

PERSONALISED MENU SELECTIONS

MAKING THE MOST OF YOUR PERSONALISED MENU

When following a Personalised Menu, you will need to write your Jenny Craig selections on your Personalised Menu Plan, remembering to include any specified Grocery Serves.

Selecting a wide variety of Jenny Craig menu items will ensure you receive the correct number of kilojoules for your weight loss needs, as well as a range of vitamins and minerals.

Each week:

- Choose seven breakfasts, seven lunches, seven dinners and seven snacks.
- Select a variety of foods for optimal nutrition and weight management.
- Get creative! Add volume and your personal flair by bulking up your meals using Free Foods. See overleaf for details.

Fruit serves

Vegetable serves

Grain serves

Meat/meat alternative serves

Dairy serves

Fat serves

BREAKFAST

Apple & Berry Brekkie Cup 🍏*

A wholesome muffin with an apple and berry compote, topped with oats and sunflower seeds.

Apple & Cinnamon Porridge 🍏💧

A delicious creamy porridge with dried apple pieces and sliced almonds.

Caramelised Onion Fritters 🍷*

Fluffy egg fritters with onion, spinach and parmesan.

Cheese & Chive Omelette 🍷*

A traditional egg omelette with sweetcorn.

Cocoa Clusters 🍫

Crunchy cocoa and oat clusters with cranberries and sliced almonds.

Cranberry & Vanilla Muesli 🍫

Toasted muesli with juicy cranberries, wheat flakes, sultanas, sunflower seeds and a delicious vanilla flavour.

Flakes & Fibre Cereal 🍫

A blend of bran flakes, blackcurrant and honey coated wheat flakes, honey puffed wheat and bran sticks.

Fruit Loaf 🍏*

A moist wholemeal slice mixed with dried fruits.

Ham & Egg Muffin *

A classic English muffin with cheesy scrambled egg and ham.

Hazelnut & Almond Cereal 🍫

A light and crispy breakfast cereal with the goodness of nuts and flaked coconut.

Malty Grain 🍫

A delicious crunchy breakfast cereal packed with mixed grains.

Nut & Grain Chew 🍫

A chewy breakfast bar with a blend of peanuts, grains, sunflower seeds and honey.

Oat & Apricot Bar 🍫

Rolled oats, rice crisps, dried fruit and seeds, drizzled with a yoghurt coating.

Toasted Berry Muesli 🍫

Toasted muesli and oat clusters with the goodness of cranberries, pumpkin and sunflower seeds.

Wholemeal Pancakes 🍫💧

Golden brown light and fluffy pancakes made with wholemeal flour.

LUNCH

Beef Nachos *

A Mexican-style beef nacho sauce, served with crunchy tortilla chips.

Beef Pie *

A seasoned lean beef filling surrounded by thin, crisp golden pastry.

Cheese & Chive Omelette 🍷*

A traditional egg omelette with sweetcorn.

Cheesy Baked Potato 🍷*

A super spud baked and topped with a cheesy broccoli béchamel.

Creamy Vegetable Pappardelle 🍷*

Pappardelle pasta tossed with vegetables, in a light cream sauce and topped with parmesan cheese.

Creamy Vegetable Soup 🍷

with 1 Grain and 1 Meat serve
A delicious creamy vegetable soup.

Ham & Cheese Toastie *

Ham and melted cheese, seasoned with cracked pepper.

Pea & Ham Risotto *

A traditional risotto with peas, smoked ham and parmesan.

Pumpkin & Fetta Rice Salad 🍷*🍫

Pumpkin, brown rice and fetta, with a light citrus dressing.

Pumpkin Soup 🍷

with 1 Grain and 1 Meat serve
A classic homestyle soup.

Quiche Lorraine *

A delicious combination of bacon and cheddar cheese, in a fluffy egg filling, encased in a shortcrust pastry.

Roasted Veggie All Round 🍷*

Multigrain bread filled with tender roasted vegetables and tasty cheddar cheese.

Sausage Roll *

Golden pastry filled with seasoned beef and vegetables.

Spaghetti Bolognese *

Spaghetti in a traditional bolognese sauce.

Spinach & Fetta Roll 🍷*

with 1 Fat serve
Light puff pastry filled with spinach and fetta cheese.

Tuna Baked Potato 🍷*

with 1 Fat serve
A potato jacket topped with tuna, sweetcorn and a creamy cheese sauce.

Vegetable Lasagne 🍷*

Layers of pasta, rich tomato and spinach, with a cheesy béchamel sauce.

Vegetable Tortellini 🍷*

Al dente vegetable filled pasta in a delicious tomato sauce, finished with a light sprinkling of parmesan cheese.

Vegetarian Chilli 🍷*

Vegetables, kidney beans and lentils in a mild chilli sauce, with white and brown rice.

Please direct comments to:
Customer Care Australia
P 1800 453 669 W jennycraig.com.au
Customer Care New Zealand
P 0800 555 123 W jennycraig.co.nz
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jenny
C R A I G

💧 Use Dairy serve allocated on this day to prepare, as per pack instructions

🐟 = Fish 🍷 = Vegetarian * = Frozen 🍫 = Thaw overnight

DINNER

Bean & Cheese Burrito 🌱*

with 1 Fat serve
A Mexican-style mix of pinto beans, cheese & rice wrapped in a wholemeal tortilla.

Beef & Vegetable Casserole *

Sliced beef in a rich gravy, served with creamy mashed potato.

Beef Lasagne *

Lean beef and rich tomatoes topped with a creamy béchamel sauce.

Beef Pastie *

Lean beef and vegetables, encased in a golden puff pastry.

Beef Pie *

with 1 Meat serve
A seasoned lean beef filling surrounded by thin, crisp golden pastry.

Butter Chicken *

Tender chicken in a rich cream and tomato sauce with pilau rice.

Chicken Cacciatore *

Penne pasta with chicken & vegetables in a rich tomato sauce.

Chicken Fettuccine *

Fettuccine pasta tossed with chicken, in a light cream sauce and topped with parmesan cheese.

Chicken Pad Thai *

Tender chicken in Pad Thai style sauce, served on a bed of vegetables and rice noodles.

Chicken Parmigiana *

A classic chicken parma with Napoli sauce and cheese, served with roasted potatoes and green peas.

Chicken Satay *

Tender Chicken in a mild peanut sauce, served with long grain rice.

Chunky Vegetable Soup 🌱

A hearty blend of mixed vegetables and chickpeas in a mild tomato soup.

Cottage Pie *

A traditional cottage pie made with tender beef and vegetables, topped with creamy potato mash.

Creamy Vegetable Pappardelle 🌱*

with 1 Meat serve
Pappardelle pasta tossed with vegetables, in a light cream sauce and topped with parmesan cheese.

Crumbed Fish & Wedges 🐟*

Succulent crumbed hoki fish with chunky seasoned potato wedges.

Lamb Moussaka *

Lamb mince in a rich ragu sauce, layered with potatoes and eggplant, topped with a cheesy mornay sauce.

Macaroni Cheese 🌱*

Macaroni pasta coated in a creamy cheese sauce with broccoli, cauliflower and a parmesan crust.

Meatballs & Vegetables *

Tender beef meatballs in tomato sauce, served with roast potatoes and vegetables.

Nasi Goreng 🌱*

An Asian-style fried rice with egg and mixed vegetables.

Pumpkin & Fetta Rice Salad 🌱*🍷

with 1 Meat serve
Pumpkin, brown rice and fetta, with a light citrus dressing.

Quiche Lorraine *

with 1 Fat serve
A delicious combination of bacon and cheddar cheese, in a fluffy egg filling, encased in a shortcrust pastry.

Roast Chicken & Vegetables *

Succulent slices of roast chicken served with roasted pumpkin, potatoes and mixed vegetables, topped with a delicious gravy.

DINNER (cont.)

Roasted Vegetable Pizza 🌱*

Tender roasted vegetables topped with crumbled fetta on a golden pita base.

Salmon Linguine 🐟*

Linguine pasta in a light creamy dill sauce, with salmon and green beans.

Spinach & Ricotta Cannelloni 🌱*

Cannelloni pasta filled with creamy ricotta and spinach, topped with an Italian-style Napoli sauce.

Teriyaki Beef Noodles *

Tender beef in a Teriyaki sauce, served with udon noodles and vegetables.

Vegetable Tikka Masala with Paneer Cheese 🌱*

A mildly spiced vegetable curry with paneer cheese, served with basmati rice.

Vegetarian Chilli 🌱*

with 1 Meat serve
Vegetables, kidney beans, and lentils in a mild chilli sauce, with white and brown rice.

SNACKS

BBQ Bites 🌱

Crunchy bite size soy crisps, dusted with a light BBQ seasoning.

Butterscotch Sundae 🌱*

Creamy butterscotch flavoured low fat ice cream with a sweet caramel ripple.

Choc Chip Bites 🌱

Bite size cookies with chunks of rich chocolate.

Choc Fudge Bikkie 🌱

A brownie-style treat with caramel fudge pieces.

Chocolate Pudding 🌱*

A delicious pudding with a rich chocolate sauce.

Light & Tangy Veggie Crisps 🌱

Crunchy vegetable crisps with a light and tangy seasoning.

Mango Cheesecake *🍷

A sweet and creamy mango delight.

Melting Moment 🌱

Soft and crumbly, a real treat to eat.

Nut & Cranberry Mix 🌱

A blend of roasted nuts and dried cranberries.

Oregano & Thyme Crunchies 🌱

A pumpkin, potato and rice snack with a herbalicious dusting of oregano and thyme seasoning.

Panna Cotta 💧

A deliciously creamy vanilla flavoured dessert.

Salted Caramel Nut Bar 🌱

A chewy choc nut bar with a salted caramel kick.

Shortbread Bites 🌱

Bite sized shortbread biscuits with a hint of lemon.

Sticky Date Pudding 🌱*

A decadent sticky date pudding in a rich caramel sauce.

Sweet & Salty Popcorn 🌱

Air popped popcorn, lightly dusted with sugar and salt.

Trio Spice Mix 🌱

A lightly spiced mix of peanuts and noodles.

White Chocolate Cranberry Cookie 🌱

An indulgent biscuit with white chocolate chips and sweet cranberries.

FREE FOODS

Free Foods (approximately 0-100kJ per serve)

Beverages

Coffee, Tea
Soda/Sparkling/Mineral Water (plain or flavoured with no added sugar)
Natural / Artificial Sweeteners can be used in place of sugar

Non-Starchy Vegetables

Artichoke, Asparagus, Bamboo shoots, Beans (string), Bean sprouts (alfalfa sprouts), Beetroot, Bok choy, Broccoli, Broccolini, Chinese broccoli, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Cucumber, Eggplant, Fennel, Kale, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (e.g. lettuce, radicchio, rocket), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (button), Swede, Tamarillo, Tomato, Turnip, Zucchini.

Limited Free Foods (enjoy up to 3 servings per day)

Beverages (250ml)

Diet soft drink, Diet tonic water, Diet cordial (made up with water).

Beverages (125ml)

Vegetable juice (low salt).

Fruit

Berries, Grapefruit, Melon, Paw Paw (½ cup), Lychees, Passionfruit, Rambutans (2), Cherries (8).

Other

Cacao beans (3), Diet jelly (1 serve, ¼ pack), Gherkins/pickles sweetened (30g), Gravy ready-made or powder made up with water (¼ cup), Konjac noodles, Kelp noodles (250g), LSA (1 tsp), Rice paper (1 sheet), Sugar-free sweets (1 piece).

Flavour Enhancers

Broth/Stock, Capers, Chilli sauce, Yeast extract (Vegemite™), Fish sauce, Garlic, Ginger, Gherkins/pickles (unsweetened), Herbs - fresh, dried, paste (e.g. basil, coriander, dill, mint, oregano, parsley, rosemary, thyme), Horseradish, Kimchi, Lemon juice, Lime juice, Mustard, Pickled onions, Seaweed, Sriracha sauce, Spices (e.g. chilli, cinnamon, cumin, curry powder, nutmeg, paprika, turmeric), Soy sauce, Tabasco sauce, Tomato passata, Tomato paste, Vinegar, Wasabi, Worcestershire sauce.

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