

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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 1 cup corn 12 slices wholegrain bread Meat Alternatives 2 cups four bean mix 2 meat alternatives 40g reduced fat cheese Dairy 17½ dairy serves Fat 10 fat serves
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve	Apple & Berry Brekkie Cup ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Flakes & Fibre Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola ^B 1 dairy serve 1 slice wholegrain toast 1 fat serve	Tomato & Basil Omelette ^A 1 slice wholegrain toast 1 dairy serve	Raspberry Cacao Crunch ^C 1 dairy serve 1 fruit serve	
SNACK	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	1 dairy serve 1 fruit serve	1 dairy serve	
LUNCH	Roasted Veggie All Round ^D 2 cups salad * ⅔ cup four bean mix 20g reduced fat cheese	Bean & Cheese Burrito ^B 2 cups salad * 1 slice wholegrain bread 1 meat alternative	Creamy Vegetable Soup ^A 2 slices wholegrain bread 20g reduced fat cheese 2 cups salad *	Sweet Potato Frittata ^B 2 cups salad * ⅔ cup four bean mix	Cheesy Baked Potato ^C 2 cups salad * ⅔ cup four bean mix	Vegetable Tortellini ^C 2 cups salad * 1 slice wholegrain bread 1 fat serve	Moroccan Grain Salad ^D * 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	Vegetable Tikka Masala with Paneer Cheese ^C 2 vegetable serves * ½ cup corn	Leek & Cheese Quiche ^B 2 cups salad * 1 fat serve	Gnocchi in Napoli Sauce ^C 2 cups salad * 1 fat serve	Spinach & Ricotta Cannelloni ^C 2 cups salad * 1 fat serve	Pumpkin & Kale Risotto ^C 2 vegetable serves * 1 fat serve	Chunky Vegetable Soup ^B 1 slice wholegrain bread 2 vegetable serves *	Vegetable Lasagne ^A 2 cups salad * ½ cup corn 1 meat alternative	
	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 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 FM13bAUS-NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
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

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RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 14 fruit serves Vegetables 24 cups salad 4 non-starchy vegetable serves Grain 3 English muffins ½ cup peas 8 slices wholegrain bread Meat Alternatives 2 cups four bean mix 4 meat alternatives ¾ cup Ricotta cheese Dairy 17½ dairy serves Fat 7 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 FM13bAUS-NZ-01/23
BREAKFAST	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast ¼ cup Ricotta cheese	Malty Grain 1 dairy serve 1 English muffin ¼ cup Ricotta cheese	Banana Bread 1 dairy serve 1 fruit serve	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 1 fat serve	Flakes & Fibre Cereal 1 dairy serve 1 English muffin ¼ cup Ricotta cheese	Caramelised Onion Fritters 1 English muffin 1 dairy serve	Wholemeal Pancakes 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	
LUNCH	Sweet Potato Frittata 2 cups salad * ½ cup four bean mix 1 fat serve	Vegetable Tortellini 2 cups salad * ⅓ cup four bean mix	Vegetable Lasagne 2 slices wholegrain bread 1 meat alternative 2 cups salad *	Pumpkin Soup 2 slices wholegrain bread 1 meat alternative 2 cups salad *	Ricotta & Pumpkin Ravioli 2 cups salad * 1 slice wholegrain bread 1 fat serve	Spinach & Fetta Roll 2 cups salad * ⅔ cup four bean mix	Roasted Veggie All Round 2 cups salad * ⅔ cup four bean mix 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	1 dairy serve 1 fruit serve	
DINNER	Macaroni & Cheese 2 vegetable serves * ½ cup peas	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves *	Leek & Cheese Quiche 2 cups salad * 1 meat alternative	Spinach & Ricotta Cannelloni 2 cups salad * 1 fat serve	Cheesy Baked Potato 2 cups salad * 1 meat alternative	Gnocchi in Napoli Sauce 2 cups salad * 1 fat serve	Mexican-style Veggie Stack 2 cups salad * 1 slice wholegrain bread 1 fat serve	
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 Use dairy serve allocated on this day to prepare, as per pack instructions