



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
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple & Berry Brekkie Cup 1 dairy serve 1 fruit serve	Apple Cinnamon Oat Clusters 1 dairy serve 1 fruit serve	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola 1 dairy serve 1 slice wholegrain toast 1 fat serve	Tomato & Basil Omelette 1 slice wholegrain toast 1 dairy serve	Nut & Grain Chew 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 14 slices wholegrain bread Meat Alternatives 1 cup four bean mix 3 meat alternatives 80g reduced fat cheese Dairy 17½ dairy serves Fat 10 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds) 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 FM13aAUS-NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
SNACK	1 dairy serve 1 fruit serve	1 dairy 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	Roasted Veggie All Round 2 cups salad * 20g reduced fat cheese 1 fat serve	Bean & Cheese Burrito 2 slices wholegrain bread 1 fat serve 2 cups salad *	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Sweet Potato Frittata 2 cups salad * ⅓ cup four bean mix	Cheesy Baked Potato 2 cups salad * 1 meat alternative 1 fat serve	Vegetable Tortellini 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	Moroccan Grain Salad 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese	
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve 2 nut serves	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 2 nut serves	½ dairy serve 1 fruit serve	
DINNER	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves * ½ cup corn	Leek & Cheese Quiche 2 cups salad * ⅓ cup four bean mix	Gnocchi in Napoli Sauce 2 cups salad * 1 meat alternative	Spinach & Ricotta Cannelloni 2 cups salad * 1 slice wholegrain bread 1 fat serve	Pumpkin & Kale Risotto 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Chunky Vegetable Soup 1 slice wholegrain bread 2 vegetable serves *	Vegetable Lasagne 2 cups salad * ½ cup corn 1 meat alternative	
SNACK	Choc Chip Bites	Savoury Soy Snack	Chocolate Pudding	Salted Caramel Nut Bar	Light & Tangy Veggie Crisps	Melting Moment	Oregano & Thyme Crunchies	
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"/>	

* All non-starchy vegetables are Free Foods ❄ Thaw overnight



CLASSIC

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
BREAKFAST	Malty Grain 1 dairy serve 1 English muffin ¼ cup Ricotta cheese A	Oat & Apricot Bar 1 dairy serve 1 fruit serve D	Banana Bread 1 dairy serve 1 fruit serve B	Toasted Berry Muesli 1 dairy serve 1 fruit serve 2 nut serves B	Flakes & Fibre Cereal 1 dairy serve 1 English muffin ¼ cup Ricotta cheese A	Caramelised Onion Fritters 1 English muffin ¼ cup Ricotta cheese ½ dairy serve C	Wholemeal Pancakes  B ½ dairy serve 1 fruit serve 2 nut serves	Fruit 14 fruit serves Vegetables 24 cups salad 4 non-starchy vegetable serves Grain 3 English muffins ½ cup peas 7 slices wholegrain bread Meat Alternatives 2 cups four bean mix 6 meat alternatives ¾ cup Ricotta cheese Dairy 17½ dairy serves Fat 12 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds) 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 FM13aAUS-NZ-01/23
SNACK	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	1 dairy serve	
LUNCH	Sweet Potato Frittata B 2 cups salad * 1 meat alternative 1 fat serve	Vegetable Tortellini C 2 cups salad * 1 meat alternative 1 fat serve	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Pumpkin Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Ricotta & Pumpkin Ravioli C 2 cups salad * 1 meat alternative 1 fat serve	Spinach & Fetta Roll B 2 cups salad * ⅓ cup four bean mix 1 fat serve	Roasted Veggie All Round D 2 cups salad * ⅓ cup four bean mix 1 fat serve	
SNACK	½ dairy serve 1 fruit serve	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	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
DINNER	Macaroni & Cheese B 2 vegetable serves * ½ cup peas	Vegetable Tikka Masala with Paneer Cheese C 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Leek & Cheese Quiche B 2 cups salad * ⅓ cup four bean mix 1 fat serve	Spinach & Ricotta Cannelloni C 2 cups salad * 1 slice wholegrain bread 1 fat serve	Cheesy Baked Potato A 2 cups salad * ⅔ cup four bean mix 1 fat serve	Gnocchi in Napoli Sauce C 2 cups salad * 1 meat alternative	Mexican-style Veggie Stack B 2 cups salad * 1 slice wholegrain bread 1 fat serve	
SNACK	Trio Spice Mix D	White Chocolate Cranberry Cookie B	Sweet & Salty Popcorn D	Salsa Curls C	Sticky Date Pudding C	Choc Chip Bites C	Light & Tangy Veggie Crisps 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"/>	

* All non-starchy vegetables are Free Foods  Use dairy serve allocated on this day to prepare, as per pack instructions