

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 18 cups salad 10 non-starchy vegetable serves Grain 1 cup corn 3 English muffins 22 slices wholegrain bread Meat & Meat Alternatives 1½ cup baked beans (salt reduced) 180g canned fish 4 slices lean meat (chicken, turkey, ham) 80g reduced fat cheese Dairy 17½ dairy serves Fat 24 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 FM8bAUS-NZ-01/23
BREAKFAST	Raspberry Cacao Crunch C 1 dairy serve 2 slices wholegrain toast 2 fat serves	Salted Maple & Cashew Granola B 1 dairy serve 1 English muffin 2 fat serves	Roasted Hazelnut & Cinnamon Porridge C ½ dairy serve 1 English muffin 2 fat serves	Hazelnut & Almond Cereal A 1 dairy serve 2 slices wholegrain toast ⅔ cup baked beans	Toasted Berry Muesli B 1 dairy serve 1 English muffin 1 fat serve 20g reduced fat cheese	Apple & Berry Brekkie Cup D 1 dairy serve 2 slices wholegrain toast 2 fat serves	Tomato & Basil Omelette A 2 slices wholegrain toast ⅔ cup baked beans 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	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	
LUNCH	Cheesy Baked Potato B 2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	Creamy Vegetable Soup A 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	Vegetable Lasagne B 2 slices wholegrain bread 2 fat serves 2 slices lean meat 2 cups salad *	Beef Sausage Roll C 2 cups salad * 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	Potato Tuna Bake D 2 slices wholegrain bread 1 fat serve 2 cups salad *	Ham & Cheese Toastie C 2 cups salad * 90g canned fish 2 fat serves	Oriental Pork Bun D 2 cups salad * 20g reduced fat cheese ½ cup corn	
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	1 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	Beef Burger D 20g reduced fat cheese 2 cups salad *	Butter Chicken E 2 vegetable serves * ½ cup corn 1 fat serve	Roast Pork Dinner A 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	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 * 1 slice wholegrain bread 1 fat serve	Pumpkin & Kale Risotto D 2 vegetable serves * 1 slice wholegrain bread 1 fat 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 ❄ 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 12 crispbread 1½ cups peas 24 slices wholegrain bread Meat & Meat Alternatives 5 eggs 180g canned fish 4 slices lean meat (chicken, turkey, ham) 1 cup Ricotta cheese Dairy 17½ dairy serves Fat 20 fat serves Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
BREAKFAST	Cranberry & Vanilla Muesli ^D 1 dairy serve 2 slices wholegrain toast 1 boiled/poached egg	Malty Grain ^A 1 dairy serve 2 slices wholegrain toast 2 fat serves 2 boiled/poached eggs	Banana Bread ^B 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters ^D 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Caramelised Onion Fritters ^C 2 slices wholegrain toast 1 fat serve 1 dairy serve	Salted Maple & Cashew Granola ^B 1 dairy serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg	Wholemeal Pancakes ^B  ½ 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 1 fat serve 90g canned fish 2 cups salad 	Mexican-style Pulled Pork ^C  2 cups salad  1 slice wholegrain bread 1 fat serve	Roasted Veggie All Round ^D 2 cups salad  2 slices lean meat 1 fat serve	Pumpkin Soup ^A 2 slices wholegrain bread 90g canned fish 2 cups salad  1 fruit serve	Pesto Pasta Salad ^C  2 slices wholegrain bread 2 slices lean meat 2 cups salad 	Spaghetti Bolognese ^B 2 slices wholegrain bread 1 fat serve 2 cups salad  1 fruit serve	Beef Pie ^D 2 slices wholegrain bread 1 fat serve 2 cups salad 	
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 fruit serve	½ dairy serve 3 crispbread ½ cup Ricotta cheese	½ dairy serve 3 crispbread 2 fat serves	½ dairy serve 1 fruit serve	½ dairy serve 3 crispbread 2 fat serves	1 dairy serve 3 crispbread ½ cup Ricotta cheese	
DINNER	Pepperoni Pizza ^E 2 cups salad  1 fat serve	Thai Fish Cakes ^C  2 vegetable serves  ½ 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  ½ cup peas	Macaroni & Cheese ^A  2 vegetable serves  ½ cup peas 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

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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