

This week's plan for success: _____ Next appointment: _____

Total kg lost: _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve	Apple & Berry Brekkie Cup ½ dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters ½ dairy serve 1 fruit serve	Toasted Berry Muesli ½ dairy serve 1 fruit serve	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve	Tomato & Basil Omelette 1 slice wholegrain toast ½ dairy serve	Nut & Grain Chew ½ dairy serve 1 fruit serve	Fruit 14 fruit serves
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	Vegetables 22 cups salad 6 non-starchy vegetable serves
LUNCH	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	2 slices wholegrain bread 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	Cheesy Baked Potato 2 cups salad *	Beef Sausage Roll 2 cups salad * 20g reduced fat cheese	Grain 11 slices wholegrain bread
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	Meat & Meat Alternatives 90g canned fish 4 slices lean meat (chicken, turkey, ham) 60g reduced fat cheese
DINNER	Chicken Parmigiana 2 cups salad *	Leek & Cheese Quiche 2 cups salad * 1 fat serve	Beef Lasagne 2 cups salad *	Thai Fish Cakes 2 vegetable serves *	Pumpkin & Kale Risotto 2 vegetable serves *	Chicken Burger * 2 cups salad *	Meatballs & Vegetables 2 vegetable serves *	Dairy 17½ dairy serves
SNACK	Choc Chip Bites	Savoury Soy Snack	Chocolate Pudding	Salted Caramel Nut Bar	Light & Tangy Veggie Crisps	Melting Moment	Oregano & Thyme Crunchies	Fat 5 fat serves

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

Fruit _____ Vegetables _____ Grain _____ Meat & Meat Alternatives _____ Dairy _____ Fat _____

HYDRATION

ACTIVITY

DAILY SUPPLEMENT



* All non-starchy vegetables are Free Foods * Thaw overnight before heating

Refer to your Grocery Guide for information on Free Foods and Limited Free Foods

Resource Centre
jennycraig.com.au/resources
jennycraig.co.nz/resources

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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ADOLESCENT MENU 2

MOTIVATION

This week's plan for success:

Next appointment:

Total kg lost:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Malty Grain ½ dairy serve 1 fruit serve A	Oat & Apricot Bar ½ dairy serve 1 fruit serve D	Banana Bread ½ dairy serve 1 fruit serve B	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve C	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve A	Caramelised Onion Fritters ½ dairy serve 1 fruit serve C	Wholemeal Pancakes  B
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve
LUNCH	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad 	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad 	2 slices wholegrain bread 20g reduced fat cheese 2 cups salad 	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad 	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad 	Spinach & Fetta Roll B 2 cups salad  2 slices lean meat	Mexican-style Pulled Pork  C 2 cups salad  20g reduced fat cheese
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve
DINNER	Crumbed Fish & Wedges E 2 cups salad 	Macaroni & Cheese A 2 vegetable serves 	Chicken Satay D 2 vegetable serves 	Beef Pastie B 2 vegetable serves 	Gnocchi in Napoli Sauce C 2 cups salad  1 fat serve	Cottage Pie E 2 vegetable serves 	Chicken Fettuccine C 2 vegetable serves 
SNACK	Trio Spice Mix D	White Chocolate Cranberry Cookie B	Sweet & Salty Popcorn D	Salsa Curls C	Choc Chip Bites C	Sticky Date Pudding C	Light & Tangy Veggie Crisps A

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

Fruit _____ Vegetables _____ Grain _____ Meat & Meat Alternatives _____ Dairy _____ Fat _____

HYDRATION

ACTIVITY

DAILY SUPPLEMENT

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SHOPPING LIST

Fruit
14 fruit serves

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grain
10 slices wholegrain bread

Meat & Meat Alternatives
90g canned fish
6 slices lean meat (chicken, turkey, ham)
60g reduced fat cheese

Dairy
17½ dairy serves

Fat
5 fat serves

Refer to your Grocery Guide for information on Free Foods and Limited Free Foods

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