



CLASSIC

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
BREAKFAST	Hazelnut & Almond Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Apple & Berry Brekkie Cup ^D 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 fruit serve 2 nut serves	Toasted Berry Muesli ^B 1 dairy serve 1 slice wholegrain toast 40g reduced fat cheese	Flakes & Fibre Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Tomato & Basil Omelette ^A 1 slice wholegrain toast 1 fat serve 1 dairy serve	Nut & Grain Chew ^C 1 dairy serve 2 slices wholegrain toast 1 boiled/poached egg
SNACK	1 dairy serve 1 fruit serve	1 fruit serve 3 crispbread 2 fat serves	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	Bean & Cheese Burrito ^B 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Oriental Pork Bun ^D 2 slices wholegrain bread 2 fat serves 2 cups salad * 1 dairy serve	Creamy Vegetable Soup ^A 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Cheesy Baked Potato ^B 2 slices wholegrain bread 2 fat serves 2 cups salad *	Beef Sausage Roll ^C 2 slices wholegrain bread 1 fat serve 40g reduced fat cheese 2 cups salad *	Vegetable Tortellini ^C 2 slices wholegrain bread 2 slices lean meat 2 cups salad * 1 fruit serve	Moroccan Grain Salad ^D [‡] 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *
SNACK	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 1 fruit serve	½ dairy serve 3 crispbread 2 fat serves	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 1 fruit serve	½ dairy serve 3 crispbread 2 fat serves	½ dairy serve 1 fruit serve
DINNER	Chicken Parmigiana ^E [*] 2 cups salad * 1 slice wholegrain bread 1 fat serve	Leek & Cheese Quiche ^A [*] 2 cups salad * ½ cup corn 1 fat serve	Beef Lasagne ^C [*] 2 cups salad * 1 slice wholegrain bread 2 fat serves	Thai Fish Cakes ^C [*] 2 vegetable serves * ½ cup corn 1 fat serve	Pumpkin & Kale Risotto ^D [*] 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Chicken Burger ^E [‡] [*] 2 cups salad * ½ cup corn 1 fat serve	Meatballs & Vegetables ^B [*] 2 vegetable serves * 1 slice wholegrain bread 1 fat serve
SNACK	Choc Chip Bites ^C	Savoury Soy Snack ^B	Chocolate Pudding ^D	Salted Caramel Nut Bar ^D	Light & Tangy Veggie Crisps ^A	Melting Moment ^A	Oregano & Thyme Crunchies ^B
	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"/>

SHOPPING LIST

Fruit
14 fruit serves

Vegetables
22 cups salad
6 non-starchy vegetable serves

Grain
1½ cups corn
9 crispbread
25 slices wholegrain bread

Meat & Meat Alternatives
3 eggs
90g canned fish
6 slices lean meat (chicken, turkey, ham)
100g reduced fat cheese

Dairy
17½ dairy serves

Fat
26 fat serves
6 nut serves (unsalted mixed nuts, peanuts, almonds)

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

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Malty Grain 1 dairy serve 1 English muffin 1 fat serve 1/3 cup baked beans	Oat & Apricot Bar 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Banana Bread 1 dairy serve 1 fruit serve 2 nut serves	Roasted Hazelnut & Cinnamon Porridge 1/2 dairy serve 1 English muffin 1 boiled/poached egg	Flakes & Fibre Cereal 1 dairy serve 1 English muffin 1 boiled/poached egg	Caramelised Onion Fritters 2 slices wholegrain toast 2/3 cup baked beans 1 dairy serve	Wholemeal Pancakes 1/2 dairy serve 1 fruit serve 2 nut serves	Fruit 14 fruit serves Vegetables 18 cups salad 10 non-starchy vegetable serves Grain 3 English muffins 1 cup peas 22 slices wholegrain bread Meat & Meat Alternatives 1 cup baked beans (salt reduced) 3 eggs 180g canned fish 8 slices lean meat (chicken, turkey, ham) 120g reduced fat cheese Dairy 17 1/2 dairy serves Fat 20 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds)
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 slice wholegrain bread 20g reduced fat cheese	
LUNCH	Sweet Potato Frittata 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Beef Pie 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	Pumpkin Soup 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Ricotta & Pumpkin Ravioli 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	Mexican-style Pulled Pork 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Spinach & Fetta Roll 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Roasted Veggie All Round 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 slice wholegrain bread 40g reduced fat cheese	1 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve 2 nut serves	1/2 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
DINNER	Crumbed Fish & Wedges 2 cups salad * 20g reduced fat cheese 1 fat serve	Macaroni & Cheese 2 vegetable serves * 1 slice wholegrain bread 2 fat serves	Chicken Satay 2 vegetable serves * 1/2 cup peas 1 fat serve	Beef Pastie 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Gnocchi in Napoli Sauce 2 cups salad * 2 slices lean meat 1 fat serve	Cottage Pie 2 vegetable serves * 1/2 cup peas 1 fat serve	Chicken Fettuccine 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	
SNACK	Trio Spice Mix	White Chocolate Cranberry Cookie	Sweet & Salty Popcorn	Salsa Curls	Sticky Date Pudding	Choc Chip Bites	Light & Tangy Veggie Crisps	
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 Thaw overnight

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