



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	Raspberry Cacao Crunch ^C 1 dairy serve 2 slices wholegrain toast 2 fat serves	Salted Maple & Cashew Granola ^B 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve	Nut & Grain Chew ^C 1 dairy serve 1 slice wholegrain toast 1 fat serve	Hazelnut & Almond Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Cranberry & Vanilla Muesli ^D 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 1 fat serve	Tomato & Basil Omelette ^A 2 slices wholegrain toast 2 fat serves 1 dairy serve
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1½ dairy serves 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 3 crispbread 2 fat serves
LUNCH	Cheesy Baked Potato ^B * 2 cups salad * ¾ cup four bean mix 1 boiled egg 1 fat serve	Creamy Vegetable Soup ^A 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Vegetable Lasagne ^B 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Beef Sausage Roll ^C 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Potato Tuna Bake ^D 2 slices wholegrain bread 2 fat serves 2 cups salad *	Ham & Cheese Toastie ^C * 2 cups salad * ¾ cup four bean mix 1 boiled egg 2 fat serves	Oriental Pork Bun ^D * 2 cups salad * ¾ cup four bean mix 1 fruit serve
SNACK	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 3 crispbread 40g reduced fat cheese	1 fruit serve 3 crispbread 40g reduced fat cheese	½ dairy serve 1 fruit serve 2 nut serves	½ dairy serve 1 fruit serve 2 nut serves	1 fruit serve 3 crispbread 2 fat serves	½ dairy serve 1 fruit serve
DINNER	Beef Burger ^D * 20g reduced fat cheese 2 cups salad * 1 fat serve	Butter Chicken ^E * 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Roast Pork Dinner ^A * 2 vegetable serves * ½ cup corn	Chunky Vegetable Soup ^A 1 slice wholegrain bread 1 fat serve 2 vegetable serves *	Mexican-style Veggie Stack ^B * 2 cups salad * 1 slice wholegrain bread 1 fat serve	Chicken Katsu Curry ^C * 2 vegetable serves * ½ cup corn 1 fat serve	Pumpkin & Kale Risotto ^D * 2 vegetable serves * 1 slice wholegrain bread 1 fat serve
SNACK	Savoury Soy Snack ^B	Choc Chip Bites ^C	Apple & Rhubarb Crumble ^B	Salted Caramel Nut Bar ^D	Oregano & Thyme Crunchies ^B	Chocolate Mousse ^A * ½ dairy serve	Melting Moment ^A
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"/>

SHOPPING LIST

Fruit
14 fruit serves

Vegetables
18 cups salad
10 non-starchy vegetable serves

Grain
1 cup corn
12 crispbread
21 slices wholegrain bread

Meat & Meat Alternatives
4 eggs
2 cups four bean mix
4 slices lean meat (chicken, turkey, ham)
120g 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
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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Toasted Berry Muesli ^B 1 dairy serve 1 English muffin 1 boiled/poached egg	Malty Grain ^A 1 dairy serve 1 fruit serve	Banana Bread ^B 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 2 slices wholegrain toast 1 fat serve 2/3 cup baked beans	Caramelised Onion Fritters ^C 2 slices wholegrain toast 1/3 cup baked beans 1 dairy serve	Oat & Apricot Bar ^D 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg	Wholemeal Pancakes ^B  1/2 dairy serve 1 fruit 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	Spinach & Fetta Roll ^B 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	Pesto Pasta Salad ^C  2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Roasted Veggie All Round ^D 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	Pumpkin Soup ^A 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Ham & Cheese Toastie ^C 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	Spaghetti Bolognaise ^B 2 slices wholegrain bread 2 fat serves 2 cups salad *	Beef Pie ^D 2 slices wholegrain bread 1 fat serve 2 cups salad * 1 dairy serve
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 English muffin 1/2 cup Ricotta cheese	1/2 dairy serve 1 fruit serve 2 nut serves	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve 2 nut serves	1/2 dairy serve 1 fruit serve 2 nut serves	1 English muffin 1/2 cup Ricotta cheese
DINNER	Pepperoni Pizza ^E 2 cups salad * 2 nut serves 1 fat serve	Thai Fish Cakes ^C 2 vegetable serves * 1/2 cup peas 1 fat serve	Beef Pastie ^B 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni ^D 2 cups salad * 1 slice wholegrain bread 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 * 1/2 cup peas	Macaroni & Cheese ^A 2 vegetable serves * 1 slice wholegrain bread 1 fat serve
SNACK	Chocolate Pudding ^D	Nut & Cranberry Mix ^C	Salsa Curls ^C	Melting Moment ^A	Butterscotch Sundae ^A	White Chocolate Cranberry Cookie ^B	Trio Spice Mix ^D
	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
18 cups salad
10 non-starchy vegetable serves

Grain
4 English muffins
1 cup peas
22 slices wholegrain bread

Meat & Meat Alternatives
1 cup baked beans (salt reduced)
2 eggs
180g canned fish
6 slices lean meat (chicken, turkey, ham)
1 cup Ricotta cheese

Dairy
17 1/2 dairy serves

Fat
19 fat serves
8 nut serves (unsalted mixed nuts, peanuts, almonds)

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