

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 20 cups salad 8 non-starchy vegetable serves Grain 1 cup corn 13 slices wholegrain bread Meat Alternatives 2 eggs 1 cup four bean mix 3 meat alternatives Dairy 17½ dairy serves Fat 13 fat serves <hr/> 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 FM14bAUS-NZ-01/23
BREAKFAST	Toasted Berry Muesli B 1 dairy serve 1 fruit serve	Salted Maple & Cashew Granola B 1 dairy serve 1 slice wholegrain toast 1 fat serve	Hazelnut & Almond Cereal A 1 dairy serve 1 slice wholegrain toast 1 fat serve	Roasted Hazelnut & Cinnamon Porridge C ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple & Berry Brekkie Cup D 1 dairy serve 1 slice wholegrain toast 1 fat serve	Tomato & Basil Omelette A 1 slice wholegrain toast 1 dairy serve	
SNACK	1 dairy 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 1 fruit serve	
LUNCH	Moroccan Grain Salad D ✱ 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad ✱	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad ✱	Pesto Pasta Salad ✱ C 2 cups salad ✱ 1 boiled egg 1 fat serve	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 2 cups salad ✱	Spinach & Fetta Roll B 2 cups salad ✱ ¾ cup four bean mix 1 fat serve	Bean & Cheese Burrito B 2 cups salad ✱ ½ cup corn	Cheesy Baked Potato C 2 cups salad ✱ ½ cup four bean mix	
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	½ dairy serve 1 fruit serve	
DINNER	Ricotta & Pumpkin Ravioli A 2 cups salad ✱ 1 meat alternative 1 fat serve	Mexican-style Veggie Stack B 2 cups salad ✱ 1 fat serve	Leek & Cheese Quiche B 2 cups salad ✱ ½ cup corn	Chunky Vegetable Soup B 1 slice wholegrain bread 2 vegetable serves ✱	Macaroni & Cheese B 2 vegetable serves ✱ 1 fat serve	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves ✱	Pumpkin & Kale Risotto C 2 vegetable serves ✱ 1 slice wholegrain bread 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

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 13 slices wholegrain bread Meat Alternatives 2/3 cup baked beans (salt reduced) 2 eggs 3 meat alternatives 60g reduced fat cheese Dairy 17 1/2 dairy serves Fat 9 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 FM14bAUS-NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge C 1/2 dairy serve 1 fruit serve	Cranberry & Vanilla Muesli D 1 dairy serve 1 slice wholegrain toast 1/3 cup baked beans	Banana Bread B 1 dairy serve 1 fruit serve	Malty Grain A 1 dairy serve 1 slice wholegrain toast 1/3 cup baked beans	Caramelised Onion Fritters C 1 slice wholegrain toast 1 fat serve 1 dairy serve	Apple Cinnamon Oat Clusters D 1 dairy serve 1 fruit serve	Wholemeal Pancakes B 1/2 dairy serve 1 fruit serve	
SNACK	1 dairy 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 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 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 boiled egg	Pesto Pasta Salad * C 2 cups salad * 1 meat alternative	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 2 cups salad *	Moroccan Grain Salad * D 2 slices wholegrain bread 20g reduced fat cheese 2 cups salad *	
SNACK	1 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 dairy serve 1 fruit serve	
DINNER	Gnocchi in Napoli Sauce C 2 cups salad * 1 slice wholegrain bread 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 fat serve	Chunky Vegetable Soup B 1 slice wholegrain bread 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	
	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