

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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 22 cups salad 6 non-starchy vegetable serves  <b>Grain</b> 7 slices wholegrain bread  <b>Meat Alternatives</b> 1 1/3 cups four bean mix 1 meat alternative 40g reduced fat cheese  <b>Dairy</b> 17 1/2 dairy serves  <b>Fat</b> 7 fat serves    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>FM11bAUS-NZ-01/23</b>  © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
BREAKFAST	<b>Hazelnut &amp; Almond Cereal</b> 1 dairy serve 1 fruit serve	<b>Apple &amp; Berry Brekkie Cup</b> <sup>D</sup> 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	<b>Apple Cinnamon Oat Clusters</b> <sup>D</sup> 1 dairy serve 1 fruit serve	<b>Flakes &amp; Fibre Cereal</b> <sup>A</sup> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Salted Maple &amp; Cashew Granola</b> <sup>B</sup> 1 dairy serve 1 fruit serve	<b>Tomato &amp; Basil Omelette</b> <sup>A</sup> 1 slice wholegrain toast 1 dairy serve	<b>Raspberry Cacao Crunch</b> <sup>C</sup> 1 dairy serve 1 slice wholegrain toast 1 fat serve	
LUNCH	<b>Roasted Veggie All Round</b> <sup>D</sup> 2 cups salad * 2/3 cup four bean mix 1/2 dairy serve	<b>Bean &amp; Cheese Burrito</b> <sup>B</sup> 2 cups salad * 1 fat serve 1/2 dairy serve 1 fruit serve	<b>Creamy Vegetable Soup</b> <sup>A</sup> 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad * 1/2 dairy serve	<b>Sweet Potato Frittata</b> <sup>B</sup> 2 cups salad * 1 fat serve 1/2 dairy serve 1 fruit serve	<b>Cheesy Baked Potato</b> <sup>C</sup> 2 cups salad * 2/3 cup four bean mix 1 fat serve 1/2 dairy serve	<b>Vegetable Tortellini</b> <sup>C</sup> 2 cups salad * 1/2 dairy serve 1 fruit serve	<b>Moroccan Grain Salad</b> <sup>D</sup> <sup>FX</sup> 2 cups salad * 1/2 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>Vegetable Tikka Masala with Paneer Cheese</b> <sup>C</sup> 2 vegetable serves *	<b>Leek &amp; Cheese Quiche</b> <sup>B</sup> 2 cups salad *	<b>Gnocchi in Napoli Sauce</b> <sup>C</sup> 2 cups salad *	<b>Spinach &amp; Ricotta Cannelloni</b> <sup>C</sup> 2 cups salad *	<b>Pumpkin &amp; Kale Risotto</b> <sup>C</sup> 2 vegetable serves *	<b>Chunky Vegetable Soup</b> <sup>B</sup> 1 slice wholegrain bread 2 vegetable serves *	<b>Vegetable Lasagne</b> <sup>A</sup> 2 cups salad * 1 meat alternative 1 fat serve	
	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 <sup>FX</sup> Thaw overnight

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VEGETARIAN	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> 24 cups salad 4 non-starchy vegetable serves  <b>Grain</b> 7 slices wholegrain bread  <b>Meat Alternatives</b> 2 eggs 4 meat alternatives 40g reduced fat cheese  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 5 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>FM11bAUS-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>Toasted Berry Muesli</b> 1 dairy serve 1 fruit serve	<b>Flakes &amp; Fibre Cereal</b> 1 dairy serve 1 slice wholegrain toast 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	
LUNCH	<b>Sweet Potato Frittata</b>  2 cups salad 1 slice wholegrain bread 20g reduced fat cheese ½ dairy serve	<b>Vegetable Tortellini</b>  2 cups salad ½ dairy serve 1 fruit serve	<b>Vegetable Lasagne</b>  2 cups salad 1 slice wholegrain bread 20g reduced fat cheese ½ dairy serve	<b>Pumpkin Soup</b>  2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad ½ dairy serve	<b>Ricotta &amp; Pumpkin Ravioli</b>  2 cups salad 1 fat serve ½ dairy serve 1 fruit serve	<b>Spinach &amp; Fetta Roll</b>  2 cups salad 1 meat alternative ½ dairy serve 1 fruit serve	<b>Roasted Veggie All Round</b>  2 cups salad 1 meat alternative 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>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	<b>Spinach &amp; Ricotta Cannelloni</b>  2 cups salad	<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 fat serve	
	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