



CLASSIC

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
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve	Apple & Berry Brekkie Cup 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Salted Maple & Cashew Granola 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Tomato & Basil Omelette 2 slices wholegrain toast 1 fat serve 1 dairy serve	Nut & Grain Chew 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve	Fruit 16 fruit 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	Vegetables 26 cups salad 9 non-starchy vegetable serves
LUNCH	Roasted Veggie All Round 2 cups salad * 1 slice wholegrain bread 1 fat serve 1 dairy serve	Bean & Cheese Burrito 2 slices wholegrain bread 1 meat alternative 2 cups salad *	Creamy Vegetable Soup 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	Sweet Potato Frittata 2 slices wholegrain bread 1 fat serve 2 cups salad *	Cheesy Baked Potato 2 cups salad * 2/3 cup four bean mix 1 meat alternative 2 fat serves	Vegetable Tortellini 2 cups salad * 1/3 cup four bean mix 1 meat alternative 1 dairy serve	Moroccan Grain Salad * 2 slices wholegrain bread 1 boiled egg 2 cups salad *	Grain 1 cup corn 9 crispbread 21 slices wholegrain bread
SNACK	3 crispbread 40g reduced fat cheese	1 dairy serve 1 fruit serve 2 nut serves	1 dairy serve 1 fruit serve 2 nut serves	1 dairy serve 1 fruit serve 2 nut serves	1 dairy serve 1 fruit serve	1 fruit serve 3 crispbread 40g reduced fat cheese	1 dairy serve 3 crispbread 2 fat serves	Meat Alternatives 3 eggs 1 1/3 cups four bean mix 5 meat alternatives 120g reduced fat cheese
DINNER	Vegetable Tikka Masala with Paneer Cheese 3 vegetable serves * 1/2 cup corn 1 fat serve	Leek & Cheese Quiche 3 cups salad * 2/3 cup four bean mix 1 fat serve	Gnocchi in Napoli Sauce 3 cups salad * 1 meat alternative 1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni 3 cups salad * 1 slice wholegrain bread 1 fat serve	Pumpkin & Kale Risotto 3 vegetable serves * 1 slice wholegrain bread 1 fat serve	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 3 vegetable serves *	Vegetable Lasagne * 3 cups salad * 1/2 cup corn 1 meat alternative	Dairy 21 dairy serves
SNACK	Choc Chip Bites	Savoury Soy Snack 1 fruit serve	Chocolate Pudding	Salted Caramel Nut Bar	Light & Tangy Veggie Crisps 1 fruit serve	Melting Moment	Oregano & Thyme Crunchies	Fat 18 fat serves 6 nut serves (unsalted mixed nuts, peanuts, almonds)
HYDRATION	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
ACTIVITY								Resource Centre jennycraig.com.au/resources jennycraig.co.nz/resources
DAILY WEIGHT								Please direct comments to: Customer Care Australia P 1800 453 669 W jennycraig.com.au
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz

* All non-starchy vegetables are Free Foods * Thaw overnight

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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
BREAKFAST	Malty Grain 1 dairy serve 1 English muffin ¼ cup Ricotta cheese A	Oat & Apricot Bar 1 dairy serve 1 slice wholegrain toast ¼ cup Ricotta cheese D	Banana Bread 1 dairy serve 1 English muffin 2 fat serves B	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg B	Flakes & Fibre Cereal 1 dairy serve 1 English muffin ¼ cup Ricotta cheese A	Caramelised Onion Fritters 1 English muffin 1 fat serve 1 dairy serve C	Wholemeal Pancakes  B ½ dairy serve 1 fruit serve 2 nut serves	Fruit 20 fruit serves Vegetables 29 cups salad 6 non-starchy vegetable serves Grain 4 English muffins ½ cup peas 17 slices wholegrain bread Meat Alternatives 2 eggs 2 cups four bean mix 7 meat alternatives 1 cup Ricotta cheese Dairy 21 dairy serves Fat 17 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 2 nut serves	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	½ dairy serve 1 slice wholegrain toast ¼ cup Ricotta cheese	
LUNCH	Sweet Potato Frittata B 2 slices wholegrain bread 1 meat alternative 2 cups salad *	Vegetable Tortellini C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	Pumpkin Soup A 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	Ricotta & Pumpkin Ravioli C 2 slices wholegrain bread 1 boiled egg 2 cups salad *	Spinach & Fetta Roll B 2 cups salad * ¾ cup four bean mix 1 meat alternative 2 fat serves	Roasted Veggie All Round D 2 cups salad * ¾ cup four bean mix 1 meat alternative 1 fat serve 1 dairy 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 2 nut serves	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
DINNER	Macaroni & Cheese B 3 vegetable serves * 1 slice wholegrain bread 1 fat serve	Vegetable Tikka Masala with Paneer Cheese C 3 vegetable serves * ½ cup peas 1 fat serve	Leek & Cheese Quiche B 3 cups salad * ¾ cup four bean mix 1 fat serve	Spinach & Ricotta Cannelloni C 3 cups salad * 1 slice wholegrain bread 1 fat serve	Cheesy Baked Potato A 3 cups salad * 1 meat alternative 1 fat serve	Gnocchi in Napoli Sauce C 3 cups salad * 1 slice wholegrain bread 1 fat serve	Mexican-style Veggie Stack B 3 cups salad * 1 slice wholegrain bread 1 fat serve	
SNACK	Trio Spice Mix D 1 fruit serve	White Chocolate Cranberry Cookie B 1 fruit serve	Sweet & Salty Popcorn D	Salsa Curls C 1 fruit serve	Sticky Date Pudding C 1 fruit serve	Choc Chip Bites C 1 fruit serve	Light & Tangy Veggie Crisps A 1 fruit 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

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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