

MAKING THE JENNY CRAIG MENU FLEXIBLE TO SUIT YOUR LIFESTYLE

Introducing the Meal On My Own (MOMO)

Planning a 'Meal On My Own' (MOMO) is a great way to make your Jenny Craig Menu more flexible to fit into your lifestyle. If you plan to eat out in the week ahead, a MOMO will help you to plan what you will eat while staying on track. Your Consultant will help you to plan these, but here is how it's done:


1. Refer to the servings listed for MOMOs below. The MOMO servings replace the entire meal box on your menu for your chosen meal (ie. it replaces both the Jenny Craig meal and any grocery serves that are also in the box).

<i>For Planned & Personalised Menus</i>				
kJ Level	Breakfast	Lunch	Dinner	Snack
5000kJ	2 Grain 1 Meat ½ Milk/Dairy	2 Vegetable 2 Grain 2 Meat	3 Vegetable 2 Grain 3 Meat 1 Fat	1 Fruit + 1 Milk/Dairy or 1 Fruit + 2 Fat or 1 Grain + 1 Meat or 1 Grain + 1 Fat
6400kJ	3 Grain 1 Meat ½ Milk/Dairy 1 Fat	2 Vegetable 3 Grain 2 Meat 1 Fat	3 Vegetable 2 Grain 4 Meat 1 Fat	1 Fruit + 1 Grain or 2 Fruit + 1 Meat or 1 Grain + 1 Meat + ½ Fat or 1 Milk/Dairy + 2 Fat
7000kJ & 8400kJ	3 Grain 1 Meat 1 Milk/Dairy 1 Fat	2 Vegetable 3 Grain 2 Meat 1 Fat 1 Fruit	3 Vegetable 3 Grain 4 Meat 2 Fat	1 Fruit + 1 Grain + 1 Fat or 1 Fruit + 1 Milk/Dairy + 1 Fat or 2 Grain or 1 Grain + 1 Meat + 1 Fat
Adolescent Planned Menu & My Selection	2 Grain 1 Meat ½ Milk/Dairy	2 Vegetable 2 Grain 2 Meat	3 Vegetable 2 Grain 3 Meat 1 Fat	1 Fruit + 1 Grain or 2 Fruit + 1 Meat or 1 Grain + 1 Meat + ½ Fat or 1 Milk/Dairy + 2 Fat

- Use your Jenny Craig tools to help you to find food choices that will fit into the MOMO servings.
 - » Grocery Guide
 - » Jenny Craig recipes - visit jennycraig.com.au/blog and the Resource Centre - jennycraig.com.au/resources
- Remember to include Free Foods! Use non-starchy vegetables to add volume to your meal.

MOMO Example

5000kJ dinner: replace the entire meal box with:

<i>Vegetable</i>	
<i>Grain</i>	
<i>Meat</i>	
<i>Fat</i>	

Using MOMO does slightly affect the kilojoule composition of your menu.
We recommend to try and limit it to once per week.

<i>Meal On My Own choices</i>	<i>Food group servings</i>
<i>135g grilled fish with lemon</i>	3 Meat serves + Free Food
<i>2/3 cup steamed brown rice</i>	2 Grain serves
<i>3 cups mixed vegetables stir-fried with 1 tsp olive oil</i>	3 Vegetable serves + 1 Fat serve
<i>Sparkling mineral water with fresh lime</i>	Free Food