

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
BREAKFAST	 _____ 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
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 cups salad * 1 meat/meat alternative serve	 _____ 2 cups salad * 1 grain serve	 _____ 2 cups salad * 1 meat/meat alternative serve	 _____ 2 cups salad * 1 meat/meat alternative serve 1 fat serve	 _____ 2 cups salad * 1 meat/meat alternative serve	 _____ 2 cups salad * 1 grain serve	 _____ 2 cups salad * 1 meat/meat alternative serve
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve
DINNER	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *	 _____ 2 vegetable serves *
SNACK	 _____	 _____	 _____	 _____	 _____	 _____	 _____
MY OWN FOODS	2 Fruit 4 Vegetables 2½ Dairy 1 Meat & Meat Alternatives	2 Fruit 4 Vegetables 2½ Dairy 1 Grain	2 Fruit 4 Vegetables 2½ Dairy 1 Meat & Meat Alternatives	2 Fruit 4 Vegetables 2½ Dairy 1 Fat 1 Meat & Meat Alternatives	2 Fruit 4 Vegetables 2½ Dairy 1 Meat & Meat Alternatives	2 Fruit 4 Vegetables 2½ Dairy 1 Grain	2 Fruit 4 Vegetables 2½ Dairy 1 Meat & Meat Alternatives
HYDRATION							
ACTIVITY							
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If your menu requires extra kilojoules, your Coach will discuss adding the following serves each day:

Fruit _____

Vegetables _____

Grain _____

Meat & Meat Alternatives _____

Dairy _____

Fat _____

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:

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Customer Care New Zealand
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FM17aAUS-NZ-01/23

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