

ADOLESCENT MENU 3

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	SHOPPING LIST
BREAKFAST	Raspberry Cacao Crunch ½ dairy serve 1 fruit serve	Salted Maple & Cashew Granola ½ dairy serve 1 fruit serve	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve	Nut & Grain Chew ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve	Apple & Berry Brekkie Cup 1 dairy serve 1 fruit serve	Tomato & Basil Omelette ½ dairy serve 1 fruit serve	Fruit 14 fruit serves Vegetables 18 cups salad 10 non-starchy vegetable serves Grain 10 slices wholegrain bread Meat & Meat Alternatives 180g canned fish 4 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese Dairy 17½ dairy serves Fat 4 fat 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 fruit serve	1 dairy serve 1 fruit serve	
LUNCH	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 2 slices lean meat 2 cups salad *	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	Vegetable Tortellini 2 cups salad * 2 slices lean meat	Oriental Pork Bun 2 cups salad *	
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
DINNER	Beef Burger 2 cups salad *	Butter Chicken 2 vegetable serves *	Chunky Vegetable Soup 2 vegetable serves *	Roast Pork Dinner 2 vegetable serves *	Mexican-style Veggie Stack 2 cups salad *	Chicken Katsu Curry 2 vegetable serves *	Pumpkin & Kale Risotto 20g reduced fat cheese 2 vegetable serves *	
SNACK	Savoury Soy Snack	Choc Chip Bites	Salted Caramel Nut Bar	Apple & Rhubarb Crumble	Oregano & Thyme Crunchies	Chocolate Mousse ½ dairy serve	Melting Moment	

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

FM19aAUS-NZ-01/23

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ADOLESCENT MENU 4

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	SHOPPING LIST
BREAKFAST	Toasted Berry Muesli  ½ dairy serve 1 fruit serve	Malty Grain  ½ dairy serve 1 fruit serve	Banana Bread  ½ dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters  ½ dairy serve 1 fruit serve	Caramelised Onion Fritters  ½ dairy serve 1 fruit serve	Oat & Apricot Bar  ½ dairy serve 1 fruit serve	Wholemeal Pancakes  ½ dairy serve 1 fruit serve	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 3 fat 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	
LUNCH	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 90g canned fish 2 cups salad 	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad 	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad 	Spaghetti Bolognaise  20g reduced fat cheese 2 cups salad 	Beef Pie  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	Pepperoni Pizza  2 cups salad 	Thai Fish Cakes  2 vegetable serves 	Beef Pastie  2 vegetable serves 	Spinach & Ricotta Cannelloni  2 cups salad 	Roast Chicken & Vegetables  2 vegetable serves 	Vegetable Tikka Masala with Paneer Cheese  2 vegetable serves 	Macaroni & Cheese  2 vegetable serves 	
SNACK	Chocolate Pudding 	Nut & Cranberry Mix 	Salsa Curls 	Melting Moment 	Butterscotch Sundae 	White Chocolate Cranberry Cookie 	Trio Spice Mix 	

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

HYDRATION

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DAILY SUPPLEMENT

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