



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	Raspberry Cacao Crunch 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola 1 dairy serve 1 fruit serve 2 nut serves	Hazelnut & Almond Cereal 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Nut & Grain Chew 1 dairy serve 1 slice wholegrain toast 1 fat serve	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 2/3 cup baked beans	Apple & Berry Brekkie Cup 1 dairy serve 1 fruit serve 2 nut serves	Tomato & Basil Omelette 1 slice wholegrain toast 2/3 cup baked beans 1 dairy serve	Fruit 14 fruit serves Vegetables 20 cups salad 8 non-starchy vegetable serves Grain 1 cup corn 15 slices wholegrain bread Meat Alternatives 1 1/3 cup baked beans (salt reduced) 3 eggs 4 meat alternatives Dairy 17 1/2 dairy serves Fat 12 fat serves 4 nut serves (unsalted mixed nuts, peanuts, almonds)
SNACK	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 dairy serve 1 fruit serve	
LUNCH	Moroccan Grain Salad 2 cups salad 1 boiled egg 1 slice wholegrain bread 1 fat serve	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad	Pesto Pasta Salad 2 cups salad 1 slice wholegrain bread 1 fat serve	Vegetable Lasagne 2 cups salad 1 slice wholegrain bread 1 fat serve	Spinach & Fetta Roll 2 cups salad 1 boiled egg	Bean & Cheese Burrito 2 cups salad 1 meat alternative 1 slice wholegrain bread 1 fat serve	Cheesy Baked Potato 2 cups salad 1 meat alternative	
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	
DINNER	Ricotta & Pumpkin Ravioli 2 cups salad 1 meat alternative 1 fat serve	Mexican-style Veggie Stack 2 cups salad 1 slice wholegrain bread 1 fat serve	Leek & Cheese Quiche 2 cups salad 1/2 cup corn	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 vegetable serves	Macaroni & Cheese 2 vegetable serves 1 slice wholegrain bread 1 fat serve	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves 1/2 cup corn	Pumpkin & Kale Risotto 2 vegetable serves 1 slice wholegrain bread 1 fat serve	
SNACK	Savoury Soy Snack	Choc Chip Bites	Salted Caramel Nut Bar	Apple & Rhubarb Crumble	Oregano & Thyme Crunchies	Sweet & Salty Popcorn	Melting Moment	
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

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
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Customer Care New Zealand
P 0800 555 123
W jennycraig.co.nz

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VEGETARIAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge ^C ½ dairy serve 1 fruit serve	Oat & Apricot Bar ^D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Banana Bread ^B 1 dairy serve 1 fruit serve 2 nut serves	Malty Grain ^A 1 dairy serve 1 English muffin 1 boiled/poached egg	Caramelised Onion Fritters ^C 1 English muffin 1 fat serve 1 dairy serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Wholemeal Pancakes ^B  ½ dairy serve 1 fruit serve 2 nut serves	Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 2 English muffins 9 slices wholegrain bread Meat Alternatives 2 eggs 1½ cups four bean mix 4 meat alternatives 60g reduced fat cheese Dairy 17½ dairy serves Fat 14 fat serves 4 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 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve	
LUNCH	Spinach & Fetta Roll ^B  2 cups salad 1 boiled egg 1 slice wholegrain bread 1 fat serve	Ricotta & Pumpkin Ravioli ^C  2 cups salad 1 slice wholegrain bread 1 fat serve	Pumpkin Soup ^A 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad 	Roasted Veggie All Round ^D  2 cups salad 1 fat serve 1 fruit serve	Pesto Pasta Salad ^C  2 cups salad 1 meat alternative	Vegetable Lasagne ^B  2 cups salad ¾ cup four bean mix 1 fat serve	Moroccan Grain Salad ^D  2 cups salad 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	
SNACK	1 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	1 dairy serve 1 fruit serve	
DINNER	Gnocchi in Napoli Sauce ^C  2 cups salad ¾ cup four bean mix 1 fat serve	Vegetable Tikka Masala with Paneer Cheese ^C  1 meat alternative 2 vegetable serves	Mexican-style Veggie Stack ^B  2 cups salad 1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni ^C  2 cups salad 1 meat alternative 1 fat serve	Chunky Vegetable Soup ^B  1 slice wholegrain bread 1 fat serve 2 vegetable serves	Pumpkin & Kale Risotto ^C  20g reduced fat cheese 2 vegetable serves	Vegetable Tortellini ^A  2 cups salad 1 meat alternative 1 fat serve	
SNACK	Chocolate Pudding ^D	Nut & Cranberry Mix ^C	Salsa Curls ^C	Butterscotch Sundae ^A	Melting Moment ^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

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

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