



# CLASSIC

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
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple & Berry Brekkie Cup 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Apple Cinnamon Oat Clusters 1 dairy serve 1 fruit serve	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola 1 dairy serve 1 slice wholegrain toast 1 fat serve	Tomato & Basil Omelette 1 slice wholegrain toast 1 fat serve 1 dairy serve	Nut & Grain Chew 1 dairy serve 1 fruit serve	Fruit 14 fruit serves  Vegetables 22 cups salad 6 non-starchy vegetable serves  Grain 11 slices wholegrain bread  Meat Alternatives 4 meat alternatives 40g reduced fat cheese  Dairy 17½ dairy serves  Fat 10 fat serves
SNACK	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve	
LUNCH	Roasted Veggie All Round 2 cups salad * 20g reduced fat cheese 1 fruit serve	Bean & Cheese Burrito 2 cups salad * 1 slice wholegrain bread 1 fat serve	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	Sweet Potato Frittata 2 cups salad * 1 meat alternative 1 fruit serve	Cheesy Baked Potato 2 cups salad * 1 meat alternative 1 fat serve	Vegetable Tortellini 2 cups salad * 1 fruit serve	Moroccan Grain Salad 2 slices wholegrain bread 1 fat serve 2 cups salad *	
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	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 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	Vegetable Lasagne 2 cups salad * 1 meat alternative	
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

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

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VEGETARIAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	<b>Malty Grain</b> 1 dairy serve 1 English muffin 2 fat serves	<b>Oat &amp; Apricot Bar</b> 1 dairy serve 1 fruit serve	<b>Banana Bread</b> 1 dairy serve 1 fruit serve	<b>Toasted Berry Muesli</b> 1 dairy serve 1 fruit serve	<b>Flakes &amp; Fibre Cereal</b> 1 dairy serve 1 English muffin 1 boiled/poached egg	<b>Caramelised Onion Fritters</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve	<b>Wholemeal Pancakes</b> ½ dairy serve 1 fruit serve	<b>Fruit</b> 14 fruit serves
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	<b>Vegetables</b> 24 cups salad 4 non-starchy vegetable serves
LUNCH	<b>Sweet Potato Frittata</b> 2 cups salad 1 fruit serve	<b>Vegetable Tortellini</b> 2 cups salad 1 boiled egg 1 slice wholegrain bread 1 fat serve	<b>Vegetable Lasagne</b> 2 cups salad 1 meat alternative 1 slice wholegrain bread 1 fat serve	<b>Pumpkin Soup</b> 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad	<b>Ricotta &amp; Pumpkin Ravioli</b> 2 cups salad 1 fat serve	<b>Spinach &amp; Fetta Roll</b> 2 cups salad 1 meat alternative 1 fat serve	<b>Roasted Veggie All Round</b> 2 cups salad ⅓ cup four bean mix 1 fat serve	<b>Grain</b> 2 English muffins 5 slices wholegrain bread
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	1 dairy serve 1 fruit serve	<b>Meat Alternatives</b> 2 eggs 1 cup four bean mix 5 meat alternatives
DINNER	<b>Macaroni &amp; Cheese</b> 2 vegetable serves	<b>Vegetable Tikka Masala with Paneer Cheese</b> 2 vegetable serves	<b>Leek &amp; Cheese Quiche</b> 2 cups salad ⅓ cup four bean mix	<b>Spinach &amp; Ricotta Cannelloni</b> 2 cups salad 1 fat serve	<b>Cheesy Baked Potato</b> 2 cups salad 1 meat alternative	<b>Gnocchi in Napoli Sauce</b> 2 cups salad	<b>Mexican-style Veggie Stack</b> 2 cups salad 1 meat alternative	<b>Dairy</b> 17½ dairy serves
SNACK	<b>Trio Spice Mix</b>	<b>White Chocolate Cranberry Cookie</b>	<b>Sweet &amp; Salty Popcorn</b>	<b>Salsa Curls</b>	<b>Sticky Date Pudding</b>	<b>Choc Chip Bites</b>	<b>Light &amp; Tangy Veggie Crisps</b>	<b>Fat</b> 11 fat serves
HYDRATION	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
ACTIVITY								<b>Resource Centre</b> jennycraig.com.au/resources jennycraig.co.nz/resources
DAILY WEIGHT								Please direct comments to: <b>Customer Care Australia</b> P 1800 453 669 W jennycraig.com.au <b>Customer Care New Zealand</b> P 0800 555 123 W jennycraig.co.nz
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FM11aAUS-NZ-01/23

\* All non-starchy vegetables are Free Foods    Use dairy serve allocated on this day to prepare, as per pack instructions