



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	Raspberry Cacao Crunch ½ dairy serve 1 fruit serve	Salted Maple & Cashew Granola ½ dairy serve 1 fruit serve	Nut & Grain Chew ½ dairy serve 1 fruit serve	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve	Apple & Berry Brekkie Cup 1 fruit serve	Tomato & Basil Omelette ½ dairy serve 1 fruit serve	<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  <b>Fat</b> 1 fat serve  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>FM2aAUS/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	Cheesy Baked Potato 2 cups salad *	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad *	Vegetable Lasagne 2 cups salad * 1 fat serve	Beef Sausage Roll 2 cups salad *	Potato Tuna Bake 2 cups salad *	Ham & Cheese Toastie 2 cups salad *	Oriental Pork Bun 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	Beef Burger 2 cups salad *	Butter Chicken 2 vegetable serves *	Roast Pork Dinner 2 vegetable serves *	Chunky Vegetable Soup 2 vegetable serves *	Mexican-style Veggie Stack 2 cups salad *	Chicken Katsu Curry 2 vegetable serves *	Pumpkin & Kale Risotto 2 vegetable serves *	
SNACK	Savoury Soy Snack	Choc Chip Bites	Apple & Rhubarb Crumble	Salted Caramel Nut Bar	Oregano & Thyme Crunchies	Chocolate Mousse ½ dairy serve	Melting Moment	
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    Use dairy serve allocated on this day to prepare, as per pack instructions    Thaw overnight before heating



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BREAKFAST	Toasted Berry Muesli ½ dairy serve 1 fruit serve	Malty Grain ½ dairy serve 1 fruit serve	Banana Bread ½ dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters ½ dairy serve 1 fruit serve	Caramelised Onion Fritters ½ dairy serve 1 fruit serve	Oat & Apricot Bar ½ dairy serve 1 fruit serve	Wholemeal Pancakes ½ dairy serve 1 fruit serve	<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
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
LUNCH	Spinach & Fetta Roll 2 cups salad *	Pesto Pasta Salad 2 cups salad *	Roasted Veggie All Round 2 cups salad *	Pumpkin Soup 1 slice wholegrain bread 2 cups salad *	Ham & Cheese Toastie 2 cups salad *	Spaghetti Bolognaise 2 cups salad *	Beef Pie 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	Pepperoni Pizza 2 cups salad *	Thai Fish Cakes 2 vegetable serves *	Beef Pastie 2 vegetable serves *	Spinach & Ricotta Cannelloni 2 cups salad *	Roast Chicken & Vegetables 2 vegetable serves *	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves *	Macaroni & Cheese 2 vegetable serves *	
SNACK	Chocolate Pudding	Nut & Cranberry Mix	Salsa Curls	Melting Moment	Butterscotch Sundae	White Chocolate Cranberry Cookie	Trio Spice Mix	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>FM2aAUS/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"/>	

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