



This week's plan for success:

Next appointment:

Total kg lost:

VEGETARIAN	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	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve	Salted Maple & Cashew Granola ½ dairy serve 1 fruit serve	Tomato & Basil Omelette ½ dairy serve 1 fruit serve	Nut & Grain Chew ½ dairy serve 1 fruit serve	Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 1 slice wholegrain bread Meat Alternatives 1 meat alternative Dairy 10½ dairy serves Fat 2 fat serves <hr/> 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: Customer Care Australia P 1800 453 669 W jennycraig.com.au Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz FM9aAUS-NZ-01/23
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
LUNCH	Roasted Veggie All Round 2 cups salad *	Bean & Cheese Burrito 2 cups salad * 1 fat serve	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad *	Sweet Potato Frittata 2 cups salad *	Cheesy Baked Potato 2 cups salad *	Vegetable Tortellini 2 cups salad * 1 fat serve	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	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves *	Leek & Cheese Quiche 2 cups salad *	Gnocchi in Napoli Sauce 2 cups salad *	Spinach & Ricotta Cannelloni 2 cups salad *	Pumpkin & Kale Risotto 2 vegetable serves *	Chunky Vegetable Soup 2 vegetable serves *	Vegetable Lasagne 2 cups salad * 1 meat alternative	
SNACK	Choc Chip Bites	Savoury Soy Snack	Chocolate Pudding	Salted Caramel Nut Bar	Light & Tangy Veggie Crisps	Melting Moment	Oregano & Thyme Crunchies	
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



CLASSIC

This week's plan for success:

Next appointment:

Total kg lost:

VEGETARIAN	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	Oat & Apricot Bar ½ dairy serve 1 fruit serve	Banana Bread ½ dairy serve 1 fruit serve	Toasted Berry Muesli ½ dairy serve 1 fruit serve	Flakes & Fibre Cereal ½ dairy serve 1 fruit serve	Caramelised Onion Fritters ½ dairy serve 1 fruit serve	Wholemeal Pancakes ½ dairy serve 1 fruit serve	Fruit 14 fruit serves
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	Vegetables 24 cups salad 4 non-starchy vegetable serves
LUNCH	Sweet Potato Frittata 2 cups salad *	Vegetable Tortellini 2 cups salad *	Vegetable Lasagne 2 cups salad *	Pumpkin Soup 1 slice wholegrain bread 1 fat serve 2 cups salad *	Ricotta & Pumpkin Ravioli 2 cups salad * 1 fat serve	Spinach & Fetta Roll 2 cups salad *	Roasted Veggie All Round 2 cups salad *	Grain 1 slice wholegrain bread
SNACK	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	Meat Alternatives 1 meat alternative
DINNER	Macaroni & Cheese 2 vegetable serves *	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves *	Leek & Cheese Quiche 2 cups salad *	Spinach & Ricotta Cannelloni 2 cups salad *	Cheesy Baked Potato 2 cups salad * 1 meat alternative	Gnocchi in Napoli Sauce 2 cups salad *	Mexican-style Veggie Stack 2 cups salad *	Dairy 10½ dairy serves
SNACK	Trio Spice Mix	White Chocolate Cranberry Cookie	Sweet & Salty Popcorn	Salsa Curls	Sticky Date Pudding	Choc Chip Bites	Light & Tangy Veggie Crisps	Fat 2 fat serves
HYDRATION	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
ACTIVITY								Resource Centre jennycraig.com.au/resources jennycraig.co.nz/resources
DAILY WEIGHT								Please direct comments to: Customer Care Australia P 1800 453 669 W jennycraig.com.au
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz

* All non-starchy vegetables are Free Foods Use dairy serve allocated on this day to prepare, as per pack instructions