



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	Raspberry Cacao Crunch ^C 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola ^B 1 dairy serve 1 fruit serve	Nut & Grain Chew ^C 1 dairy serve 1 fruit serve	Hazelnut & Almond Cereal ^A 1 dairy serve 1 fruit serve	Cranberry & Vanilla Muesli ^D 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Apple & Berry Brekkie Cup ^D 1 dairy serve 1 fruit serve	Tomato & Basil Omelette ^A 1 slice wholegrain toast 1 fat serve 1 dairy serve
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve
LUNCH	Cheesy Baked Potato ^B * 2 cups salad * 1 fat serve 1 fruit serve	Creamy Vegetable Soup ^A 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Vegetable Lasagne ^B * 2 cups salad * 1/3 cup four bean mix 1/2 dairy serve	Beef Sausage Roll ^C * 2 cups salad * 20g reduced fat cheese	Potato Tuna Bake ^D * 2 cups salad * 1 fat serve	Ham & Cheese Toastie ^C * 2 cups salad * 1 fat serve	Oriental Pork Bun ^D * 2 cups salad * 1/3 cup four bean mix
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1 fruit serve 3 crispbread 40g reduced fat cheese	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	3 crispbread 2 fat serves	1/2 dairy serve 1 fruit serve
DINNER	Beef Burger ^D * 20g reduced fat cheese 2 cups salad *	Butter Chicken ^E * 2 vegetable serves *	Roast Pork Dinner ^A * 2 vegetable serves *	Chunky Vegetable Soup ^A 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	Mexican-style Veggie Stack ^B * 2 cups salad *	Chicken Katsu Curry ^C * 2 vegetable serves *	Pumpkin & Kale Risotto ^D * 2 vegetable serves *
SNACK	Savoury Soy Snack ^B	Choc Chip Bites ^C	Apple & Rhubarb Crumble ^B	Salted Caramel Nut Bar ^D	Oregano & Thyme Crunchies ^B	Chocolate Mousse ^A * 1/2 dairy serve	Melting Moment ^A
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"/>

SHOPPING LIST

Fruit
14 fruit serves

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grain
6 crispbread
6 slices wholegrain bread

Meat & Meat Alternatives
2/3 cup four bean mix
120g reduced fat cheese

Dairy
17 1/2 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

FM4aAUS/NZ-01/23

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Toasted Berry Muesli ^B 1 dairy serve 1 fruit serve	Malty Grain ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve	Banana Bread ^B 1 dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 fruit serve	Caramelised Onion Fritters ^C 1 slice wholegrain toast 1 fat serve 1 dairy serve	Oat & Apricot Bar ^D 1 dairy serve 1 fruit serve	Wholemeal Pancakes ^B  ½ dairy serve 1 fruit serve	Fruit 14 fruit serves Vegetables 18 cups salad 10 non-starchy vegetable serves Grain 6 crispbread 6 slices wholegrain bread Meat & Meat Alternatives 6 slices lean meat (chicken, turkey, ham) 40g reduced fat cheese Dairy 17½ dairy serves Fat 13 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 FM4aAUS/NZ-01/23
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	
LUNCH	Spinach & Fetta Roll ^B  2 cups salad  2 slices lean meat 1 slice wholegrain bread 1 fat serve	Pesto Pasta Salad ^C  2 cups salad  20g reduced fat cheese 1 fruit serve	Roasted Veggie All Round ^D  2 cups salad  2 slices lean meat 1 slice wholegrain bread 1 fat serve	Pumpkin Soup ^A 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad 	Ham & Cheese Toastie ^C  2 cups salad  1 fat serve 1 fruit serve	Spaghetti Bolognese ^B  20g reduced fat cheese 2 cups salad 	Beef Pie ^D  2 cups salad  1 fat serve 1 fruit serve	
SNACK	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	½ dairy serve 3 crispbread 2 fat serves	1 dairy serve 3 crispbread 2 fat serves	
DINNER	Pepperoni Pizza ^E  2 cups salad 	Thai Fish Cakes ^C  2 vegetable serves 	Beef Pastie ^B  2 vegetable serves 	Spinach & Ricotta Cannelloni ^D  2 cups salad  1 fat serve	Roast Chicken & Vegetables ^B  2 vegetable serves  1 fat serve	Vegetable Tikka Masala with Paneer Cheese ^D  2 vegetable serves 	Macaroni & Cheese ^A  2 vegetable serves 	
SNACK	Chocolate Pudding ^D	Nut & Cranberry Mix ^C	Salsa Curls ^C	Melting Moment ^A	Butterscotch Sundae ^A	White Chocolate Cranberry Cookie ^B	Trio Spice Mix ^D	
	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