

*“It’s not what
you do once
in a while, it’s
what you do day
in and day out
that makes the
difference”*

– Jenny Craig



10 TOP TIPS FOR SUCCESS ON YOUR MENU!

1 GETTING TO KNOW THE JENNY CRAIG FOODS

You can easily identify your Jenny Craig foods on your menu as they are all in bold. All of your other foods on the menu are your grocery foods. There's also a shopping list on your menu to help you with your grocery shopping for the week.

2 FREE FOODS ARE YOUR BEST FRIEND!

Free Foods such as non-starchy vegetables, herbs and spices, are very low in kilojoules and add variety to your menu. Accompanying your Jenny Craig meals with the vegetable serves listed on your menu will help you to feel fuller for longer. Fresh and frozen are both great choices, and canned vegetables can also be a handy option to have on standby. Take a look at your Grocery Guide for the full list of Free Foods.

3 CHOOSE YOUR FAVOURITE FRUITS IN SEASON

As part of your menu plan you'll enjoy 1-2 serves of fruit every day. Use your Grocery Guide for inspiration on the range of different fruits you can choose from. Fresh, frozen, dried and canned fruit in natural juice are all good options.

4 THINK BEYOND MILK

Milk and dairy foods provide protein and calcium for strong muscles and bones. If you prefer not to drink milk on its own, why not use your milk to enjoy your morning coffee or swap it for yoghurt or reduced fat cheese? Check your Grocery Guide for the full list of dairy and non-dairy options. When it comes to choosing a yoghurt, fat free Greek or low fat plain, natural or fruit yoghurts are all good choices. Talk to your Coach about finding the best yoghurt for you.

5 USE YOUR GROCERY GUIDE FOR INSPIRATION

You'll see salad vegetables on your menu at lunch and vegetable serves at dinner. Salad vegetables can be any non-starchy vegetables you like such as tomatoes, carrot, cucumber, capsicum and lettuce. Your vegetable serves can also be any non-starchy vegetables – the options are endless, so check your Grocery Guide for inspiration.

6 GET CREATIVE WITH YOUR COOKING!

Try steaming, roasting, air-frying or microwaving your vegetables and use Free Food herbs and spices to add flavour. For roasting or grilling veggies, we recommend using a little spray oil, as cooking in regular oil will add extra kilojoules to your menu plan. Don't forget to always serve your meal on a plate with plenty of Free Foods and take your time to enjoy it!

7 FAT SERVES – WHAT ARE THEY?

Healthy fats are important as they are needed to maintain heart health, build the cells and hormones in your body, help absorb certain vitamins, and keep your skin and hair healthy. Depending on which menu you are following you may have some Fat serves allocated on certain days. You can choose the Fat serve that you prefer – this may be (but not limited to!) nuts, mayonnaise, avocado or olive oil. Take a look at your Grocery Guide for all of the options you can choose from.

8 ENJOY TEA AND COFFEE IN MODERATION

At Jenny Craig we're about balance and a realistic approach to weight loss. You can still enjoy tea and coffee in moderation. Just use skim milk from your dairy serves and avoid sugar as it will contribute to your kilojoule intake. If you like a little sweetness, a sugar substitute (sweetener) is a lower kilojoule choice. Remember to drink plenty of water each day too!

9 YOUR MENU IS FLEXIBLE

If it suits you better, you can change the order of your menu days. For example, if you'd like to start on day 5 instead of day 1, go for it! You can also move your foods around within a day. For example, if you'd prefer to have your dairy serve after dinner instead of at morning tea, that's absolutely fine. Every day is nutritionally balanced, and as long as you eat all the foods on your menu plan each day, you'll be on the path to weight loss success. All the grocery items on your menu provide essential nutrients and your menu plan provides the right number of kilojoules to keep your metabolism burning. It's important to enjoy the Jenny Craig foods as well as the grocery serves every day.

10 DON'T FORGET YOUR SUPPLEMENT!

The daily supplement has been designed to provide the vitamins and minerals you need while following a reduced kilojoule menu for weight loss. It's easy to remember to take it with a glass of water each morning with your breakfast.

GROCERY GUIDE

Your Grocery Guide is your go-to resource to check what you can choose or swap for your grocery items. It also has your Free Foods and Limited Free Foods lists, so be sure to keep this little booklet with you as a quick reference.

*Jenny Craig
teaches you how to
enjoy healthier versions
of the foods you love.
You'll learn about portion
control and take away
healthy habits that you'll
have for life. Enjoy
your menu!*

FREE FOOD RECIPE INSPIRATION!

Quick & Easy Mixed Salad

Ingredients

4 cups of mixed leaves (eg. lettuce, rocket, baby spinach)
1 cucumber, sliced
1 punnet cherry tomatoes, halved
2 spring onions, finely sliced
3 tbsp lemon juice
2 tsp mustard (eg. Dijon, wholegrain)
6 tbsp water
Cracked black pepper

SERVES
4

Method

1. Arrange mixed leaves, cucumber, cherry tomatoes and spring onion onto a plate.
2. In a small bowl, mix together lemon juice, mustard, water and pepper.
3. Drizzle the dressing over the salad just before serving.

Enjoy!

Grocery serves: 2 vegetable serves per person

For more recipe inspiration and next week's menu visit the Resource Centre

AU jennycraig.com.au/resources

NZ jennycraig.co.nz/resources

*Don't wait until
you reach your
goal to be proud
of yourself.*

*Be proud of each
step you take
towards reaching
your goal.*



TIPS FOR THE WEEK

EAT A RAINBOW

Eating a rainbow of different coloured veggies is essential for weight loss, as they help to keep you fuller for longer and aid digestive health. Why not try our Rainbow Stir Fry recipe tonight!

PLAN AHEAD

Talking with your Coach about difficult situations can help you prepare for any challenging events. It might be as simple as having an extra snack on hand, eating your Jenny Craig meal before you go out or bringing a platter of free food veggies and salsa to your next event!

TRACK YOUR PROGRESS

Your Jenny Craig menu is a convenient self-monitoring tool. Tick off your food intake and record your daily activity and hydration to help you stay on track. It's also a powerful motivator to be able to look back and see how far you've come. And don't forget to bring your menu in each week, it's a great tool to help us best support you!

FREE FOODS

Free Foods are low in kilojoules and can add extra volume, flavour and variety to your menu..

Beverages

Coffee, Tea (black and herbal teas), Soda/Sparkling/Mineral Water (plain or flavoured with no added sugar). If you choose to decrease your caffeine intake, do so gradually. Milk and sugar added to beverages are not included in the Free Food list.

Sugar Substitutes/Artificial Sweeteners

Natural/artificial sweeteners can be used in place of sugar.

Non-Starchy Vegetables

Artichoke, Asparagus, Bamboo shoots, Beans (string), Bean sprouts (alfalfa sprouts, mung bean sprouts, soy bean sprouts), Beetroot, Bok choy, Broccoli, Broccolini, Chinese broccoli, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Cucumber, Eggplant, Fennel, Kale, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (e.g. lettuce, radicchio, rocket), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (butter), Swede, Tamarillo, Tomato, Turnip, Zucchini.

Flavour Enhancers

NOTE: choose reduced salt sauces where available
Broth/Stock, Capers, Chilli sauce, Yeast extract (Vegemite™), 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, Spices (e.g. chilli, cinnamon, cumin, curry powder, nutmeg, paprika, turmeric), Soy sauce/Tamari, Sriracha, Sundried tomato (fat free), Tobasco sauce, Tomato paste, Vinegar, Wasabi, Worcestershire sauce.

LIMITED FREE FOODS 1 SERVE

Enjoy up to 3 Limited Free Food serves per day.

Coconut Water, Vegetable juice (low salt)	125ml (½ cup)
Diet soft drink, Diet tonic water, Diet cordial (made up with water)	250ml (1 cup)
Kombucha	330ml
Fruit	
Berries, Grapefruit, Melon (all types), Paw paw	½ cup
Cherries	8 medium
Lychees, Passionfruit, Rambutans	2
Other	
Cacao beans/nibs	1 tsp
Cacao/cocoa powder	1 tbsp
Chocolate drinking powder (Milo™, Nesquik™), Custard powder	2 tsp
Diet jelly	1 serve, ¼ pack approx
Gravy (ready-made or powder made up with water)	¼ cup
Konjac noodles, Kelp noodles	250g
LSA	1 tsp
Psyllium husks, unprocessed wheat/oat bran	1 tbsp
Rice paper	1 sheet
Sauces/Condiments/Spreads	
Gherkins/pickles (sweetened)	30g
BBQ Sauce, Chutney, Cream cheese (light/reduced fat), Curry paste, Jam or fruit spread (low sugar), Kecap manis, Hoisin sauce, Miso paste, Oyster sauce, Sour cream (light/reduced fat), Sweet chilli sauce, Teriyaki sauce, Vegetable relish	2 tsp
Fat free salad dressing, Fat free mayonnaise, Shrimp paste, Sugar Free Maple Syrup, Tomato sauce, Tomato ketchup, Yoghurt (fat-free/low-fat)	1 tbsp
Honey	1 tsp
Parmesan cheese	1 tsp
Salsa, Taco sauce	2 tbsp
Olive oil cooking spray	2 sec spray

*Jenny Craig's
menus are
developed by
Accredited Practising
Dietitians to ensure
optimal nutritional
balance.*

FREE FOOD RECIPE INSPIRATION!

Rainbow Stir Fry

SERVES
4

Ingredients

Spray oil (eg. olive, canola)
½ onion, sliced
1 clove garlic, crushed
1 tbsp fresh ginger, minced
1 carrot, sliced finely
1 cup red capsicum, sliced
1 cup broccoli florets
¼ - ½ cup of water
1 tbsp soy sauce, salt reduced
1 chilli, sliced (optional)
1 tbsp fresh coriander (optional)

Method

1. Heat a large frypan or wok on a medium high heat with a spray of oil. Add onion, garlic and ginger and stir fry for 1 minute.
2. Add carrot, capsicum, broccoli and snow peas and stir fry for 30 seconds.
3. Add water, soy sauce and allow liquid to evaporate, keeping the vegetables moving the whole time.
4. When the vegetables are just tender, remove from heat and add chilli and coriander to serve.

Enjoy!

Grocery serves: 1 vegetable serve per person

For more recipe inspiration and next week's menu visit the Resource Centre

AU jennycraig.com.au/resources

NZ jennycraig.co.nz/resources