

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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 14 fruit serves Vegetables 22 cups salad 6 non-starchy vegetable serves Grain 1 cup corn 2 English muffins 24 slices wholegrain bread Meat & Meat Alternatives 4 eggs 90g canned fish 8 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese Dairy 17½ dairy serves Fat 21 fat serves 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 FM7bAUS-NZ-01/23
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Apple & Berry Brekkie Cup 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Apple Cinnamon Oat Clusters 1 dairy serve 1 English muffin 2 fat serves 1 boiled/poached egg	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 40g reduced fat cheese	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Tomato & Basil Omelette 2 slices wholegrain toast 1 fat serve 1 dairy serve	Raspberry Cacao Crunch 1 dairy serve 1 English muffin 1 fat 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	Bean & Cheese Burrito 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	Oriental Pork Bun 2 slices wholegrain bread 2 fat serves 2 cups salad *	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	Cheesy Baked Potato 2 slices wholegrain bread 2 fat serves 2 cups salad *	Beef Sausage Roll 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	Vegetable Tortellini 2 slices wholegrain bread 2 slices lean meat 2 cups salad *	Moroccan Grain Salad ✱ 2 slices wholegrain bread 90g canned fish 2 cups salad *	
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	
DINNER	Chicken Parmigiana 2 cups salad * 1 slice wholegrain bread 1 fat serve	Leek & Cheese Quiche 2 cups salad * 2 slices lean meat 1 slice wholegrain bread 1 fat serve	Beef Lasagne 2 cups salad * 1 slice wholegrain bread 1 fat serve	Thai Fish Cakes 2 vegetable serves * ½ cup corn 1 fat serve	Pumpkin & Kale Risotto 2 vegetable serves * ½ cup corn 1 fat serve	Chicken Burger ✱ 20g reduced fat cheese 2 cups salad * 1 fat serve	Meatballs & Vegetables 2 vegetable serves * 1 slice wholegrain bread 1 fat 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 ✱ Thaw overnight ✱ Thaw overnight before heating

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RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 14 fruit serves Vegetables 18 cups salad 10 non-starchy vegetable serves Grain 6 crispbread 1 cup peas 23 slices wholegrain bread Meat & Meat Alternatives 2 eggs 1 1/3 cups four bean mix 6 slices lean meat (chicken, turkey, ham) 120g reduced fat cheese Dairy 17 1/2 dairy serves Fat 23 fat serves 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 FM7bAUS-NZ-01/23
BREAKFAST	Malty Grain 1 dairy serve 1 slice wholegrain toast 20g reduced fat cheese	Cranberry & Vanilla Muesli 1 dairy serve 2 slices wholegrain toast 2 fat serves	Banana Bread 1 dairy serve 2 slices wholegrain toast 2 fat serves	Roasted Hazelnut & Cinnamon Porridge 1/2 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Flakes & Fibre Cereal 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Caramelised Onion Fritters 2 slices wholegrain toast 1 fat serve 1 dairy serve	Wholemeal Pancakes  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	Sweet Potato Frittata  2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad 	Beef Pie   2 cups salad  2/3 cup four bean mix 20g reduced fat cheese 1 fat serve	Pumpkin Soup  2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad 	Ricotta & Pumpkin Ravioli  2 cups salad  2/3 cup four bean mix 1 slice wholegrain bread 1 fat serve 1 fruit serve	Mexican-style Pulled Pork   2 cups salad  1/3 cup four bean mix 1 slice wholegrain bread 1 fat serve	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 2 cups salad 	
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1 dairy serve 3 crispbread 2 fat serves	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1 dairy serve 3 crispbread 40g reduced fat cheese	
DINNER	Crumbed Fish & Wedges  2 cups salad  1 slice wholegrain bread 1 fat serve	Macaroni & Cheese   2 vegetable serves  1 slice wholegrain bread 1 fat serve	Chicken Satay   2 vegetable serves  1/2 cup peas 1 fat serve	Beef Pastie   2 vegetable serves  1 fat serve	Gnocchi in Napoli Sauce   2 cups salad  40g reduced fat cheese 1 slice wholegrain bread	Cottage Pie   2 vegetable serves  1/2 cup peas 1 fat serve	Chicken Fettuccine   2 vegetable serves  1 slice wholegrain bread 1 fat 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  Thaw overnight