



# CLASSIC

This week's plan for success: ..... Next appointment: .....

Total kg lost: .....

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve	Apple & Berry Brekkie Cup ½ dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters ½ dairy serve 1 fruit serve	Toasted Berry Muesli ½ dairy serve 1 fruit serve	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve	Tomato & Basil Omelette ½ dairy serve 1 fruit serve	Nut & Grain Chew ½ dairy serve 1 fruit serve	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 22 cups salad 6 non-starchy vegetable serves  <b>Grain</b> 1 slice wholegrain bread  <b>Dairy</b> 10½ dairy serves
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
LUNCH	Bean & Cheese Burrito 2 cups salad *	Oriental Pork Bun 2 cups salad *	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad *	Cheesy Baked Potato 2 cups salad *	Beef Sausage Roll 2 cups salad *	Vegetable Tortellini 2 cups salad *	Moroccan Grain Salad 2 cups salad *	
SNACK	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	
DINNER	Chicken Parmigiana 2 cups salad *	Leek & Cheese Quiche 2 cups salad *	Beef Lasagne 2 cups salad *	Thai Fish Cakes 2 vegetable serves *	Pumpkin & Kale Risotto 2 vegetable serves *	Chicken Burger 2 cups salad *	Meatballs & Vegetables 2 vegetable serves *	
SNACK	Choc Chip Bites	Savoury Soy Snack	Chocolate Pudding	Salted Caramel Nut Bar	Light & Tangy Veggie Crisps	Melting Moment	Oregano & Thyme Crunchies	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods  <b>Resource Centre</b> <a href="http://jennycraig.com.au/resources">jennycraig.com.au/resources</a> <a href="http://jennycraig.co.nz/resources">jennycraig.co.nz/resources</a>  Please direct comments to: <b>Customer Care Australia</b> P 1800 453 669 W <a href="http://jennycraig.com.au">jennycraig.com.au</a> <b>Customer Care New Zealand</b> P 0800 555 123 W <a href="http://jennycraig.co.nz">jennycraig.co.nz</a>  <b>FM1aAUS/NZ-01/23</b>  © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
HYDRATION	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	
ACTIVITY								
DAILY WEIGHT								
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

\* All non-starchy vegetables are Free Foods ✖ Thaw overnight ✖ Thaw overnight before heating



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Total kg lost: .....

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Malty Grain ½ dairy serve 1 fruit serve <b>A</b>	Oat & Apricot Bar ½ dairy serve 1 fruit serve <b>D</b>	Banana Bread ½ dairy serve 1 fruit serve <b>B</b>	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve <b>C</b>	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve <b>A</b>	Caramelised Onion Fritters ½ dairy serve 1 fruit serve <b>C</b>	Wholemeal Pancakes  ½ dairy serve 1 fruit serve <b>B</b>	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 18 cups salad 10 non-starchy vegetable serves  <b>Grain</b> 1 slice wholegrain bread  <b>Dairy</b> 10½ dairy serves  <hr/> Refer to your Grocery Guide for information on Free Foods and Limited Free Foods  <b>Resource Centre</b> <a href="http://jennycraig.com.au/resources">jennycraig.com.au/resources</a> <a href="http://jennycraig.co.nz/resources">jennycraig.co.nz/resources</a>  Please direct comments to: <b>Customer Care Australia</b> P 1800 453 669 W <a href="http://jennycraig.com.au">jennycraig.com.au</a> <b>Customer Care New Zealand</b> P 0800 555 123 W <a href="http://jennycraig.co.nz">jennycraig.co.nz</a>  <b>FM1aAUS/NZ-01/23</b>  © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
LUNCH	Sweet Potato Frittata 2 cups salad  <b>E</b>	Beef Pie 2 cups salad  <b>D</b>	Pumpkin Soup 1 slice wholegrain bread 2 cups salad  <b>A</b>	Ricotta & Pumpkin Ravioli 2 cups salad  <b>C</b>	Mexican-style Pulled Pork  <b>C</b>	Spinach & Fetta Roll 2 cups salad  <b>B</b>	Roasted Veggie All Round 2 cups salad  <b>D</b>	
SNACK	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	
DINNER	Crumbed Fish & Wedges 2 cups salad  <b>E</b>	Macaroni & Cheese 2 vegetable serves  <b>A</b>	Chicken Satay 2 vegetable serves  <b>D</b>	Beef Pastie 2 vegetable serves  <b>B</b>	Gnocchi in Napoli Sauce 2 cups salad  <b>C</b>	Cottage Pie 2 vegetable serves  <b>E</b>	Chicken Fettuccine 2 vegetable serves  <b>C</b>	
SNACK	Trio Spice Mix <b>D</b>	White Chocolate Cranberry Cookie <b>B</b>	Sweet & Salty Popcorn <b>D</b>	Salsa Curls <b>C</b>	Sticky Date Pudding <b>C</b>	Choc Chip Bites <b>C</b>	Light & Tangy Veggie Crisps <b>A</b>	
	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	
HYDRATION								
ACTIVITY								
DAILY WEIGHT								
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	