



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	Raspberry Cacao Crunch ^C 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Salted Maple & Cashew Granola ^B 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve	Hazelnut & Almond Cereal ^A 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Nut & Grain Chew ^C 1 dairy serve 1 slice wholegrain toast 1/3 cup baked beans	Cranberry & Vanilla Muesli ^D 1 dairy serve 2 slices wholegrain toast 2/3 cup baked beans	Apple & Berry Brekkie Cup ^D 1 dairy serve 1 fruit serve 2 nut serves	Tomato & Basil Omelette ^A 2 slices wholegrain toast 1 fat serve 2/3 cup baked beans 1 dairy serve	Fruit 18 fruit serves
SNACK	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	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	Vegetables 23 cups salad 12 non-starchy vegetable serves
LUNCH	Moroccan Grain Salad ^D ✱ 2 slices wholegrain bread 40g reduced fat cheese 2 cups salad ✱	Creamy Vegetable Soup ^A 2 slices wholegrain bread 20g reduced fat cheese 2 cups salad ✱	Pesto Pasta Salad ✱ ^C 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad ✱	Vegetable Lasagne ^B 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad ✱	Spinach & Fetta Roll ^B 2 cups salad ✱ 2/3 cup four bean mix 1 boiled egg	Bean & Cheese Burrito ^B 2 cups salad ✱ 1 meat alternative 1 slice wholegrain bread 1 fat serve	Cheesy Baked Potato ^C 2 cups salad ✱ 1 meat alternative 1 fat serve	Grain 1 cup corn 9 crispbread 21 slices wholegrain bread
SNACK	1 dairy serve 3 crispbread 2 fat serves	1 dairy 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 fruit serve 3 crispbread 40g reduced fat cheese	1 dairy serve 1 fruit serve	Meat Alternatives 1 1/3 cup baked beans (salt reduced) 3 eggs 2/3 cup four bean mix 5 meat alternatives 100g reduced fat cheese
DINNER	Ricotta & Pumpkin Ravioli ^A 3 cups salad ✱ 1 meat alternative	Mexican-style Veggie Stack ^B 3 cups salad ✱ 1 slice wholegrain bread 1 fat serve	Leek & Cheese Quiche ^B 3 cups salad ✱ 1/2 cup corn 1 fat serve	Chunky Vegetable Soup ^B 1 slice wholegrain bread 1 fat serve 3 vegetable serves ✱	Macaroni & Cheese ^B 3 vegetable serves ✱ 1 slice wholegrain bread 1 fat serve	Vegetable Tikka Masala with Paneer Cheese ^C 3 vegetable serves ✱ 1/2 cup corn	Pumpkin & Kale Risotto ^C 3 vegetable serves ✱ 1 slice wholegrain bread 1 fat serve	Dairy 21 dairy serves
SNACK	Savoury Soy Snack ^B 1 fruit serve	Choc Chip Bites ^C	Salted Caramel Nut Bar ^D	Apple & Rhubarb Crumble ^B 1 fruit serve	Oregano & Thyme Crunchies ^B 1 fruit serve	Sweet & Salty Popcorn ^D 1 dairy serve	Melting Moment ^A 1 fruit serve	Fat 18 fat serves 4 nut serves (unsalted mixed nuts, peanuts, almonds)
	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
HYDRATION								Resource Centre jennycraig.com.au/resources jennycraig.co.nz/resources
ACTIVITY								Please direct comments to: Customer Care Australia P 1800 453 669 W jennycraig.com.au
DAILY WEIGHT								Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FM16aAUS-NZ-01/23

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







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VEGETARIAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge ^C ½ dairy serve 1 fruit serve 2 nut serves	Oat & Apricot Bar ^D 1 dairy serve 2 slices wholegrain toast ⅔ cup baked beans	Banana Bread ^B 1 dairy serve 1 English muffin ¼ cup Ricotta cheese	Malty Grain ^A 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg	Caramelised Onion Fritters ^C 1 slice wholegrain toast ⅔ cup baked beans 1 dairy serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 English muffin 1 fat serve	Wholemeal Pancakes ^B  ½ dairy serve 1 fruit serve 2 nut serves	Fruit 18 fruit serves Vegetables 26 cups salad 9 non-starchy vegetable serves Grain 4 English muffins 14 slices wholegrain bread Meat Alternatives 1 ⅓ cup baked beans (salt reduced) 2 eggs 2 cups four bean mix 6 meat alternatives 1 cup Ricotta cheese Dairy 21 dairy serves Fat 19 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 English muffin ½ cup Ricotta cheese	1 dairy serve 1 fruit serve	½ dairy serve 1 slice wholegrain toast ¼ cup Ricotta cheese	
LUNCH	Spinach & Fetta Roll ^B 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad 	Ricotta & Pumpkin Ravioli ^C 2 cups salad  1 meat alternative 1 fat serve 1 fruit serve	Pumpkin Soup ^A 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad 	Roasted Veggie All Round ^D 2 cups salad  ⅔ cup four bean mix 1 meat alternative 2 fat serves	Pesto Pasta Salad  ^C 2 cups salad  1 dairy serve	Vegetable Lasagne ^B 2 cups salad  ⅔ cup four bean mix 1 meat alternative 1 fat serve	Moroccan Grain Salad  ^D 2 slices wholegrain bread 2 fat serves 2 cups salad  1 dairy serve	
SNACK	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	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
DINNER	Gnocchi in Napoli Sauce ^C 3 cups salad  ⅔ cup four bean mix 1 fat serve	Vegetable Tikka Masala with Paneer Cheese ^C 3 vegetable serves  1 slice wholegrain bread 1 fat serve	Mexican-style Veggie Stack ^B 3 cups salad  1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni ^C 3 cups salad  1 meat alternative 1 fat serve	Chunky Vegetable Soup ^B 1 slice wholegrain bread 1 fat serve 3 vegetable serves 	Pumpkin & Kale Risotto ^C 3 vegetable serves  1 slice wholegrain bread 1 fat serve	Vegetable Tortellini ^A 3 cups salad  1 meat alternative 1 fat serve	
SNACK	Chocolate Pudding ^D ½ dairy serve	Nut & Cranberry Mix ^C	Salsa Curls ^C	Butterscotch Sundae ^A	Melting Moment ^A 1 fruit serve	White Chocolate Cranberry Cookie ^B 1 fruit serve	Trio Spice Mix ^D 1 fruit serve	
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

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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