

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 18 cups salad 10 non-starchy vegetable serves Grain 1 slice wholegrain bread Dairy 10½ dairy serves Fat 1 fat serve
BREAKFAST	Raspberry Cacao Crunch ½ dairy serve 1 fruit serve C	Salted Maple & Cashew Granola ½ dairy serve 1 fruit serve B	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve C	Hazelnut & Almond Cereal ½ dairy serve 1 fruit serve A	Toasted Berry Muesli ½ dairy serve 1 fruit serve B	Apple & Berry Brekkie Cup ½ dairy serve 1 fruit serve D	Tomato & Basil Omelette ½ dairy serve 1 fruit serve A	
LUNCH	Cheesy Baked Potato 2 cups salad * B	Creamy Vegetable Soup 1 slice wholegrain bread 2 cups salad * A	Vegetable Lasagne 2 cups salad * 1 fat serve B	Beef Sausage Roll 2 cups salad * C	Potato Tuna Bake 2 cups salad * D	Ham & Cheese Toastie 2 cups salad * C	Oriental Pork Bun 2 cups salad * D	
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
DINNER	Beef Burger  2 cups salad * D	Butter Chicken 2 vegetable serves * E	Roast Pork Dinner 2 vegetable serves * A	Chunky Vegetable Soup 2 vegetable serves * A	Mexican-style Veggie Stack 2 cups salad * B	Chicken Katsu Curry 2 vegetable serves * C	Pumpkin & Kale Risotto 2 vegetable serves * D	
	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 FM2bAUS/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  Thaw overnight before heating

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BREAKFAST	Cranberry & Vanilla 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	Salted Maple & Cashew Granola ½ dairy serve 1 fruit serve	Wholemeal Pancakes  ½ dairy serve 1 fruit serve	
LUNCH	Spinach & Fetta Roll 2 cups salad *	Mexican-style Pulled Pork  2 cups salad *	Roasted Veggie All Round 2 cups salad *	Pumpkin Soup 1 slice wholegrain bread 2 cups salad *	Pesto Pasta Salad  2 cups salad *	Spaghetti Bolognese 2 cups salad *	Beef Pie 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	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 *	
	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 FM2bAUS/NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
HYDRATION								
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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