

*Do something today that your future self will thank you for.*



## TIPS FOR THE WEEK

### PLATE IT UP

Serve your Jenny Craig meal on a plate and remember to include at least 2 serves of non-starchy vegetables. A small plate will make the meal appear larger. This visual cue will help your brain to register that you've eaten a complete meal and don't need any more.

### HYDRATE WITH WATER

If you're feeling hungry, try having a glass of water before you eat. Sometimes you might think you're hungry when you're actually thirsty! Staying hydrated is easy with Jenny Craig's Infuser Water Bottle - add your favourite fruits, vegetables and herbs for a refreshing burst of flavour.

### SHOP SMART

Did you know? When you shop on an empty stomach you're more likely to fill your trolley with foods you don't need to buy. Eat your Jenny Craig meal or snack before you go, and remember to write a shopping list and stick to it!

## WHY WATER?

Water is essential for life as every cell, tissue and organ in our body contains water. Water:

- » Assists with the digestion and absorption of nutrients
- » Maintains the health and integrity of every cell in the body
- » Allows waste products to be removed from the body
- » Hydrates the skin to help maintain its texture
- » Carries nutrients and oxygen to all cells in the body
- » Regulates body temperature

Water is kilojoule-free and is the best fluid to hydrate your body.

### Struggling to drink water? Try these tips!

- » Keep your Jenny Craig Infuser Water Bottle on your desk at work, or in your bag when you're out and about.
- » Place a jug of water on the dinner table each night
- » Try cucumber and mint, or strawberry, lemon and basil in your Jenny Craig Infuser Water Bottle for a delicious burst of flavour in your water.
- » Check out our infused water recipes on the Jenny Craig blog.
- » Remember that plain sparkling water is kilojoule-free as well.

## Citrus Splash

### Ingredients

1 slice each of cucumber, lemon, lime and orange  
fresh mint leaves  
still or sparkling water

### Method

Place the sliced fruits, cucumber and mint in the infuser basket of Jenny Craig's Infuser Water Bottle. Fill with still or sparkling water, chill if desired and enjoy!

## Berry Fizz

### Ingredients

½ cup strawberries, each cut into thirds  
½ lime, cut into wedges  
1L sparkling water

### Method

Place the strawberries and lime wedges into a jug, squeezing one or two of the lime wedges for a refreshing citrus burst. Top with sparkling water and refrigerate for 4 hours before serving over ice. Remember to eat the strawberries at the end!

Grocery serves: 1 Limited Free Food serve

*Always remember that we're here to support you, no matter what life throws at you! It's realistic to have challenges along the way and weight loss can be a challenging journey. Your Coach will be there with advice and tools, every step of the way.*

## FREE FOOD RECIPE INSPIRATION!

### Balsamic Roast Vegetables

#### Ingredients

½ cup mushrooms, halved  
½ cup red and green capsicum, roughly chopped  
½ zucchini, roughly chopped  
½ red onion, sliced into wedges  
2 tbsp balsamic vinegar

**SERVES**  
1

#### Method

1. Preheat oven to 180°C. Place prepared vegetables onto a lined oven tray, drizzle with balsamic vinegar and a 2 second spray of olive oil.
2. Bake in the oven for 30 minutes, turning after 15 minutes.
3. Transfer to a bowl to serve.

### 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](http://jennycraig.com.au/resources)  
**NZ** [jennycraig.co.nz/resources](http://jennycraig.co.nz/resources)

*If you ever feel  
like quitting,  
think about why  
you started.*

## TIPS FOR THE WEEK

### MOVE MORE, SIT LESS

Sedentary minutes can add up quickly! Be aware of how much time you spend sitting and find ways to move more throughout the day.

### STRIVE FOR PROGRESS, NOT PERFECTION

If you've fallen off track with your healthy eating habits, it's not the end of the world. Think of your experience as an opportunity to plan how you can better manage the situation next time. Focus on how far you've come and what you've learnt along the way. The only way is up!

### REMEMBER YOUR 'WHY'

Remind yourself of the importance of your healthy eating, physical activity, lifestyle and weight loss goals and why you've made this commitment. Celebrate your little successes every week, as every step forward brings you one step closer to your goal.

## GET MOVING

Being active has so many benefits – not only does it help with weight management, it also helps to improve energy levels, strength and stamina, increase bone density and reduce the risk of heart disease and Type 2 diabetes. Being active also helps to improve your mood and can help you sleep better too!

If you're doing nothing, start with something and if you're doing something, do a little bit more!

### DOING NOTHING?

#### *Build on some natural activity*

- » Take the stairs
- » Get stuck into housework
- » Get into the garden
- » Leave your car at home and walk to the shops
- » Park further away from your destination

#### *Be playful*

- » Dance
- » Swim
- » Play catch or Frisbee

#### *Be active with others*

- » Walk the dog with the family
- » Go for a bike ride
- » Enjoy a game of backyard cricket

### DOING SOMETHING?

#### *Get into cardio*

- » Walk or jog
- » Cycle
- » Swim
- » Take the stairs
- » Try a new sport, like tennis

#### *Add some resistance*

- » Use the Jenny Craig Activity Bands, hand weights or a Swiss ball
- » Try the Jenny Craig activity videos
- » Try Pilates
- » Try a strength class

#### *Don't forget to stretch (and breathe)!*

- » Try yoga
- » Try Tai Chi
- » Try meditation

***Most importantly, choose activities you enjoy and have fun!***

### TRACK YOUR STEPS

Keeping track of the number of steps you do each day can be a really useful tool to check your baseline activity levels and motivate you to move a bit more. It's easy to do if you have a pedometer or a fitness tracker (most smartphones will track your steps too). Each day record your number of steps in the 'Activity' section on your menu. At the end of each week challenge yourself to increase your steps the following week. For example, if you averaged 5000 steps per day, try to increase to 6000 the next week.

***For more physical activity inspiration why not use our Physical Activity Tracker***

*Weight loss  
is a journey and  
with your Jenny Craig  
program and personal  
Coach, you'll create new  
habits and a healthier  
lifestyle while achieving  
your weight loss  
goals.*

## FREE FOOD RECIPE INSPIRATION!

### Carrot and Ginger Soup

#### Ingredients

- 1 onion, chopped
- 5cm piece fresh ginger, grated
- 2 garlic cloves, peeled
- 1kg carrots, chopped
- 1 tsp cumin
- small handful of fresh coriander leaves (optional)
- pinch chilli flakes (optional)

**SERVES**  
4

#### Method

1. Simply pop the onion, ginger, garlic, carrots and cumin in a large saucepan. Cover with water and bring to the boil.
2. Simmer gently over a low heat until the vegetables are soft and a fork can easily pass through them.
3. Blitz in a food processor or blender with the coriander until smooth.
4. Serve with a sprinkle of chilli flakes.

#### Enjoy!

Grocery serves: 3 vegetable serves

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

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**NZ** [jennycraig.co.nz/resources](http://jennycraig.co.nz/resources)