



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	Raspberry Cacao Crunch ^C 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola ^B 1 dairy serve 1 slice wholegrain toast 1 fat serve	Nut & Grain Chew ^C 1 dairy serve 1 fruit serve	Hazelnut & Almond Cereal ^A 1 dairy serve 1 fruit serve	Cranberry & Vanilla Muesli ^D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple & Berry Brekkie Cup ^D 1 dairy serve 1 fruit serve	Tomato & Basil Omelette ^A 2 slices wholegrain toast 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 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve
LUNCH	Cheesy Baked Potato ^B 2 cups salad * 1/3 cup four bean mix 1 fat serve	Creamy Vegetable Soup ^A 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Vegetable Lasagne ^B 2 cups salad * 1 slice wholegrain bread 2 slices lean meat	Beef Sausage Roll ^C 2 cups salad * 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	Potato Tuna Bake ^D 2 cups salad * 1/3 cup four bean mix 1 fat serve	Ham & Cheese Toastie ^C 2 cups salad * 2/3 cup four bean mix 1 fat serve	Oriental Pork Bun ^D 2 cups salad * 1/2 cup corn 1 fruit serve
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 3 crispbread 2 fat serves	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	3 crispbread 2 fat serves	1/2 dairy serve 1 fruit serve
DINNER	Beef Burger ^D 40g reduced fat cheese 2 cups salad *	Butter Chicken ^E 2 vegetable serves * 1 fat serve	Roast Pork Dinner ^A 2 vegetable serves * 1/2 cup corn	Chunky Vegetable Soup ^A 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	Mexican-style Veggie Stack ^B 2 cups salad * 1 slice wholegrain bread 1 fat serve	Chicken Katsu Curry ^C 2 vegetable serves * 1 fat serve	Pumpkin & Kale Risotto ^D 2 vegetable serves * 1 fat serve
SNACK	Savoury Soy Snack ^B	Choc Chip Bites ^C	Apple & Rhubarb Crumble ^B	Salted Caramel Nut Bar ^D	Oregano & Thyme Crunchies ^B	Chocolate Mousse ^A 1/2 dairy serve	Melting Moment ^A
	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"/>

SHOPPING LIST

Fruit
14 fruit serves

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grain
1 cup corn
6 crispbread
11 slices wholegrain bread

Meat & Meat Alternatives
1 1/3 cups four bean mix
4 slices lean meat (chicken, turkey, ham)
60g reduced fat cheese

Dairy
17 1/2 dairy serves

Fat
18 fat serves

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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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Toasted Berry Muesli B 1 dairy serve 1 fruit serve	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1 fat serve	Banana Bread B 1 dairy serve 1 fruit serve 2 nut serves	Apple Cinnamon Oat Clusters D 1 dairy serve 1 fruit serve	Caramelised Onion Fritters C 2 slices wholegrain toast 1 fat serve 1 dairy serve	Oat & Apricot Bar D 1 dairy serve 1 fruit serve	Wholemeal Pancakes B ½ dairy serve 1 fruit serve	Fruit 14 fruit serves Vegetables 18 cups salad 10 non-starchy vegetable serves Grain 6 crispbread 1 cup peas 10 slices wholegrain bread Meat & Meat Alternatives 90g canned fish 4 slices lean meat (chicken, turkey, ham) 60g reduced fat cheese Dairy 17½ dairy serves Fat 16 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds)
SNACK	1 dairy 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 1 fruit serve	
LUNCH	Spinach & Fetta Roll B 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	Pesto Pasta Salad C 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	Roasted Veggie All Round D 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Ham & Cheese Toastie C 2 cups salad * 1 fruit serve	Spaghetti Bolognaise B 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	Beef Pie D 2 cups salad * 20g reduced fat cheese 1 fat serve	
SNACK	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 3 crispbread 2 fat serves	1 dairy serve 3 crispbread 2 fat serves	
DINNER	Pepperoni Pizza E 2 cups salad * 1 fat serve	Thai Fish Cakes C 2 vegetable serves * ½ cup peas	Beef Pastie B 2 vegetable serves * 1 fat serve	Spinach & Ricotta Cannelloni D 2 cups salad * 1 slice wholegrain bread 1 fat serve	Roast Chicken & Vegetables B 2 vegetable serves * 1 fat serve	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves * 1 fat serve	Macaroni & Cheese A 2 vegetable serves * ½ cup peas	
SNACK	Chocolate Pudding D	Nut & Cranberry Mix C	Salsa Curls C	Melting Moment A	Butterscotch Sundae A	White Chocolate Cranberry Cookie B	Trio Spice Mix D	
	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

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