



# 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	Raspberry Cacao Crunch ½ dairy serve 1 fruit serve	Salted Maple & Cashew Granola ½ dairy serve 1 fruit serve	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve	Nut & Grain Chew ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve	Apple & Berry Brekkie Cup ½ dairy serve 1 fruit serve	Tomato & Basil Omelette ½ dairy serve 1 fruit serve	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 20 cups salad 8 non-starchy vegetable serves  <b>Grain</b> 1 slice wholegrain bread  <b>Meat Alternatives</b> 1 meat alternative  <b>Dairy</b> 10½ dairy serves  <b>Fat</b> 2 fat 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>FM10aAUS-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	Moroccan Grain Salad 2 cups salad *	Creamy Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 cups salad *	Pesto Pasta Salad 2 cups salad *	Vegetable Lasagne 2 cups salad *	Spinach & Fetta Roll 2 cups salad 1 fat serve	Bean & Cheese Burrito 2 cups salad *	Cheesy Baked Potato 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	Ricotta & Pumpkin Ravioli 2 cups salad 1 meat alternative	Mexican-style Veggie Stack 2 cups salad *	Leek & Cheese Quiche 2 cups salad *	Chunky Vegetable Soup 2 vegetable serves *	Macaroni & Cheese 2 vegetable serves *	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves *	Pumpkin & Kale Risotto 2 vegetable serves *	
SNACK	Savoury Soy Snack	Choc Chip Bites	Salted Caramel Nut Bar	Apple & Rhubarb Crumble	Oregano & Thyme Crunchies	Sweet & Salty Popcorn	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 \* Thaw overnight



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VEGETARIAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve	Oat & Apricot Bar ½ dairy serve 1 fruit serve	Banana Bread ½ dairy serve 1 fruit serve	Malty Grain ½ dairy serve 1 fruit serve	Caramelised Onion Fritters ½ dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters ½ dairy serve 1 fruit serve	Wholemeal Pancakes 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>Meat Alternatives</b> 1 meat alternative  <b>Dairy</b> 10½ dairy serves  <b>Fat</b> 1 fat serve  <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>FM10aAUS-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	Spinach & Fetta Roll 2 cups salad *	Ricotta & Pumpkin Ravioli 2 cups salad *	Pumpkin Soup 1 slice wholegrain bread 1 fat serve 2 cups salad *	Roasted Veggie All Round 2 cups salad *	Pesto Pasta Salad 2 cups salad *	Vegetable Lasagne 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	Gnocchi in Napoli Sauce 2 cups salad *	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves *	Mexican-style Veggie Stack 2 cups salad *	Spinach & Ricotta Cannelloni 2 cups salad *	Chunky Vegetable Soup 2 vegetable serves *	Pumpkin & Kale Risotto 2 vegetable serves *	Vegetable Tortellini 2 cups salad *	
SNACK	Chocolate Pudding	Nut & Cranberry Mix	Salsa Curls	Butterscotch Sundae	Melting Moment	White Chocolate Cranberry Cookie	Trio Spice Mix	
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