



4 NEW
RECIPES
INSIDE

TOP 5 TIPS FOR IMPROVING SLEEP

INTERMITTENT FASTING FEATURE

Get Inspired

WITH

jenny
CRAIG

SPRING 2021 EDITION

In This Edition...

Spring has sprung and with the change in seasons many of us may be feeling more motivated to improve our eating habits or enjoy more time being active outdoors. But, did you know that other factors like reducing your stress levels, incorporating more mindful activities and getting enough rest and sleep, all play key roles in improving your overall health?

So, if you're getting started on your health kick, don't forget to take the time to ensure your mental health is looked after just as much as your physical. In this edition of Get Inspired, you'll find great tips on how to improve your sleep as well as plenty of seasonal recipes to put a spring into your step!

XX The Jenny Craig Team



Spring Produce

FRUITS

Apple	Orange
Blueberry	Papaya
Grapefruit	Pawpaw
Lemon	Pineapple
Lychee	Strawberry
Mango	

VEGETABLES

Artichoke	Cucumber
Asparagus	Leek
Broad Beans	Lettuce
Beetroot	Mushroom
Broccoli	Onion
Bok Choy	Rhubarb
Cabbage	Silverbeet
Carrot	Spinach
Cauliflower	Tomato



IN FOCUS THIS EDITION:

The Importance of Getting Enough Sleep

BY JESSICA PERCIC,
ACCREDITED PRACTISING DIETITIAN



Sleep is just as important for our health as good nutrition and exercise. While we sleep your body regenerates and repairs our cells, therefore it is important to ensure you have enough sleep to meet our individual needs.

Good quality sleep may have many positive impacts on your health and wellbeing including:

- Weight loss
- Eating healthier foods
- Forming healthy habits
- Improved concentration and productivity
- Lower risk of heart disease and stroke
- Lower risk of diabetes
- Improved mood
- Improved immunity



Rest



Recharge



Repeat



Wake up & rejuvenate your body with our **Revolutionary Recharge Bar!**

[FIND OUT MORE](#)

Top 5 tips to improve sleep

Although sleep is important, it is not something you can force yourself to do, but there are tips to help your mind and body fall asleep easier.

1. Have a regular sleep time – you may benefit from setting an alarm to remind you to go to bed
2. Create a bedtime ritual by finding relaxation activities that help you wind down
3. Keep screens out of the bedroom – bright light omitted by devices can confuse your circadian rhythm and make it harder to fall asleep
4. Try to have 2-3 hours break between your last meal and bed, when your body is digesting it can make it harder to fall asleep
5. Get extra support – if you're feeling extra sleepy and have tried numerous things to help, you may need to speak to your doctor

Intermittent Fasting

BY DANIELLE BOWMAN,
ACCREDITED PRACTISING DIETITIAN



We recently released our new **Rapid Results Max** weight loss plan, which leverages the power of intermittent fasting to help you achieve your weight loss goals.

Fasting has been practiced since ancient times, used therapeutically by physicians from as far back as the fifth century BCE, and as a part of many religious and cultural practices worldwide. But it's only recently that we've looked to fasting as a strategy for weight management and begun to further investigate the benefits it might bring to our bodies.

Research is emerging, but exciting early results suggest you might see improvements in your gut microbiome, your total cholesterol levels, your glucose and insulin levels and your immune health.

Intermittent fasting can be really valuable to anyone with a busy schedule as it involves less time spent preparing and eating food. There are

numerous regimes you can follow while fasting intermittently, the **Rapid Results Max** plan harnesses the 14:10 regime, meaning you refrain from eating for 14 hours and consume food in the remaining 10 hours. The key to effective results is to remember that fasting should be considered just one component of your overall approach to a more healthful lifestyle and managing your weight.

Everyday behavioural changes involving reducing kilojoule intake through healthier choices and by following the [Jenny Craig menu](#), as well as increasing your body's energy expenditure through physical activity, are also important.

We have long known the benefits of adopting healthier lifestyle habits and losing some weight if you need to. If intermittent fasting can help you to achieve one or both of these outcomes, you will experience improved health and wellbeing, and that will be worthwhile.

Rapid Results MAX
Our **most effective** plan ever!

Find out more on our blog

INTRODUCING



Rapid
Results
MAX™

Take your
weight loss
to the **Max.**

Members lost an average of
6kg in the first **4 weeks**[#]

Try **our most effective** plan
ever, with our revolutionary
new **RECHARGE BAR.**

#Average weight loss based on the Jenny Craig study was 6kg in the first 4 weeks for those on the Rapid Results Max Weight Loss plan (on the weekly menu with consultations), versus 3.83kg on our Classic Program.



Banana Bread with Strawberry & Kiwifruit Salad

Serves 1

Prep Time 10 mins

Vegetarian

Ingredients

1 Jenny Craig Banana Bread

¼ cup strawberries

¼ cup blueberries

1 green kiwifruit, peeled

1 yellow kiwifruit, peeled

1 passionfruit

100g fat free yoghurt to serve

**Serve
with me**



Method

1. Heat the Jenny Craig Banana Bread as per instructions on the package. When the Jenny Craig Banana Bread is warmed, lightly toast on a pan until golden brown. Set aside.
2. Prepare the salad by chopping the strawberries, blueberries and kiwifruit into bite sized pieces. Cut the passionfruit in half and scoop out pulp. Toss to combine.
3. Serve the fruit salad with the toasted Jenny Craig Banana Bread and fat free yoghurt.

Enjoy!



DIETITIAN TIP:

Strawberries are in season meaning they're super sweet and a great way to help support our local farmers.

Laura Ford,
Accredited Practising Dietitian

If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your plan.

SWEET STRAWBERRIES

Strawberries are available all year round, however in Spring they are available in abundance and are often inexpensive at the supermarkets. Strawberries are a great source of antioxidants, vitamin C, manganese and folate. They also have a high water content, are low GI and are relatively low in carbohydrates. Choose bright red berries that are firm to the touch with their leafy green tops still attached.



Berry, Melon & Mint Delight

Serves 2

Prep Time 10 mins

Vegetarian

Ingredients

1 cup ice

1 cup berries – choose berries to your liking (strawberries, raspberries, blueberries)

1 cup watermelon

½ cup shredded mint

Place ice, berries and watermelon in a blender and combine until smooth. Stir through mint and serve.

***For recipes, tips and more
click here to visit our blog***

Ricotta & Pumpkin Ravioli with Seasonal Spring Veggies

Serves 1

Prep Time 30 mins

Vegetarian

Ingredients

1 Jenny Craig Ricotta & Pumpkin Ravioli

½ red onion, chopped

1 carrot, chopped

½ tsp paprika

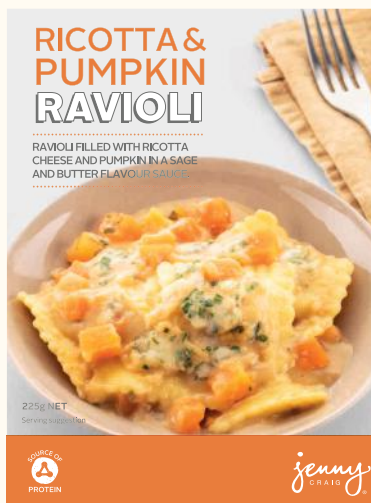
½ tsp garlic powder

1 cup spinach leaves, chopped

Basil leaves to garnish

Spray oil

*Make
with me*



**For recipes, tips and more
click here to visit our blog**

If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your plan.



LEAFY SPINACH

Spinach is a versatile vegetable that is nutrient dense and can be eaten cooked or raw. Spinach is high in fibre, folate, iron, calcium, and vitamins A, C and K. Choose spinach with crisp dark green leaves and avoid any that are discoloured, yellow, wilted or slimy.

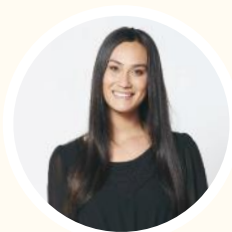
Method

1. Preheat oven to 200 °C and line a baking tray with greaseproof paper.
2. Place the onion and carrot onto the tray then lightly spray with oil and sprinkle over paprika and garlic powder. Bake for 20-25 minutes until vegetables are softened and slightly golden.
3. Once the vegetables are cooked, heat the Jenny Craig Ricotta & Pumpkin Ravioli as per instructions on the packet. Then mix together the roasted vegetables, spinach and Jenny Craig Ricotta & Pumpkin Ravioli. Garnish with fresh basil leaves to serve.

Enjoy!

RICOTTA & PUMPKIN
RAVIOLI WITH SEASONAL
SPRING VEGGIES

TRY ME



DIETITIAN TIP:

Experiment with a variety of different roast veggies to add more colour and antioxidants to your plate.

Laura Ford,
Accredited Practising Dietitian



Consultant Recipe: Janaya's Creamy Vegetable Stack

Serves 2

Prep Time 30 mins

Vegetarian

Ingredients

1 Jenny Craig Creamy Vegetable Soup
Spray oil
3 thick slices of eggplant
3 thick slices of capsicum
3 thick slices of tomato
3 thick slices of red onion
½ cup broccoli, chopped
200ml water
Salt and pepper to taste



*Make
with me*



If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your plan.



Janaya,
Consultant/Centre
Leader at Jenny Craig
Nelson (NZ)

One of the great things about the food at Jenny Craig is how many ways you can eat it. I love having the option of 'heat and eat' or getting creative with the meals and grocery serves to create a different dish.

CONSULTANT TIP:

If you're feeling extra hungry, go big! By using a larger dish loaded with non-starchy veggies, add additional ¼ cup of veggie stock with soup mix to create a much larger serving.

Method

1. Preheat oven to 180 °C.
2. Prepare Jenny Craig Creamy Vegetable Soup by combining with 200ml boiling water.
3. In a large ramekin, layer the vegetables by placing 1 slice of eggplant followed by capsicum, tomato, onion and broccoli. Repeating again until all vegetables are used.
4. Pour over the soup and season with pepper.
5. Bake in the oven for 30 minutes until the vegetables are tender. Then finish on a high grill setting for a few minutes to form a golden crispy top.

Enjoy!

Have a recipe of your own to share?

Tag us @jennycraigausnz to be featured!



SPRING 2021 EDITION