












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	 _____ ½ dairy serve 1 fruit serve	 _____ ½ dairy serve 1 fruit serve	 _____ ½ dairy serve 1 fruit serve	 _____ ½ dairy serve 1 fruit serve	 _____ ½ dairy serve 1 fruit serve	 _____ ½ dairy serve 1 fruit serve	 _____ ½ dairy serve 1 fruit serve	Fruit 14 fruit serves Vegetables 14 cups salad 14 non-starchy vegetable serves Dairy 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	 _____ 2 cups salad *	 _____ 2 cups salad *	 _____ 2 cups salad *	 _____ 2 cups salad *	 _____ 2 cups salad *	 _____ 2 cups 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	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	
SNACK	 _____	 _____	 _____	 _____	 _____	 _____	 _____	
	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"/>	

* All non-starchy vegetables are Free Foods

Refer to your Grocery Guide for information on Free Foods and Limited Free Foods

Resource Centre
 jennycraig.com.au/resources
 jennycraig.co.nz/resources

Please direct comments to:
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