

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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 22 cups salad 6 non-starchy vegetable serves  <b>Grain</b> 1 cup corn 11 slices wholegrain bread  <b>Meat &amp; Meat Alternatives</b> 1 egg 4 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 11 fat serves  Refer to your Grocery Guide for information on Free Foods and Limited Free Foods  <b>Resource Centre</b> jennycraig.com.au/resources jennycraig.co.nz/resources  Please direct comments to: <b>Customer Care Australia</b> P 1800 453 669 W jennycraig.com.au <b>Customer Care New Zealand</b> P 0800 555 123 W jennycraig.co.nz  <b>FM5bAUS-NZ-01/23</b>
BREAKFAST	<b>Hazelnut &amp; Almond Cereal</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	<b>Apple &amp; Berry Brekkie Cup</b> 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	<b>Apple Cinnamon Oat Clusters</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Toasted Berry Muesli</b> 1 dairy serve 1 fruit serve	<b>Flakes &amp; Fibre Cereal</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Tomato &amp; Basil Omelette</b> 2 slices wholegrain toast 1 fat serve	<b>Raspberry Cacao Crunch</b> 1 dairy serve 1 fruit 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	<b>Bean &amp; Cheese Burrito</b> 2 cups salad * 20g reduced fat cheese 1 fat serve	<b>Oriental Pork Bun</b> 2 cups salad * 20g reduced fat cheese	<b>Creamy Vegetable Soup</b> 2 slices wholegrain bread 2 slices lean meat 2 cups salad *	<b>Cheesy Baked Potato</b> 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	<b>Beef Sausage Roll</b> 2 cups salad * ½ cup corn	<b>Vegetable Tortellini</b> 2 cups salad * 1 dairy serve	<b>Moroccan Grain Salad</b> * 2 slices wholegrain bread 1 fat serve 2 cups salad *	
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	<b>Chicken Parmigiana</b> 2 cups salad * 1 fat serve	<b>Leek &amp; Cheese Quiche</b> 2 cups salad * 1 fat serve	<b>Beef Lasagne</b> 2 cups salad * 1 fat serve	<b>Thai Fish Cakes</b> 2 vegetable serves * ½ cup corn	<b>Pumpkin &amp; Kale Risotto</b> 20g reduced fat cheese 2 vegetable serves *	<b>Chicken Burger</b> * 2 cups salad * 1 fat serve	<b>Meatballs &amp; Vegetables</b> 2 vegetable serves * 1 fat serve	
	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

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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 18 cups salad 10 non-starchy vegetable serves  <b>Grain</b> 1½ cups peas 9 slices wholegrain bread  <b>Meat &amp; Meat Alternatives</b> 2 eggs 1 cup four bean mix 6 slices lean meat (chicken, turkey, ham)  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 16 fat serves  Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
BREAKFAST	<b>Malty Grain</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve	<b>Cranberry &amp; Vanilla Muesli</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	<b>Banana Bread</b> 1 dairy serve 1 fruit serve	<b>Roasted Hazelnut &amp; Cinnamon Porridge</b> ½ dairy serve 1 slice wholegrain toast 1 fat serve	<b>Flakes &amp; Fibre Cereal</b> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	<b>Caramelised Onion Fritters</b> 1 slice wholegrain toast 1 fat serve 1 dairy serve	<b>Wholemeal Pancakes</b>  ½ dairy serve 1 fruit serve	
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 slice wholegrain bread 1 fat serve	
LUNCH	<b>Sweet Potato Frittata</b>  2 cups salad 1 slice wholegrain bread 1 fat serve	<b>Beef Pie</b>  2 cups salad ½ cup four bean mix 1 fat serve	<b>Pumpkin Soup</b>  2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad	<b>Ricotta &amp; Pumpkin Ravioli</b>  2 cups salad 2 slices lean meat 1 fat serve	<b>Mexican-style Pulled Pork</b>  2 cups salad ½ cup four bean mix 1 fat serve	<b>Spinach &amp; Fetta Roll</b>  2 cups salad ½ cup four bean mix 1 fat serve	<b>Roasted Veggie All Round</b>  2 cups salad 2 slices lean meat 1 fat serve	
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	½ dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
DINNER	<b>Crumbed Fish &amp; Wedges</b>  2 cups salad 1 fat serve	<b>Macaroni &amp; Cheese</b>  2 vegetable serves 1 fat serve	<b>Chicken Satay</b>  2 vegetable serves ½ cup peas 1 fat serve	<b>Beef Pastie</b>  2 vegetable serves ½ cup peas	<b>Gnocchi in Napoli Sauce</b>  2 cups salad 1 fat serve	<b>Cottage Pie</b>  2 vegetable serves ½ cup peas	<b>Chicken Fettuccine</b>  2 vegetable serves 1 fat serve	
	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

**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

FM5bAUS-NZ-01/23

© 2023 Jenny Craig  
Weight Loss Centres Pty. Ltd.