

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 14 cups salad 14 non-starchy vegetable serves Grain 21 grain serves Meat & Meat Alternatives 21 meat/meat alternative serves Dairy 17½ dairy serves Fat 21 fat serves
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	
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 1 fat serve 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 1 fat serve 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 1 fat serve 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 cups salad * 1 meat/meat alternative serve 1 grain serve 1 fat serve 1 fruit serve	
SNACK	½ dairy serve 1 fruit serve	½ dairy serve 1 grain serve 1 meat/meat alternative serve	½ dairy serve 1 fruit serve	½ dairy serve 1 grain serve 1 meat/meat alternative serve	½ dairy serve 1 fruit serve	½ dairy serve 1 grain serve 1 meat/meat alternative serve	½ dairy serve 1 fruit serve	
DINNER	 2 vegetable serves * 1 meat/meat alternative serve 1 fat serve	 2 vegetable serves * 1 fat serve	 2 vegetable serves * 1 meat/meat alternative serve 1 fat serve	 2 vegetable serves * 1 fat serve	 2 vegetable serves * 1 meat/meat alternative serve 1 fat serve	 2 vegetable serves * 1 fat serve	 2 vegetable serves * 1 meat/meat alternative serve 1 fat serve	
	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 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 25bAUS-NZ-01/23 © 2023 Jenny Craig Weight Loss Centres Pty. Ltd.
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