

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 16 fruit serves
BREAKFAST	Toasted Berry Muesli <sup>B</sup> 1 dairy serve 2 slices wholegrain toast 1 fat serve ¼ cup Ricotta cheese	Salted Maple & Cashew Granola <sup>B</sup> 1 dairy serve 1 English muffin ¼ cup Ricotta cheese	Hazelnut & Almond Cereal <sup>A</sup> 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Roasted Hazelnut & Cinnamon Porridge <sup>C</sup> ½ dairy serve 1 English muffin 1 boiled/poached egg	Cranberry & Vanilla Muesli <sup>D</sup> 1 dairy serve 1 English muffin ¼ cup Ricotta cheese	Apple & Berry Brekkie Cup <sup>D</sup> 1 dairy serve 1 slice wholegrain toast 1 fat serve	Tomato & Basil Omelette <sup>A</sup> 2 slices wholegrain toast 1 fat serve 1 dairy serve	Vegetables 23 cups salad 12 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	1 dairy serve 1 fruit serve	Grain 1 cup corn 3 English muffins 18 slices wholegrain bread
LUNCH	Moroccan Grain Salad <sup>D</sup> ✱ 2 cups salad ✱ ⅔ cup four bean mix 1 boiled egg 1 fat serve	Creamy Vegetable Soup <sup>A</sup> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad ✱ 1 fruit serve	Pesto Pasta Salad ✱ <sup>C</sup> 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad ✱	Vegetable Lasagne <sup>B</sup> 2 slices wholegrain bread 1 fat serve 2 cups salad ✱ ½ dairy serve	Spinach & Fetta Roll <sup>B</sup> ✱ 2 cups salad ✱ ⅔ cup four bean mix 1 boiled egg 2 fat serves	Bean & Cheese Burrito <sup>B</sup> 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad ✱ 1 fruit serve	Cheesy Baked Potato <sup>C</sup> ✱ 2 cups salad ✱ ⅔ cup four bean mix 1 meat alternative 1 fat serve	Meat Alternatives 4 eggs 2 cups four bean mix 5 meat alternatives ¾ cup Ricotta cheese
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	Dairy 21 dairy serves
DINNER	Ricotta & Pumpkin Ravioli <sup>A</sup> ✱ 3 cups salad ✱ 1 meat alternative 1 fat serve	Mexican-style Veggie Stack <sup>B</sup> ✱ 3 cups salad ✱ 1 slice wholegrain bread 1 fat serve	Leek & Cheese Quiche <sup>B</sup> ✱ 3 cups salad ✱ ½ cup corn 1 fat serve	Chunky Vegetable Soup <sup>B</sup> ✱ 1 slice wholegrain bread 1 fat serve 3 vegetable serves ✱	Macaroni & Cheese <sup>B</sup> ✱ 3 vegetable serves ✱ 1 slice wholegrain bread 1 fat serve	Vegetable Tikka Masala with Paneer Cheese <sup>C</sup> ✱ 3 vegetable serves ✱ ½ cup corn	Pumpkin & Kale Risotto <sup>C</sup> ✱ 3 vegetable serves ✱ 1 slice wholegrain bread 1 fat serve	Fat 18 fat serves
	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"/>	

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

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✱ 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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Fruit 16 fruit serves
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge ½ dairy serve 1 fruit serve	Cranberry & Vanilla Muesli 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Banana Bread 1 dairy serve 2 slices wholegrain toast 2 fat serves	Malty Grain 1 dairy serve 2 slices wholegrain toast ⅓ cup baked beans	Caramelised Onion Fritters 2 slices wholegrain toast ⅓ cup baked beans 1 dairy serve	Apple Cinnamon Oat Clusters 1 dairy serve 1 slice wholegrain toast 1 boiled/poached egg	Wholemeal Pancakes ½ dairy serve 1 fruit serve	Vegetables 26 cups salad 9 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	1 dairy serve 1 fruit serve	Grain 6 crispbread 1 cup peas 22 slices wholegrain bread
LUNCH	Spinach & Fetta Roll 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad ½ dairy serve	Ricotta & Pumpkin Ravioli 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad	Pumpkin Soup 2 slices wholegrain bread 40g reduced fat cheese 2 cups salad	Roasted Veggie All Round 2 cups salad 1 meat alternative 1 fat serve 1 fruit serve	Pesto Pasta Salad 2 cups salad 1 meat alternative 1 fat serve 1 fruit serve	Vegetable Lasagne 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad	Moroccan Grain Salad 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad ½ dairy serve	Meat Alternatives ⅔ cup baked beans (salt reduced) 4 eggs 4 meat alternatives 100g reduced fat cheese
SNACK	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 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	1 dairy serve 3 crispbread 40g reduced fat cheese	Dairy 21 dairy serves
DINNER	Gnocchi in Napoli Sauce 3 cups salad 1 slice wholegrain bread 1 fat serve	Vegetable Tikka Masala with Paneer Cheese 3 vegetable serves ½ cup peas	Mexican-style Veggie Stack 3 cups salad 1 slice wholegrain bread 1 fat serve	Spinach & Ricotta Cannelloni 3 cups salad 1 slice wholegrain bread 1 fat serve	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 3 vegetable serves	Pumpkin & Kale Risotto 3 vegetable serves ½ cup peas 1 fat serve	Vegetable Tortellini 3 cups salad 1 meat alternative 1 fat serve	Fat 17 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"/>	FM16bAUS-NZ-01/23

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