

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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 17 fruit serves Vegetables 26 cups salad 9 non-starchy vegetable serves Grain 1 cup corn 4 English muffins 15 slices wholegrain bread Meat Alternatives 3 eggs 2 cups four bean mix 4 meat alternatives 100g reduced fat cheese Dairy 21 dairy serves Fat 17 fat serves Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
BREAKFAST	Hazelnut & Almond Cereal 1 dairy serve 1 English muffin 1 boiled/poached egg	Apple & Berry Brekkie Cup 1 dairy serve 1 slice wholegrain toast 1 fat serve	Apple Cinnamon Oat Clusters 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg	Flakes & Fibre Cereal 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve	Salted Maple & Cashew Granola 1 dairy serve 1 English muffin 1 fat serve	Tomato & Basil Omelette 2 slices wholegrain toast 1 fat serve 1 dairy serve	Raspberry Cacao Crunch 1 dairy serve 1 English muffin 1 boiled/poached egg	
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	Roasted Veggie All Round 2 cups salad * ¾ cup four bean mix 20g reduced fat cheese 1 fat serve	Bean & Cheese Burrito 2 slices wholegrain bread 1 fat serve 2 cups salad * 1 fruit serve	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	Sweet Potato Frittata 2 cups salad * ¾ cup four bean mix 1 meat alternative 1 fat serve	Cheesy Baked Potato 2 cups salad * ¾ cup four bean mix 1 meat alternative 2 fat serves	Vegetable Tortellini 2 cups salad * 1 slice wholegrain bread 20g reduced fat cheese 1 fruit serve	Moroccan Grain Salad * 2 slices wholegrain bread 20g reduced fat cheese 2 cups salad *	
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	
DINNER	Vegetable Tikka Masala with Paneer Cheese 3 vegetable serves * ½ cup corn	Leek & Cheese Quiche 3 cups salad * 1 meat alternative 1 slice wholegrain bread 1 fat serve	Gnocchi in Napoli Sauce 3 cups salad * 1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni 3 cups salad * 1 slice wholegrain bread 1 fat serve	Pumpkin & Kale Risotto 20g reduced fat cheese 3 vegetable serves * 1 fat serve	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 3 vegetable serves *	Vegetable Lasagne 3 cups salad * ½ cup corn 1 meat alternative	
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

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

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VEGETARIAN	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 16 fruit serves
BREAKFAST	Cranberry & Vanilla Muesli 1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans	Malty Grain 1 dairy serve 1 slice wholegrain toast 1 fat serve ⅓ cup baked beans	Banana Bread 1 dairy serve 1 fruit serve	Toasted Berry Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Flakes & Fibre Cereal 1 dairy serve 2 slices wholegrain toast 1 fat serve 1 boiled/poached egg	Caramelised Onion Fritters 2 slices wholegrain toast 1 fat serve ⅓ cup baked beans 1 dairy serve	Wholemeal Pancakes ½ dairy serve 1 fruit serve	Vegetables 29 cups salad 6 non-starchy vegetable 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	1½ dairy serves 1 fruit serve	Grain 6 crispbread ½ cup peas 23 slices wholegrain bread
LUNCH	Sweet Potato Frittata 2 slices wholegrain bread 1 fat serve 2 cups salad *	Vegetable Tortellini 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	Vegetable Lasagne 2 slices wholegrain bread 1 meat alternative 2 cups salad * 1 dairy serve	Pumpkin Soup 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad * 1 fruit serve	Ricotta & Pumpkin Ravioli 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	Spinach & Fetta Roll 2 cups salad * 1 meat alternative 1 fat serve 1 fruit serve	Roasted Veggie All Round 2 cups salad * 1 meat alternative 1 slice wholegrain bread 1 fat serve 1 dairy serve	Meat Alternatives 1 cup baked beans (salt reduced) 4 eggs 6 meat alternatives 80g reduced fat cheese
SNACK	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	3 crispbread 40g reduced fat cheese	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	3 crispbread 40g reduced fat cheese	Dairy 21 dairy serves
DINNER	Macaroni & Cheese 3 vegetable serves * ½ cup peas 1 fat serve	Vegetable Tikka Masala with Paneer Cheese 1 meat alternative 3 vegetable serves *	Leek & Cheese Quiche 3 cups salad * 1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni 3 cups salad * 1 slice wholegrain bread 1 fat serve	Cheesy Baked Potato 3 cups salad * 1 meat alternative 1 fat serve	Gnocchi in Napoli Sauce 3 cups salad * 1 slice wholegrain bread 1 fat serve	Mexican-style Veggie Stack 3 cups salad * 1 slice wholegrain bread 1 fat serve	Fat 16 fat serves
	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"/>	FM15bAUS-NZ-01/23

 All non-starchy vegetables are Free Foods  Use dairy serve allocated on this day to prepare, as per pack instructions