

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
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 Meat Alternatives 1 meat alternative Dairy 10½ dairy serves Fat 1 fat serve 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 FM9bAUS-NZ-01/23
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	Raspberry Cacao Crunch ½ dairy serve 1 fruit 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 *	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	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	
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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RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 7 fruit serves Vegetables 24 cups salad 4 non-starchy vegetable serves Grain 1 slice wholegrain bread Meat Alternatives 1 meat alternative Dairy 10½ dairy serves Fat 1 fat serve 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 FM9bAUS-NZ-01/23
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	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	
LUNCH	Sweet Potato Frittata 2 cups salad *	Vegetable Tortellini 2 cups salad *	Vegetable Lasagne 2 cups salad *	Pumpkin Soup 1 slice wholegrain bread 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 *	
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	
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 *	
	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 Use dairy serve allocated on this day to prepare, as per pack instructions