

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 |
|---|---|--|--|---|--|--|---|---|
| RECHARGE | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Fruit 7 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 1 slice wholegrain bread Dairy 10½ dairy serves |
| 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 | Raspberry Cacao Crunch ½ dairy serve 1 fruit 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 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy 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 * | |
|  | 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 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 FM1bAUS/NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd. |
| 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"/> | |

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|---|---|--|--|--|---|--|--|---|
| RECHARGE | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Recharge Bar | Fruit 7 fruit serves Vegetables 18 cups salad 10 non-starchy vegetable serves Grain 1 slice wholegrain bread Dairy 10½ dairy serves |
| BREAKFAST | Malty Grain ½ dairy serve 1 fruit serve A | Cranberry & Vanilla Muesli ½ dairy serve 1 fruit serve D | Banana Bread ½ dairy serve 1 fruit serve B | Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve C | Flakes & Fibre Cereal ½ dairy serve 1 fruit serve A | Caramelised Onion Fritters ½ dairy serve 1 fruit serve C | Wholemeal Pancakes  ½ dairy serve 1 fruit serve B | |
| LUNCH | Sweet Potato Frittata B 2 cups salad * | Beef Pie D 2 cups salad * | Pumpkin Soup A 1 slice wholegrain bread 2 cups salad * | Ricotta & Pumpkin Ravioli C 2 cups salad * | Mexican-style Pulled Pork C  2 cups salad * | Spinach & Fetta Roll B 2 cups salad * | Roasted Veggie All Round D 2 cups salad * | |
| SNACK | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | 1 dairy serve | |
| DINNER | Crumbed Fish & Wedges E 2 cups salad * | Macaroni & Cheese A 2 vegetable serves * | Chicken Satay D 2 vegetable serves * | Beef Pastie B 2 vegetable serves * | Gnocchi in Napoli Sauce C 2 cups salad * | Cottage Pie E 2 vegetable serves * | Chicken Fettuccine C 2 vegetable serves * | |
|  | 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 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 FM1bAUS/NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd. |
| 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  Use dairy serve allocated on this day to prepare, as per pack instructions  Thaw overnight