

	RECHARGE	BREAKFAST	LUNCH	SNACK	DINNER	ACTIVITY
Day 1	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	
Day 2	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	
Day 3	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	
Day 4	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	
Day 5	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	
Day 6	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	
Day 7	Recharge Bar ⌚ Time _____	 _____ ½ dairy serve 1 fruit serve Daily Supplement ⌚ Start _____	 _____ 2 vegetable serves * ⌚ Start _____	1 dairy serve ⌚ Stop _____	 _____ 2 vegetable serves * ⌚ Stop _____	

* All non-starchy vegetables are Free Foods

RAPID RESULTS MAX 5000kJ Personalised Menu

This week's focus

Food

Body

Mind

Appointment

Date _____ Time _____

Phone _____

My Own Foods - Per Day

1 Fruit
4+ Vegetables
1½ Dairy



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