

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> 14 fruit serves  <b>Vegetables</b> 18 cups salad 10 non-starchy vegetable serves  <b>Grain</b> 8 slices wholegrain bread  <b>Meat &amp; Meat Alternatives</b> 4 slices lean meat (chicken, turkey, ham) 40g reduced fat cheese  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 4 fat serves
BREAKFAST	<b>Raspberry Cacao Crunch</b> <b>C</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Salted Maple &amp; Cashew Granola</b> <b>B</b> 1 dairy serve 1 fruit serve	<b>Roasted Hazelnut &amp; Cinnamon Porridge</b> <b>C</b> ½ dairy serve 1 fruit serve	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve	<b>Toasted Berry Muesli</b> <b>B</b> 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	<b>Apple &amp; Berry Brekkie Cup</b> <b>D</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Tomato &amp; Basil Omelette</b> <b>A</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve	
LUNCH	<b>Cheesy Baked Potato</b> <b>B</b> 2 cups salad * ½ dairy serve 1 fruit serve	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 2 slices lean meat 2 cups salad * ½ dairy serve	<b>Vegetable Lasagne</b> <b>B</b> 2 cups salad * 1 slice wholegrain bread 2 slices lean meat 1 dairy serve	<b>Beef Sausage Roll</b> <b>C</b> 2 cups salad * 20g reduced fat cheese ½ dairy serve	<b>Potato Tuna Bake</b> <b>D</b> 2 cups salad * ½ dairy serve 1 fruit serve	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad * ½ dairy serve 1 fruit serve	<b>Oriental Pork Bun</b> <b>D</b> 2 cups salad * ½ dairy serve 1 fruit serve	
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	
DINNER	<b>Beef Burger</b>  <b>D</b> 2 cups salad *	<b>Butter Chicken</b> <b>E</b> 2 vegetable serves *	<b>Roast Pork Dinner</b> <b>A</b> 2 vegetable serves * 1 fat serve	<b>Chunky Vegetable Soup</b> <b>A</b> 1 slice wholegrain bread 2 vegetable serves *	<b>Mexican-style Veggie Stack</b> <b>B</b> 2 cups salad *	<b>Chicken Katsu Curry</b> <b>C</b> 2 vegetable serves *	<b>Pumpkin &amp; Kale Risotto</b> <b>D</b> 2 vegetable serves *	
	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   <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>  <i>Please direct comments to:</i> <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>FM4bAUS/NZ-01/23</b>  © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
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 before heating

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RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 18 cups salad 10 non-starchy vegetable serves  <b>Grain</b> 5 slices wholegrain bread  <b>Meat &amp; Meat Alternatives</b> 2 eggs 2 cups four bean mix  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 4 fat serves  <hr/> 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>FM4bAUS/NZ-01/23</b>
BREAKFAST	<b>Cranberry &amp; Vanilla Muesli</b> 1 dairy serve 1 fruit serve	<b>Malty Grain</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	<b>Banana Bread</b> 1 dairy serve 1 fruit serve	<b>Apple Cinnamon Oat Clusters</b> 1 dairy serve 1 fruit serve	<b>Caramelised Onion Fritters</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve	<b>Salted Maple &amp; Cashew Granola</b> 1 dairy serve 1 fruit serve	<b>Wholemeal Pancakes</b>  ½ dairy serve 1 fruit serve	
LUNCH	<b>Spinach &amp; Fetta Roll</b>  2 cups salad ¾ cup four bean mix 1 fat serve ½ dairy serve	<b>Mexican-style Pulled Pork</b>  2 cups salad ½ dairy serve 1 fruit serve	<b>Roasted Veggie All Round</b>  2 cups salad ¾ cup four bean mix ½ dairy serve	<b>Pumpkin Soup</b>  2 slices wholegrain bread 1 boiled egg 2 cups salad ½ dairy serve	<b>Pesto Pasta Salad</b>  2 cups salad ½ dairy serve 1 fruit serve	<b>Spaghetti Bolognaise</b>  2 cups salad 1 slice wholegrain bread 1 fat serve ½ dairy serve	<b>Beef Pie</b>  2 cups salad ¾ cup four bean mix 1 fat serve 1 dairy serve	
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	
DINNER	<b>Pepperoni Pizza</b>  2 cups salad	<b>Thai Fish Cakes</b>  2 vegetable serves	<b>Beef Pastie</b>  2 vegetable serves	<b>Spinach &amp; Ricotta Cannelloni</b>  2 cups salad	<b>Roast Chicken &amp; Vegetables</b>  2 vegetable serves	<b>Vegetable Tikka Masala with Paneer Cheese</b>  2 vegetable serves	<b>Macaroni &amp; Cheese</b>  2 vegetable serves	
	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"/>	