

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	Fruit 14 fruit serves
BREAKFAST	Raspberry Cacao Crunch 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola 1 dairy serve 1 fruit serve	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve	Hazelnut & Almond Cereal 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Apple & Berry Brekkie Cup 1 dairy serve 1 slice wholegrain toast 1 fat serve	Tomato & Basil Omelette 1 slice wholegrain toast 1 fat serve 1 dairy serve	Vegetables 18 cups salad 10 non-starchy vegetable serves
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 1 fruit serve	Grain 1 cup corn 10 slices wholegrain bread
LUNCH	Cheesy Baked Potato 2 cups salad 2 slices lean meat	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad	Vegetable Lasagne 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad	Beef Sausage Roll 2 cups salad 1 fruit serve	Potato Tuna Bake 2 cups salad 2 fat serves	Ham & Cheese Toastie 2 cups salad 2 slices lean meat	Oriental Pork Bun 2 cups salad ½ cup corn	Meat & Meat Alternatives 8 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese
SNACK	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	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	Dairy 17½ dairy serves
DINNER	Beef Burger 20g reduced fat cheese 2 cups salad	Butter Chicken 2 vegetable serves ½ cup corn	Roast Pork Dinner 2 vegetable serves 1 fat serve	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 vegetable serves	Mexican-style Veggie Stack 2 cups salad 1 fat serve	Chicken Katsu Curry 2 vegetable serves 1 fat serve	Pumpkin & Kale Risotto 20g reduced fat cheese 2 vegetable serves	Fat 11 fat serves
	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
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"/>	
								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
								FM6bAUS-NZ-01/23

* All non-starchy vegetables are Free Foods ☒ 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	Fruit 14 fruit serves
BREAKFAST	Cranberry & Vanilla Muesli ^D 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Malty Grain ^A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Banana Bread ^B 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 slice wholegrain toast 1 boiled egg	Caramelised Onion Fritters ^C 1 slice wholegrain toast 1 fat serve 1 dairy serve	Salted Maple & Cashew Granola ^B 1 dairy serve 1 slice wholegrain toast 1 fat serve	Wholemeal Pancakes ^B  ½ dairy serve 1 fruit serve	Vegetables 18 cups salad 10 non-starchy vegetable 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 dairy serve 1 fruit serve	1 dairy serve	Grain 1 cup peas 11 slices wholegrain bread
LUNCH	Spinach & Fetta Roll ^B  2 cups salad 1 boiled egg 1 fat serve	Mexican-style Pulled Pork ^C  2 cups salad 20g reduced fat cheese	Roasted Veggie All Round ^D  2 cups salad 20g reduced fat cheese 1 fat serve	Pumpkin Soup ^A 2 slices wholegrain bread 1 fat serve 2 cups salad 	Pesto Pasta Salad ^C  2 cups salad 1 fruit serve	Spaghetti Bolognese ^B  2 cups salad 1 slice wholegrain bread 1 fat serve	Beef Pie ^D  2 cups salad 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	Meat & Meat Alternatives 3 eggs 80g reduced fat cheese
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	1 dairy serve 1 fruit serve	Dairy 17½ dairy 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 fat serve	Roast Chicken & Vegetables ^B  2 vegetable serves 1 slice wholegrain bread 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 1 fat serve	Fat 14 fat serves
	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
HYDRATION								Resource Centre jennycraig.com.au/resources jennycraig.co.nz/resources
ACTIVITY								Please direct comments to:
DAILY WEIGHT								Customer Care Australia P 1800 453 669 W jennycraig.com.au
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz
								FM6bAUS-NZ-01/23

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