

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	Fruit 14 fruit serves Vegetables 20 cups salad 8 non-starchy vegetable serves Grain 5 slices wholegrain bread Meat Alternatives 2 eggs 1 cup four bean mix 5 meat alternatives Dairy 17½ dairy serves Fat 7 fat serves <hr/> Refer to your Grocery Guide for information on Free Foods and Limited Free Foods 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 FM12bAUS-NZ-01/23
BREAKFAST	Toasted Berry Muesli B 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Salted Maple & Cashew Granola B 1 dairy serve 1 fruit serve	Hazelnut & Almond Cereal A 1 dairy serve 1 fruit serve	Roasted Hazelnut & Cinnamon Porridge C ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli D 1 dairy serve 1 fruit serve	Apple & Berry Brekkie Cup D 1 dairy serve 1 fruit serve	Tomato & Basil Omelette A 1 slice wholegrain toast 1 dairy serve	
LUNCH	Moroccan Grain Salad D ✱ 2 cups salad ✱ ½ dairy serve 1 fruit serve	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad ✱ ½ dairy serve	Pesto Pasta Salad ✱ C 2 cups salad ✱ 1 boiled egg ½ dairy serve	Vegetable Lasagne B 2 cups salad ✱ 1 meat alternative 1 dairy serve	Spinach & Fetta Roll B 2 cups salad ✱ ¾ cup four bean mix 1 fat serve ½ dairy serve	Bean & Cheese Burrito B 2 cups salad ✱ 1 fat serve ½ dairy serve	Cheesy Baked Potato C 2 cups salad ✱ ⅓ cup four bean mix 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	Ricotta & Pumpkin Ravioli A 2 cups salad ✱ 1 meat alternative	Mexican-style Veggie Stack B 2 cups salad ✱	Leek & Cheese Quiche B 2 cups salad ✱ 1 meat alternative 1 fat serve	Chunky Vegetable Soup B 1 slice wholegrain bread 1 fat serve 2 vegetable serves ✱	Macaroni & Cheese B 2 vegetable serves ✱ 1 fat serve	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves ✱ 1 fat serve	Pumpkin & Kale Risotto C 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"/>	

✱ All non-starchy vegetables are Free Foods ✱ 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	Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 7 slices wholegrain bread Meat Alternatives ¾ cup four bean mix 2 meat alternatives 40g reduced fat cheese Dairy 17½ dairy serves Fat 5 fat serves
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge  ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli  1 dairy serve 1 fruit serve	Banana Bread  1 dairy serve 1 fruit serve	Malty Grain  1 dairy serve 1 slice wholegrain toast 1 fat serve	Caramelised Onion Fritters  1 slice wholegrain toast 1 fat serve 1 dairy serve	Apple Cinnamon Oat Clusters  1 dairy serve 1 fruit serve	Wholemeal Pancakes  ½ dairy serve 1 fruit serve	
LUNCH	Spinach & Fetta Roll  2 cups salad  ¾ cup four bean mix 1 dairy serve	Ricotta & Pumpkin Ravioli  2 cups salad  1 slice wholegrain bread 1 fat serve ½ dairy serve	Pumpkin Soup  2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad  ½ dairy serve	Roasted Veggie All Round  2 cups salad  ½ dairy serve 1 fruit serve	Pesto Pasta Salad   2 cups salad  ½ dairy serve 1 fruit serve	Vegetable Lasagne  2 cups salad  1 slice wholegrain bread 20g reduced fat cheese ½ dairy serve	Moroccan Grain Salad   2 cups salad  1 slice wholegrain bread 20g reduced fat cheese 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	Gnocchi in Napoli Sauce  2 cups salad  1 fat serve	Vegetable Tikka Masala with Paneer Cheese  2 vegetable serves 	Mexican-style Veggie Stack  2 cups salad 	Spinach & Ricotta Cannelloni  2 cups salad 	Chunky Vegetable Soup  2 vegetable serves 	Pumpkin & Kale Risotto  2 vegetable serves 	Vegetable Tortellini  2 cups salad  1 meat alternative	
	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  Thaw overnight

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

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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