



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
BREAKFAST	Hazelnut & Almond Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple & Berry Brekkie Cup ^D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 fruit serve	Toasted Berry Muesli ^B 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Flakes & Fibre Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Tomato & Basil Omelette ^A 2 slices wholegrain toast 1 fat serve 1 dairy serve	Nut & Grain Chew ^C 1 dairy serve 1 slice wholegrain toast 1 fat serve	Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 1 cup corn 13 slices wholegrain bread Meat & Meat Alternatives 2 eggs 6 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese Dairy 17½ dairy serves Fat 16 fat serves Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy 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	
LUNCH	Bean & Cheese Burrito ^E 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	Oriental Pork Bun ^D 2 cups salad * 20g reduced fat cheese 1 fat serve	Creamy Vegetable Soup ^A 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	Cheesy Baked Potato ^B 2 cups salad * 2 slices lean meat 1 fat serve	Beef Sausage Roll ^C 2 cups salad * ½ cup corn 1 fat serve	Vegetable Tortellini ^C 20g reduced fat cheese 2 cups salad * 1 fat serve	Moroccan Grain Salad ^D 2 cups salad * 1 slice wholegrain bread 1 boiled egg	
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	Chicken Parmigiana ^E 2 cups salad * 1 fat serve	Leek & Cheese Quiche ^A 2 cups salad * 1 slice wholegrain bread 1 fat serve	Beef Lasagne ^C 2 cups salad * 1 slice wholegrain bread 1 fat serve	Thai Fish Cakes ^C 2 vegetable serves * ½ cup corn	Pumpkin & Kale Risotto ^D 20g reduced fat cheese 2 vegetable serves *	Chicken Burger * ^E 2 cups salad * 1 fat serve	Meatballs & Vegetables ^B 2 vegetable serves * 1 fat serve	
SNACK	Choc Chip Bites ^C	Savoury Soy Snack ^B	Chocolate Pudding ^D	Salted Caramel Nut Bar ^D	Light & Tangy Veggie Crisps ^A	Melting Moment ^A	Oregano & Thyme Crunchies ^B	
	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 * Thaw overnight before heating

Resource Centre
jennycraig.com.au/resources
jennycraig.co.nz/resources

Please direct comments to:

Customer Care Australia
P 1800 453 669
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CLASSIC

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
BREAKFAST	Malty Grain 1 dairy serve 1 slice wholegrain toast 1 fat serve	Oat & Apricot Bar 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Banana Bread 1 dairy serve 1 fruit serve	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Caramelised Onion Fritters 1 slice wholegrain toast 1 fat serve 1 dairy serve	Wholemeal Pancakes ½ dairy serve 1 fruit serve 2 nut serves
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve
LUNCH	Sweet Potato Frittata 2 cups salad 1 slice wholegrain bread 20g reduced fat cheese	Beef Pie 2 cups salad ½ cup four bean mix	Pumpkin Soup 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad	Ricotta & Pumpkin Ravioli 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad	Mexican-style Pulled Pork 2 cups salad ½ cup four bean mix 1 fat serve 1 fruit serve	Spinach & Fetta Roll 2 cups salad 1 slice wholegrain bread 2 slices lean meat	Roasted Veggie All Round 2 cups salad 1 slice wholegrain bread 20g reduced fat cheese
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 1 fruit serve	1 dairy serve 1 fruit serve
DINNER	Crumbed Fish & Wedges 2 cups salad 1 fat serve	Macaroni & Cheese 2 vegetable serves 1 slice wholegrain bread 1 fat serve	Chicken Satay 2 vegetable serves ½ cup peas 1 fat serve	Beef Pastie 2 vegetable serves 1 fat serve	Gnocchi in Napoli Sauce 2 cups salad 1 fat serve	Cottage Pie 2 vegetable serves ½ cup peas	Chicken Fettuccine 2 vegetable serves 1 slice wholegrain bread 1 fat serve
SNACK	Trio Spice Mix	White Chocolate Cranberry Cookie	Sweet & Salty Popcorn	Salsa Curls	Sticky Date Pudding	Choc Chip Bites	Light & Tangy Veggie Crisps
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"/>

SHOPPING LIST

Fruit
14 fruit serves

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grain
1 cup peas
13 slices wholegrain bread

Meat & Meat Alternatives
2 eggs
⅔ cup four bean mix
4 slices lean meat (chicken, turkey, ham)
60g reduced fat cheese

Dairy
17½ dairy serves

Fat
13 fat serves
4 nut serves (unsalted mixed nuts, peanuts, almonds)

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

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