | 1 dairy serve 1 slice wholegrain bread 1 fat serve 20g reduced fat cheese | Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad * | Nut & Cranberry Mix C 1 fruit serve | Chicken Satay E 2 vegetable serves * | 1 dairy serve 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 8400kJ

Menu 4

This week's focus

Food

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Shopping list

Meat

6 eggs
180g canned fish
8 slices lean ham (180g)
220g reduced fat cheese

Fat

21 fat serves

Fruit

14 fruit serves

Grains

1 cup baked beans (salt-reduced)
6 crispbread
3 English muffins
1½ cups peas
18 slices wholegrain bread

Vegetables

14 cups salad
14 non-starchy vegetable serves

Dairy

17½ dairy serves

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

* All non-starchy vegetables are Free Foods