

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 Vegetables 14 cups salad 14 non-starchy vegetable serves Grain 7 grain serves Meat & Meat Alternatives 14 meat/meat alternative serves Dairy 17½ dairy serves Fat 14 fat serves 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 24bAUS-NZ-01/23
BREAKFAST	 1 dairy serve 1 grain serve 1 fat serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve	 1 dairy serve 1 grain serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve	
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 meat/meat alternative serve	 2 vegetable serves * 1 fat serve	 2 vegetable serves * 1 meat/meat alternative serve	 2 vegetable serves * 1 fat serve	 2 vegetable serves * 1 meat/meat alternative serve	 2 vegetable serves * 1 fat serve	 2 vegetable serves * 1 meat/meat alternative 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