

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  |
|---|--|---|--|--|---|--|---|--|
| RECHARGE  | Recharge Bar   | Recharge Bar  | Recharge Bar   | Recharge Bar   | Recharge Bar  | Recharge Bar   | Recharge Bar  | <b>Fruit</b><br>14 fruit serves<br><br><b>Vegetables</b><br>22 cups salad<br>6 non-starchy vegetable serves<br><br><b>Grain</b><br>7 slices wholegrain bread<br><br><b>Meat &amp; Meat Alternatives</b><br>2 eggs<br>60g reduced fat cheese<br><br><b>Dairy</b><br>17½ dairy serves<br><br><b>Fat</b><br>3 fat serves<br><br><hr/> Refer to your Grocery Guide for information on Free Foods and Limited Free Foods<br><br><b>Resource Centre</b><br><a href="http://jennycraig.com.au/resources">jennycraig.com.au/resources</a><br><a href="http://jennycraig.co.nz/resources">jennycraig.co.nz/resources</a><br><br>Please direct comments to:<br><b>Customer Care Australia</b><br>P 1800 453 669<br>W <a href="http://jennycraig.com.au">jennycraig.com.au</a><br><b>Customer Care New Zealand</b><br>P 0800 555 123<br>W <a href="http://jennycraig.co.nz">jennycraig.co.nz</a><br><br><b>FM3bAUS/NZ-01/23</b> |
| BREAKFAST   | <b>Hazelnut &amp; Almond Cereal</b><br>1 dairy serve<br>1 slice wholegrain toast<br>1 boiled/poached egg | <b>Apple &amp; Berry Brekkie Cup</b><br>1 dairy serve<br>1 slice wholegrain toast<br>20g reduced fat cheese | <b>Apple Cinnamon Oat Clusters</b><br>1 dairy serve<br>1 fruit serve                         | <b>Toasted Berry Muesli</b><br>1 dairy serve<br>1 slice wholegrain toast<br>1 boiled/poached egg | <b>Flakes &amp; Fibre Cereal</b><br>1 dairy serve<br>1 fruit serve                  | <b>Tomato &amp; Basil Omelette</b><br>1 slice wholegrain toast<br>1 fat serve<br>1 dairy serve | <b>Raspberry Cacao Crunch</b><br>1 dairy serve<br>1 slice wholegrain toast<br>1 fat serve |  |
| LUNCH   | <b>Bean &amp; Cheese Burrito</b> ✱<br>2 cups salad ✱<br>½ dairy serve<br>1 fruit serve                   | <b>Oriental Pork Bun</b> ✱<br>2 cups salad ✱<br>½ dairy serve<br>1 fruit serve                              | <b>Creamy Vegetable Soup</b><br>2 slices wholegrain bread<br>2 cups salad ✱<br>½ dairy serve | <b>Cheesy Baked Potato</b> ✱<br>2 cups salad ✱<br>½ dairy serve<br>1 fruit serve                 | <b>Beef Sausage Roll</b> ✱<br>2 cups salad ✱<br>1 fat serve<br>½ dairy serve        | <b>Vegetable Tortellini</b> ✱<br>2 cups salad ✱<br>½ dairy serve<br>1 fruit serve              | <b>Moroccan Grain Salad</b> ✱<br>2 cups salad ✱<br>½ dairy serve<br>1 fruit serve         |  |
| SNACK   | 1 dairy serve<br>1 fruit serve   | 1 dairy serve<br>1 fruit serve  | 1 dairy serve<br>1 fruit serve   | 1 dairy serve<br>1 fruit serve   | 1 dairy serve<br>1 fruit serve  | 1 dairy serve<br>1 fruit serve   | 1 dairy serve<br>1 fruit serve  |  |
| DINNER  | <b>Chicken Parmigiana</b> ✱<br>2 cups salad ✱  | <b>Leek &amp; Cheese Quiche</b> ✱<br>2 cups salad ✱   | <b>Beef Lasagne</b><br>20g reduced fat cheese<br>2 cups salad ✱                              | <b>Thai Fish Cakes</b> ✱<br>2 vegetable serves ✱   | <b>Pumpkin &amp; Kale Risotto</b><br>20g reduced fat cheese<br>2 vegetable serves ✱ | <b>Chicken Burger</b> ✱<br>2 cups salad ✱  | <b>Meatballs &amp; Vegetables</b> ✱<br>2 vegetable serves ✱                               |  |
|  | Start .....<br>Stop .....  | Start .....<br>Stop .....   | Start .....<br>Stop .....  | Start .....<br>Stop .....  | Start .....<br>Stop .....   | Start .....<br>Stop .....  | Start .....<br>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 ✱ Thaw overnight before heating

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|---|---|---|---|--|--|---|--|---|
| RECHARGE  | Recharge Bar  | Recharge Bar  | Recharge Bar  | Recharge Bar   | Recharge Bar   | Recharge Bar  | Recharge Bar   | <b>Fruit</b><br>14 fruit serves<br><br><b>Vegetables</b><br>18 cups salad<br>10 non-starchy vegetable serves<br><br><b>Grain</b><br>7 slices wholegrain bread<br><br><b>Meat &amp; Meat Alternatives</b><br>1 egg<br>4 slices lean meat (chicken, turkey, ham)<br><br><b>Dairy</b><br>17½ dairy serves<br><br><b>Fat</b><br>6 fat serves<br><br><br>Refer to your Grocery Guide for information on Free Foods and Limited Free Foods<br><br><br><b>Resource Centre</b><br><a href="http://jennycraig.com.au/resources">jennycraig.com.au/resources</a><br><a href="http://jennycraig.co.nz/resources">jennycraig.co.nz/resources</a><br><br>Please direct comments to:<br><b>Customer Care Australia</b><br>P 1800 453 669<br>W <a href="http://jennycraig.com.au">jennycraig.com.au</a><br><b>Customer Care New Zealand</b><br>P 0800 555 123<br>W <a href="http://jennycraig.co.nz">jennycraig.co.nz</a><br><br><b>FM3bAUS/NZ-01/23</b> |
| BREAKFAST   | <b>Malty Grain</b><br>1 dairy serve<br>1 slice wholegrain toast<br>1 fat serve <span style="float: right;">A</span>   | <b>Cranberry &amp; Vanilla Muesli</b><br>1 dairy serve<br>1 slice wholegrain toast<br>1 fat serve <span style="float: right;">D</span>    | <b>Banana Bread</b><br>1 dairy serve<br>1 fruit serve <span style="float: right;">B</span>  | <b>Roasted Hazelnut &amp; Cinnamon Porridge</b><br>½ dairy serve<br>1 fruit serve <span style="float: right;">C</span>   | <b>Flakes &amp; Fibre Cereal</b><br>1 dairy serve<br>1 slice wholegrain toast<br>1 boiled/poached egg <span style="float: right;">A</span>   | <b>Caramelised Onion Fritters</b><br>1 slice wholegrain toast<br>1 fat serve<br>1 dairy serve <span style="float: right;">C</span>                        | <b>Wholemeal Pancakes</b> <br>½ dairy serve<br>1 fruit serve <span style="float: right;">B</span>                             |   |
| LUNCH   | <b>Sweet Potato Frittata</b> <span style="color: red;">✱</span><br>2 cups salad<br>1 fat serve<br>½ dairy serve<br>1 fruit serve <span style="float: right;">B</span> | <b>Beef Pie</b> <span style="color: red;">✱</span><br>2 cups salad<br>½ dairy serve<br>1 fruit serve <span style="float: right;">D</span> | <b>Pumpkin Soup</b> <span style="float: right;">A</span><br>2 slices wholegrain bread<br>1 fat serve<br>2 cups salad <span style="color: red;">✱</span><br>½ dairy serve <span style="float: right;">A</span> | <b>Ricotta &amp; Pumpkin Ravioli</b> <span style="float: right;">C</span><br>2 cups salad <span style="color: red;">✱</span><br>1 slice wholegrain bread<br>2 slices lean meat<br>1 dairy serve <span style="float: right;">C</span> | <b>Mexican-style Pulled Pork</b> <span style="color: purple;">✱</span><br>2 cups salad <span style="color: red;">✱</span><br>½ dairy serve<br>1 fruit serve <span style="float: right;">C</span> | <b>Spinach &amp; Fetta Roll</b> <span style="color: red;">✱</span><br>2 cups salad<br>½ dairy serve<br>1 fruit serve <span style="float: right;">B</span> | <b>Roasted Veggie All Round</b> <span style="color: red;">✱</span><br>2 cups salad <span style="color: red;">✱</span><br>2 slices lean meat<br>1 fat serve<br>1 dairy serve <span style="float: right;">D</span> |   |
| SNACK   | 1 dairy serve<br>1 fruit serve  | 1 dairy serve<br>1 fruit serve  | 1 dairy serve<br>1 fruit serve  | 1 dairy serve<br>1 fruit serve   | 1 dairy serve<br>1 fruit serve   | 1 dairy serve<br>1 fruit serve  | 1 dairy serve<br>1 fruit serve   |   |
| DINNER  | <b>Crumbed Fish &amp; Wedges</b> <span style="color: red;">✱</span><br>2 cups salad <span style="float: right;">E</span>  | <b>Macaroni &amp; Cheese</b> <span style="color: red;">✱</span><br>2 vegetable serves <span style="float: right;">A</span>                | <b>Chicken Satay</b> <span style="color: red;">✱</span><br>2 vegetable serves <span style="float: right;">D</span>  | <b>Beef Pastie</b> <span style="color: red;">✱</span><br>2 vegetable serves <span style="float: right;">B</span>   | <b>Gnocchi in Napoli Sauce</b> <span style="color: red;">✱</span><br>2 cups salad <span style="float: right;">C</span>   | <b>Cottage Pie</b> <span style="color: red;">✱</span><br>2 vegetable serves <span style="float: right;">E</span>  | <b>Chicken Fettuccine</b> <span style="color: red;">✱</span><br>2 vegetable serves <span style="float: right;">C</span>  |   |
|  | Start .....<br>Stop .....   | Start .....<br>Stop .....   | Start .....<br>Stop .....   | Start .....<br>Stop .....  | Start .....<br>Stop .....  | Start .....<br>Stop .....   | Start .....<br>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