

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, remembering to include any additional grocery serves specified.

Selecting a wide variety of Jenny Craig foods and including the specified grocery serves will help to 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 (only on our Classic Plan), on Rapid Results Max Up you will include your Recharge Bar.
- Select a variety of foods for optimal nutrition and weight management.
- Get creative! Personalise the flavours, and add extra volume to your meals by using herbs, spices and extra vegetables from the Free Foods list. See overleaf for details.

RECHARGE BAR

Recharge Bar 🌱

Almonds, macadamias and pecans with a touch of honey.

BREAKFAST

Apple & Berry Brekkie Cup 🌱❄️

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

Apple Cinnamon Oat Clusters 🌱

Crunchy oat clusters with dried apple, pecans, pumpkin seeds and a hint of cinnamon.

Baked Oat Breakfast Cookie 🌱

A golden rolled oat cookie with sweet cranberries, shredded coconut and pumpkin seeds.

Banana Bread 🌱❄️

A delicious wholemeal banana bread with a hint of cinnamon.

Caramelised Onion Fritters 🌱❄️

Fluffy egg fritters with onion, spinach and parmesan.

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.

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 🌱

A wholesome combination of rolled oats, rice crisps, dried fruit and seeds.

Raspberry Cacao Crunch 🌱

Oven baked clusters of oats, seeds and cacao, with sliced almonds and crumbled raspberries.

Roasted Hazelnut & Cinnamon Porridge 🌱

A delicious creamy porridge with hazelnut, almond and a hint of cinnamon.

Salted Maple & Cashew Granola 🌱

Crispy clusters of oats combined with seeds, cashews and puffed rice, with a hint of salted maple.

Toasted Berry Muesli 🌱

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

Tomato & Basil Omelette 🌱❄️

A whole egg omelette with tomato, mozzarella cheese, spinach and a hint of basil.

Wholemeal Pancakes 🌱💧

Golden brown light and fluffy pancakes made with wholemeal flour.

LUNCH

Bean & Cheese Burrito 🌱❄️

A mildly spiced mix of pinto beans, cheese and rice wrapped in a tortilla.

Beef Pie ❄️

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

Beef Sausage Roll ❄️

Golden pastry filled with seasoned beef and vegetables.

Cheesy Baked Potato 🌱❄️

Half a baked potato topped with a creamy cheese and broccoli sauce.

Creamy Vegetable Soup 🌱

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

Ham & Cheese Toastie ❄️

A ham and melted cheese toastie, seasoned with cracked black pepper.

Mexican-style Pulled Pork ❄️❄️❄️

Slow cooked pork in a mild chipotle sauce with colourful brown rice and black beans.

Moroccan Grain Salad 🌱❄️❄️

A Moroccan-style salad with lentils, couscous and freekeh in a mildly spiced orange dressing.

Oriental Pork Bun ❄️

A soft fluffy bun filled with tender pork in an Asian-inspired sauce.

Pesto Pasta Salad 🌱❄️❄️❄️

Al dente penne pasta with basil pesto, semi dried tomatoes and parmesan cheese.

Potato Tuna Bake 🍷❄️

Layers of potato topped with a tuna, sweetcorn, spinach and creamy cheese sauce.

Pumpkin Soup 🌱

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

Ricotta & Pumpkin Ravioli 🌱❄️

Ravioli filled with ricotta cheese and pumpkin in a sage and butter flavour sauce.

Roasted Veggie All Round 🌱❄️

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

Spaghetti Bolognese ❄️

Spaghetti in a traditional bolognese sauce.

Spinach & Fetta Roll 🌱❄️

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

Sweet Potato Frittata 🌱❄️

A whole egg frittata with sweet potato, caramelised onion and cheese.

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.

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

🍷 = Fish, suitable for Pescatarians 🌱 = Vegetarian ❄️ = Frozen ❄️❄️ = Thaw overnight ❄️❄️❄️ = Thaw overnight before heating

DINNER

Beef Burger ❄️

A sesame seed topped golden bun with a lean beef patty and a sweet tomato relish.

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 Burger ❄️

A sesame seed topped golden bun with a crumbed chicken patty and ranch sauce.

Chicken Fettuccine *

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

Chicken Katsu Curry *

Crumbed chicken with a Japanese-style curry sauce, served with seaweed-seasoned brown rice, carrots and edamame beans.

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.

Chicken & Sweetcorn Soup

with 1 Grain serve

A wholesome soup with tender chicken and sweetcorn.

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.

Crumbed Fish & Wedges 🐟 *

Succulent crumbed fish with chunky seasoned potato wedges.

Gnocchi in Napoli Sauce 🌿 *

Potato gnocchi in Napoli sauce with sweet potato, topped with parmesan and cheddar cheese.

Lamb Rissoles & Sweet Potato Mash *

Tender lamb rissoles in a rich tomato and herb sauce, served with sweet potato mash and peas.

Leek & Cheese Quiche 🌿 *

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

Macaroni & Cheese 🌿 *

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

Meatballs & Vegetables *

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

Mexican-style Veggie Stack 🌿 *

Layers of pasta with mildly spiced vegetables, beans, tomato sauce and sour cream, topped with cheese.

Pepperoni Pizza *

Sliced pepperoni with mozzarella cheese on a golden pita base.

Potato Tuna Bake 🐟 *

with 1 Meat serve

Layers of potato topped with a tuna, sweetcorn, spinach and creamy cheese sauce.

Pumpkin & Kale Risotto 🌿 *

A brown rice risotto with pumpkin, kale, parmesan cheese and a hint of sage.

DINNER

Roast Chicken & Vegetables *

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

Roast Pork Dinner *

Tender slices of roast pork served with mashed potato, carrots, chunky apple sauce, topped with gravy.

Spinach & Ricotta Cannelloni 🌿 *

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

Thai Fish Cakes 🐟 *

Authentic Thai-style fish cakes served with spinach and cauliflower rice, with a hint of coconut.

Vegetable Tikka Masala with Paneer Cheese 🌿 *

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

SNACKS (only available on Classic Plan)

Apple & Rhubarb Crumble 🌿 *

Tender pieces of apple and rhubarb topped with a golden crumble.

Butterscotch Sundae 🌿 *

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

Cheesy Flavoured Multigrain Waves 🌿

Wholegrain chips with a light dusting of cheesy flavoured seasoning.

Choc Chip Bites 🌿

Bite size cookies with chunks of rich chocolate.

Chocolate Mousse 💧

A delightfully light and creamy chocolate treat.

Chocolate Pudding 🌿 *

A delicious pudding with a rich chocolate sauce.

Light & Tangy Veggie Crisps 🌿

Crunchy vegetable crisps with a light and tangy seasoning.

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.

Salsa Curls 🌿

A crunchy and tangy savoury snack made with chickpeas.

Salted Caramel Nut Bar 🌿

A chewy choc nut bar with a salted caramel kick.

Savoury Soy Snack 🌿

Crunchy bite size crisps, dusted with a savoury seasoning.

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

(approximately 0-100kJ per serve)

Beverages

Coffee, Tea (black and herbal teas)
Soda/Sparkling/Mineral Water (plain or flavoured with no added sugar).

Natural/Artificial Sweeteners can be used in place of sugar.

Non-Starchy Vegetables and Salad *

Artichoke, Asparagus, Bamboo Shoots, Beans (string), Bean sprouts (alfalfa sprouts, mung bean sprouts, soy bean sprouts), Beetroot, Bitter melon, Bok choy, Broccoli, Broccolini, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Chinese broccoli, Choko, Cucumber, Daikon radish, Eggplant, Fennel, Kale, Kimchi, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (eg. baby spinach, endive, lettuce, mustard greens, radicchio, rocket, watercress), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (button), Sugar snap peas, Swede, Tamarillo, Tomato, Turnip, Zucchini.

Flavour Enhancers

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

LIMITED FREE FOODS

(enjoy up to 3 servings per day)

Beverages (250ml)

Diet soft drink, Diet tonic water, Diet cordial (made with water), Kombucha (330ml).

Beverages (125ml)

Coconut water, Vegetable juice (low salt).

Fruit

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

Other

Cacao beans/nibs (1 tsp), Diet jelly (1 serve, ¼ pack), Gherkins/Pickles sweetened (30g), Gravy readymade or powder made with water (¼ cup), Honey (1 tsp), Konjac noodles, Kelp noodles (250g), LSA (1 tsp), Parmesan cheese (1 tsp), Rice paper (1 sheet), Supergreens/Wheat grass powder (1-2 tsp).

2 tsp

BBQ sauce, Chocolate drinking powder, Chutney, Cream cheese (light/reduced fat), Curry paste, Custard powder, Hoisin sauce, Jam or fruit spread (low sugar), Kecap manis, Miso paste, Oyster sauce, Sour cream (light/reduced fat), Sweet chilli sauce, Teriyaki sauce, Vegetable relish.

1 tbs

Cacao/cocoa powder, Cranberry sauce, Fat free salad dressing, Fat free mayonnaise, Psyllium husks, Shrimp paste, Sugar free maple syrup, Tomato ketchup, Tomato sauce, Unprocessed bran, Yoghurt (fat-free/low-fat).

2 tsp

Salsa, Taco sauce.

2 second spray of olive oil cooking spray.

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

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