



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
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve	Apple & Berry Brekkie Cup 1 dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters 1 dairy serve 1 fruit serve	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 1 fat serve	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Tomato & Basil Omelette 1 slice wholegrain toast 1 dairy serve	Nut & Grain Chew 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 22 cups salad 6 non-starchy vegetable serves  <b>Grain</b> 9 slices wholegrain bread  <b>Meat &amp; Meat Alternatives</b> 2 eggs 4 slices lean meat (chicken, turkey, ham) 40g reduced fat cheese  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 7 fat serves  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>FM3aAUS/NZ-01/23</b>
SNACK	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
LUNCH	Bean & Cheese Burrito 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	Oriental Pork Bun 2 cups salad * 20g reduced fat cheese	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Cheesy Baked Potato 2 cups salad * 2 slices lean meat	Beef Sausage Roll 2 cups salad * 1 fat serve 1 fruit serve	Vegetable Tortellini 2 cups salad * 1 slice wholegrain bread 1 fat serve	Moroccan Grain Salad 2 cups salad * 1 boiled egg	
SNACK	½ dairy serve 1 fruit serve	1 slice wholegrain bread 1 fat serve ½ dairy serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit 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 *	
SNACK	Choc Chip Bites	Savoury Soy Snack	Chocolate Pudding	Salted Caramel Nut Bar	Light & Tangy Veggie Crisps	Melting Moment	Oregano & Thyme Crunchies	
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    \* Thaw overnight before heating



# CLASSIC

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
BREAKFAST	<b>Malty Grain</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve <b>A</b>	<b>Oat &amp; Apricot Bar</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve <b>D</b>	<b>Banana Bread</b> 1 dairy serve 1 fruit serve <b>B</b>	<b>Roasted Hazelnut &amp; Cinnamon Porridge</b> ½ dairy serve 1 slice wholegrain toast 20g reduced fat cheese <b>C</b>	<b>Flakes &amp; Fibre Cereal</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg <b>A</b>	<b>Caramelised Onion Fritters</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve <b>C</b>	<b>Wholemeal Pancakes</b>  <b>B</b> ½ dairy serve 1 fruit serve
SNACK	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve
LUNCH	<b>Sweet Potato Frittata</b> <b>E</b> 2 cups salad * 20g reduced fat cheese	<b>Beef Pie</b> * <b>D</b> 2 cups salad * 1 fat serve 1 fruit serve	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	<b>Ricotta &amp; Pumpkin Ravioli</b> <b>C</b> 2 cups salad * 1 fruit serve	<b>Mexican-style Pulled Pork</b>  <b>C</b> 2 cups salad * 1 fat serve 1 fruit serve	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 cups salad * 2 slices lean meat	<b>Roasted Veggie All Round</b> <b>D</b> 2 cups salad * 1 boiled egg
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	1 dairy serve 1 fruit serve
DINNER	<b>Crumbed Fish &amp; Wedges</b> <b>E</b> 2 cups salad *	<b>Macaroni &amp; Cheese</b> <b>A</b> 2 vegetable serves * 1 fat serve	<b>Chicken Satay</b> <b>D</b> 2 vegetable serves *	<b>Beef Pastie</b> <b>B</b> 2 vegetable serves * 1 fat serve	<b>Gnocchi in Napoli Sauce</b> <b>C</b> 2 cups salad *	<b>Cottage Pie</b> <b>E</b> 2 vegetable serves *	<b>Chicken Fettuccine</b> <b>C</b> 2 vegetable serves * 1 slice wholegrain bread 1 fat serve
SNACK	<b>Trio Spice Mix</b> <b>D</b>	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	<b>Sweet &amp; Salty Popcorn</b> <b>D</b>	<b>Salsa Curls</b> <b>C</b>	<b>Sticky Date Pudding</b> <b>C</b>	<b>Choc Chip Bites</b> <b>C</b>	<b>Light &amp; Tangy Veggie Crisps</b> <b>A</b>
	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"/>

## SHOPPING LIST

**Fruit**  
14 fruit serves

**Vegetables**  
18 cups salad  
10 non-starchy vegetable serves

**Grain**  
8 slices wholegrain bread

**Meat & Meat Alternatives**  
2 eggs  
4 slices lean meat (chicken, turkey, ham)  
40g reduced fat cheese

**Dairy**  
17½ dairy serves

**Fat**  
9 fat serves

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

FM3aAUS/NZ-01/23

© 2023 Jenny Craig  
Weight Loss Centres Pty. Ltd.