

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	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 14 cups salad 14 non-starchy vegetable serves  <b>Grain</b> 7 grain serves  <b>Meat &amp; Meat Alternatives</b> 14 meat/meat alternative serves  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 7 fat serves
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
LUNCH	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat 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 1 fruit serve	½ dairy serve 1 fruit serve	
DINNER	 2 vegetable serves *	 2 vegetable serves *	 2 vegetable serves *	 2 vegetable serves *	 2 vegetable serves *	 2 vegetable serves *	 2 vegetable serves *	
SNACK	 .....	 .....	 .....	 .....	 .....	 .....	 .....	
	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

Refer to your Grocery Guide for information on Free Foods and Limited Free Foods

**Resource Centre**  
 jennycraig.com.au/resources  
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Please direct comments to:  
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