

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 20 cups salad 8 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 FM10bAUS-NZ-01/23
BREAKFAST	Toasted Berry Muesli B ½ dairy serve 1 fruit serve	Salted Maple & Cashew Granola B ½ dairy serve 1 fruit serve	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve	Roasted Hazelnut & Cinnamon Porridge C ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli D ½ dairy serve 1 fruit serve	Apple & Berry Brekkie Cup D ½ dairy serve 1 fruit serve	Tomato & Basil Omelette A ½ dairy serve 1 fruit serve	
LUNCH	Moroccan Grain Salad D ✱ 2 cups salad ✱	Creamy Vegetable Soup A 1 slice wholegrain bread 1 fat serve 2 cups salad ✱	Pesto Pasta Salad ✱ C 2 cups salad ✱	Vegetable Lasagne B 2 cups salad ✱	Spinach & Fetta Roll B 2 cups salad ✱ 1 fat serve	Bean & Cheese Burrito B 2 cups salad ✱	Cheesy Baked Potato C 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	Ricotta & Pumpkin Ravioli A 2 cups salad ✱ 1 meat alternative	Mexican-style Veggie Stack B 2 cups salad ✱	Leek & Cheese Quiche B 2 cups salad ✱	Chunky Vegetable Soup B 2 vegetable serves ✱	Macaroni & Cheese B 2 vegetable serves ✱	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves ✱	Pumpkin & Kale Risotto C 2 vegetable serves ✱	
	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 ✱ Thaw overnight

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BREAKFAST	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli 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	
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 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy 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 * 1 meat alternative	
	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  Thaw overnight