

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
BREAKFAST	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	 1 dairy serve 1 grain serve 1 fat serve 1 meat/meat alternative serve	Fruit 14 fruit serves Vegetables 14 cups salad 14 non-starchy vegetable serves Grain 28 grain serves Meat & Meat Alternatives 21 meat/meat alternative serves Dairy 17½ dairy serves Fat 21 fat serves
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 grain serves 2 fat serves 1 meat/meat alternative serve 2 cups salad *	 2 cups salad * 1 meat/meat alternative serve 1 grain serve 1 fat serve 1 fruit serve	 2 grain serves 2 fat serves 1 meat/meat alternative serve 2 cups salad *	 2 cups salad * 1 meat/meat alternative serve 1 grain serve 1 fat serve 1 fruit serve	 2 grain serves 2 fat serves 1 meat/meat alternative serve 2 cups salad *	 2 cups salad * 1 meat/meat alternative serve 1 grain serve 1 fat serve 1 fruit serve	 2 grain serves 2 fat serves 1 meat/meat alternative serve 2 cups salad *	
SNACK	½ dairy serve 1 fruit serve	1 grain serve 1 meat/meat alternative serve	½ dairy serve 1 fruit serve	1 grain serve 1 meat/meat alternative serve	½ dairy serve 1 fruit serve	1 grain serve 1 meat/meat alternative serve	½ dairy serve 1 fruit serve	
DINNER	 2 vegetable serves * 1 grain serve 1 meat/meat alternative serve	 2 vegetable serves * 1 grain serve 1 fat serve	 2 vegetable serves * 1 grain serve 1 meat/meat alternative serve	 2 vegetable serves * 1 grain serve 1 fat serve	 2 vegetable serves * 1 grain serve 1 meat/meat alternative serve	 2 vegetable serves * 1 grain serve 1 fat serve	 2 vegetable serves * 1 grain serve 1 meat/meat alternative serve	
SNACK	 _____	 ½ dairy serve	 _____	 ½ dairy serve	 _____	 ½ dairy 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

Resource Centre
jennycraig.com.au/resources
jennycraig.co.nz/resources

Please direct comments to:

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25aAUS-NZ-01/23

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