

This week's plan for success: _____ Next appointment: _____

CLASSIC

Total kg lost: _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	Fruit 14 fruit serves Vegetables 14 cups salad 14 non-starchy vegetable serves Grain 14 grain serves Meat & Meat Alternatives 14 meat/meat alternative serves Dairy 17½ dairy serves Fat 14 fat serves
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	
LUNCH	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 2 cups salad * 1 meat/meat alternative serve 1 fat serve	
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	 2 vegetable serves * 1 grain serve	 2 vegetable serves * 1 grain serve 1 fat serve	 2 vegetable serves * 1 grain serve	 2 vegetable serves * 1 grain serve 1 fat serve	 2 vegetable serves * 1 grain serve	 2 vegetable serves * 1 grain serve 1 fat serve	 2 vegetable serves * 1 grain serve	
SNACK	 _____	 _____	 _____	 _____	 _____	 _____	 _____	
	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

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

Resource Centre
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Please direct comments to:
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