

Get Inspired.

with Jenny Craig

Recipe

Zucchini Pasta with Slow Roasted Tomatoes & Feta

Page 12



MAINTENANCE SPECIAL

Tips & tricks for keeping
weight loss on track

HOW THEY DO IT

Members share their
maintenance secrets

NEW RECIPES

Delicious ways to
boost veggie intake

In this edition...

Get cosy and settle in with your Winter edition of **Get Inspired**. We have plenty to keep you motivated to be your best self this Winter—even when the couch is calling!

There's some great tips for maintaining weight loss, plus some delicious recipes packed with veggies to keep you fueled for winter.

*The Jenny Craig
Team xx*



In season for Winter

FRUITS

Apple
Banana
Citrus fruits – lemon, lime,
mandarin, orange, tangelo
Grapefruit
Kiwifruit
Pear ►
Quince
Rhubarb
Tamarillo



VEGETABLES

Asian greens – bok choy, choy sum,
wombok
Broccoli
Brussels sprouts
Cabbage
Carrot
Cauliflower
Celeriac ►
Fennel
Horseradish
Kale
Kohlrabi
Parsnip
Silverbeet
Turnip



IN FOCUS THIS EDITION:

Our Top Tips for Maintaining your Weight!

By **Jessica Percic**,

ACCREDITED
PRACTISING
DIETITIAN



With great achievements, lie new challenges.

Reaching your goal weight will be a great success, but it won't be the end of your journey. Maintaining your weight in the long term can be easier if you have the right tools and support to help you create healthy habits. Research suggests maintaining your weight gets easier over time; with each year you keep the weight off, you are more likely to keep it off the following year!

Here at Jenny Craig, we not only help you to lose weight, our Coaches can teach you how to keep it off for long term weight management. Your personal Coach will guide you on how to plan your own portion-controlled meals, how to include the right mix of foods so you're getting the nutrients your body needs, and encourage you to make physical activity a regular part of your lifestyle.

Top 5 tips to help maintain your goal weight:

- 1. The five food groups.** Remember to follow your Jenny Craig Maintenance Menu and incorporate all five food groups – fruits, vegetables, grains, dairy foods, plus meats and meat alternatives. For a balanced and nutritious diet, choose healthy fats, and limit added sugar and salt.
- 2. Set up your food environment for success.** Having a healthy food environment can reduce your access to temptations high in kilojoules, salt and fat and encourage you to reach for a healthier alternative.
- 3. Physical activity.** Remember to continue to include regular physical activity and reduce your sedentary behaviours. You may also find you need to increase your physical activity to assist with maintaining your weight.
- 4. Monitoring.** Self monitoring helps to keep you on the right track, continue to regularly check your weight and take your measurements.
- 5. Support.** Check in with your Coach each month, their support can help you maintain your positive lifestyle habits for the long term. They can also help you get back on the right path if you find yourself getting off track.



Maintaining your weight loss



By **Danielle Bowman,**

ACCREDITED
PRACTISING
DIETITIAN

Most of us know that carrying extra weight can increase the risk of developing type 2 diabetes, cardiovascular diseases, some cancers, osteoarthritis as well as contributing to other health problems. But did you know that weight cycling – that’s the repeated loss and regain of body weight – may be linked to increased risk of high blood pressure, unhealthy cholesterol levels and gallbladder disease? It has also been connected to psychological distress and depression.

There is no 'one size fits all' approach for maintaining weight loss once you have achieved it, you need to find the combination of diet and physical activity changes that you can fit into your lifestyle and most importantly – ones you can keep up long term. To help you determine what these might be, let's look at some of the habits that we know successful weight maintainers adopt.

Firstly, we know you need to consume less kilojoules, so you need to make lifestyle changes that help you maintain this shift through the food choices you make.

A review of 52 studies looked at the most common habits of people who maintain their weight after losing weight.

These were:

- Having breakfast
- Eating more vegetables, as well as other fibre-rich foods
- Limiting intake of certain foods
- Eating fewer foods high in fat and sugar
- Eating lower fat meals
- Having more healthy foods available at home
- Having regular meals

And secondly, it is well known that keeping your weight off relies on permanent adjustments to increased energy expenditure, through physical activity. Physical activity has been shown to have a positive impact on maintaining your muscles as you lose weight and has a strong connection to maintaining weight loss.

National guidelines encourage adults to do at least 30 minutes of moderate or greater intensity physical activity on 5 or more days a week. The activity can be in one session or several sessions lasting 10 minutes or more. If you have already lost weight, research shows that you might even need to increase this further – it may be anywhere up to 60-90 minutes. The key is to set achievable and realistic goals. It doesn't need to be all in one session – increasing your incidental, or day-to-day activity in simple ways is very effective.

If increasing physical activity sounds challenging, a good way to start is to reduce inactivity. So find ways to reduce the amount of time spent watching TV, using your computer, or playing video games.

Ideas For Increasing Daily Activity

UNPLANNED ACTIVITY

- Try taking public transport instead of driving when possible. This increases your incidental activity in ways such as walking from home to the bus stop, tram stop or train station.
- Walking from the stop to your destination rather than parking right on the doorstep. When aiming for 8,000-10,000 steps each day, remember that accumulating those steps can be just as effective.

PLANNED ACTIVITY

- Go for activities that can be incorporated into your everyday life, such as brisk walking, gardening or cycling.
- Supervised exercise programmes such as group classes or one-on-one sessions with a trainer, are great for encouragement and commitment.
- Other activities, such as swimming, aiming to walk a certain number of steps each day, or stair climbing.

Other Maintenance Strategies

Some other strategies also shown to be positively connected to successfully maintaining weight loss include – establishing specific goals, reducing portion size and self-weighing. Interestingly, a few changes have been shown to be specifically helpful for women, these include having healthy foods at home, reducing sugary foods and self-monitoring. Self-monitoring involves recording food intake and/or physical activity undertaken and it's great for reviewing and acknowledging your achievements, as well as for identifying opportunities for change.

A Balanced Approach

Set yourself realistic goals for increasing your physical activity levels and decreasing inactivity, for reducing your overall energy intake and for improving your eating habits and the quality of your diet.

For long term success and to give your body the nutrients it needs, you'll be aiming for a balanced diet, consistent with general healthy eating advice, which is exactly where Jenny Craig starts. You'll also enjoy the support of our Coaches who will praise your successes – however small – at every opportunity, this can encourage you through the difficult process of changing established behaviours.

“Self-monitoring involves recording food intake and/or physical activity undertaken and it's great for reviewing and acknowledging your achievements...”

Maintaining weight loss with Jenny Craig

At Jenny Craig, we know the distinction between losing weight and maintaining weight loss, and the importance of developing skills for both. We can help you to establish strategies which can increase your chances of success, including:

- Encouraging self-monitoring of behaviours and progress
- Setting up your environment for success
- Setting goals
- Providing strategies for problem solving
- Making the most of the support around you

We're Here For You

We know that too many kilojoules, increased portion sizes and low levels of physical activity can make you more likely to regain the weight you work so hard to lose, so why not lean on Jenny Craig for the support you need to shift your habits in the right direction for life.

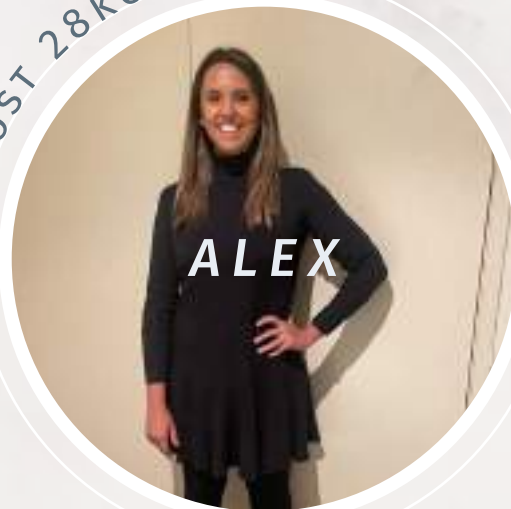


MAINTENANCE

Members' Secrets

We checked in with some of our amazing maintenance members. Read on to find out their secrets to staying on track and maintaining a healthy lifestyle.

LOST 28KG



1 YEAR

9 YEARS

LOST 13KG



4 YEARS

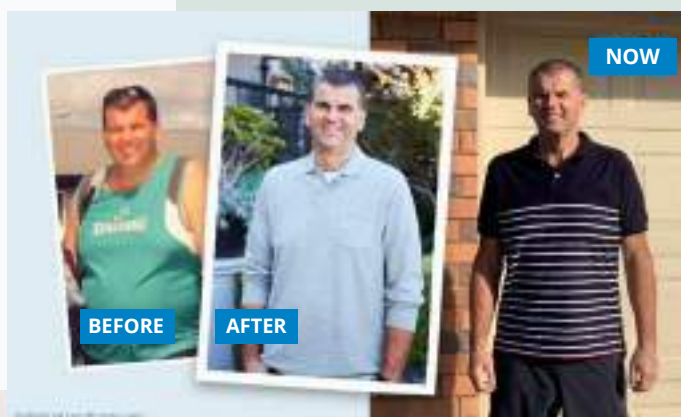
LOST 39KG



MAINTENANCE

Members' Secrets

NEIL LOST 39KG



1

How much did you lose on Jenny Craig and how long have you maintained this weight for?

Neil – I lost over 39 kilograms and I've been on the maintenance program for over 4 years now and still feeling great.

Tennille – I lost 13 kilograms and I've maintained this for over 9 years now.

Alex – I lost 28 kilograms and have managed to maintain this weight for around a year.

2

What is your secret to maintaining your weight loss?

Neil – I get my Jenny Craig lunches and snacks, and the reason I still get lunches is it keeps me out of the cafes, bakeries and takeaways etc, if I do have a cheat day I always make sure I exercise the next day which is generally mountain biking.

Tennille – It's no secret, it's simply following the Jenny Craig maintenance program with my own food, coming in for monthly weigh

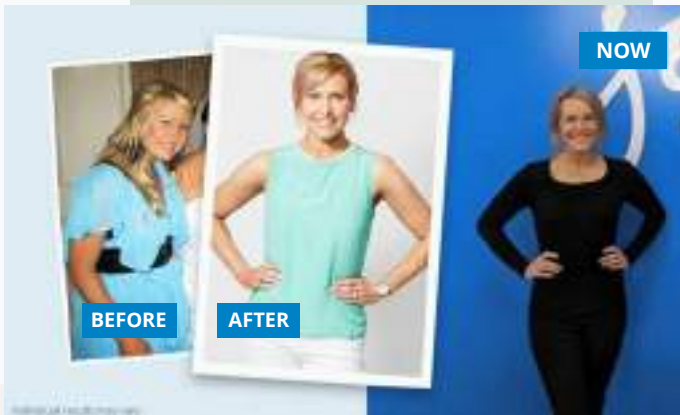
ins and chats with my coach. And if the weight started to creep back on, I'd would go back on the weight loss program. It's a real balance with life's up and downs, but the beauty of the program is you can go on whenever you need and lose those extra kilos if they creep on.

Alex – My secret to maintaining my weight is having balance, not being too hard on myself and being prepared. I stick to my Jenny Craig maintenance plan 90% of the time and when it comes to enjoying a meal outside the plan I make sure I stick to the portion sizes and order heaps of delicious greens and veg. These are all great habits that being on Jenny Craig taught me. Also, I've found that being prepared is key. Ordering my meals in advance and preparing my salads and fruit portions for the week really sets me up for success.

“My secret to maintaining my weight is having balance, not being too hard on myself and being prepared.”

– ALEX

TENNILLE LOST 13KG



ALEX LOST 28KG



3

How regularly do you chat with your Jenny Craig coach?

Neil – I go into the Jenny Craig centre every 2 weeks to catch up with my coach and collect my Jenny Craig lunches and snacks.

Tennille - Well funnily enough, now I work with her. My passion for the Jenny Craig program meant I ended up becoming a coach myself. I love sharing everything I learnt in my own weight loss journey, knowing the challenges, and seeing people achieving their own goals is so rewarding.

Alex – I place an order weekly, so one of the lovely ladies from the Jenny Craig Frankston team always checks in and sees how I'm going and leaves a sweet motivational note in my order when it gets delivered.

“My passion for the Jenny Craig program meant that I ended up becoming a coach myself.”

- TENNILLE

4

What have you been enjoying most since reaching your weight loss goal?

Neil - I've got 2 granddaughters now and my goal is to see both of them turn 21. Through exercising and keeping my nutrition right with the help from Jenny Craig, I'm on the right side of achieving my goals. Since I've achieved my weight loss goal I am able to wear nice clothes and I get good comments from people I haven't seen for few years. The body aches aren't as bad and just having more energy which I'm going to need for the grandkids!

Tennille - My confidence is the main achievement; I feel comfortable in my own skin. I feel proud that I'm being the best version of myself, that I'm able to physically keep up with my two boys who are always on the go.

Alex – Since reaching my weight loss goal I've been enjoying being more active, energetic and confident. I love surfing and losing 28 kilograms has made it a lot easier to enjoy that hobby. I'm more agile and my fitness has increased which has made being out in the water a lot more fun.

“I've got 2 granddaughters now and my goal is to see both of them turn 21...”

- NEIL

RECIPES

Kale, Zucchini & Broccoli Soup

Serves 4 (as a side or entrée)

Prep Time 30 mins **Vegetarian**

Ingredients

Spray of olive oil

½ medium leek, finely sliced

1 small clove garlic, finely sliced

½ bunch spring onions, roughly chopped

2 celery stalks, finely sliced

2 cups of curly kale (or 2 large leaves),
spine removed and finely sliced

½ large zucchini, roughly chopped

½ small head broccoli, stem and florets,
stem cut into cubes, top cut into small florets

600mL salt reduced vegetable stock

Handful each of fresh basil and mint, roughly chopped

Fresh lemon juice

Chilli to taste

Method

1. Lightly spray a medium sized non-stick saucepan with olive oil. Cook the leek, spring onion and celery over a low to medium heat for 8-10 minutes until the leek becomes translucent. Add the kale and cook for a further 4-5 minutes or until the kale is wilted, reducing the heat if necessary.
2. Add the remaining vegetables along with the stock and bring to the boil. Reduce to a simmer and cook with the lid on for 15 minutes. Add the basil and mint and stir until the herbs have wilted, squeeze over some fresh lemon juice.
3. Remove from the heat and allow to cool slightly before pouring into a blender. Blend until smooth, then return to a clean saucepan to reheat. Serve immediately, with a sprinkle of chilli or extra fresh herbs.

Enjoy!

Grocery serves

2 Non-starchy Vegetable serves | Free Food serves



DIETITIAN TIPS:

Serve before your favourite Jenny Craig dinner as an entrée, or at any time for a boost of winter vegetables

Use both the green and white parts of the leek and spring onion for this recipe.

This soup is also delicious when eaten without blending.

Danielle Bowman,
Accredited Practising Dietitian

SEASONAL VEGETABLE IN FOCUS – KALE

Kale is a cruciferous vegetable and a member of the cabbage family. Like cabbage, kale can be green or purple and with smooth or curly shaped leaves. The most common type of kale is Scots kale, which is green with curly leaves. A serve of kale is packed full of nutrients; it is a good source of Vitamin C and fibre, and is also a source of Vitamin A, calcium and folate. Kale is great cooked or served raw in a salad.



If you're a Jenny Craig member, refer to the grocery serves listed for each recipe to help you incorporate these into your program, or speak to your Coach for further guidance.

**Serve
me with**



Jenny Craig Lamb Moussaka

Zucchini Pasta with Slow Roasted Tomato & Feta

Serves 1 **Prep Time** 30 mins
Vegetarian

Ingredients

1 cup cherry tomatoes, halved
Spray of olive oil
½ large zucchini, both ends cut flat for your spiraliser
1 cup fresh baby spinach leaves
40g reduced fat feta cheese
Freshly cracked black pepper

Method

1. Preheat the oven to 180°C. Lightly spray the cut tomatoes with olive oil and place on an oven-proof tray, cut side up. Bake for 25-30 minutes.
2. Use a spiraliser to cut your zucchini noodles. Just prior to removing the tomatoes from the oven, place the zucchini noodles into a bowl of boiling water and leave to sit for 20 seconds, then drain.
3. Pile the spinach leaves into a bowl, top with the zoodles, then the tomatoes, some extra roughly chopped spinach leaves, and finally the feta. Add freshly cracked black pepper to taste.

Enjoy!

Grocery serves

3 Non-starchy Vegetable serves
1 Dairy serve



DIETITIAN NOTE:

You can reduce the feta to 20g and allocate ½ a dairy serve if this works better for your Jenny Craig kilojoule level.

Jessica Percic,
Accredited Practising Dietitian





If you're a Jenny Craig member, refer to the grocery serves listed for each recipe to help you incorporate these into your program, or speak to your Coach for further guidance.

**Serve
me with**



Jenny Craig Beef Pastie

Mediterranean Beef with Rice

Serves 1 Prep Time 40 mins

Ingredients

3 tsp olive oil
½ red onion, finely sliced
½ small red capsicum, cut into strips
½ garlic clove, finely chopped
120g lean beef strips
1 tsp salt reduced tomato paste
½ cup canned tomatoes
Fresh oregano and parsley to taste, leaves picked
⅔ cup cooked brown rice

Method

1. In a non-stick frying pan, heat the olive oil over a low to medium heat and add the capsicum and the red onion. Cook until softened and lightly browned, approximately 5-8 minutes.
2. Add the beef strips, garlic and oregano if using, and cook until the beef has browned through, approximately 4-5 minutes, depending on the size of the strips.
3. Stir in the tomato paste, cook for a minute, then add the canned tomatoes along with ¼ cup water. Cover and simmer over a low heat for 25-30 minutes, checking halfway through and adding more water if the mixture becomes a little dry. Meanwhile, cook the rice according to packet instructions.
4. Stir the parsley through the Mediterranean beef mixture and then serve accompanied with the rice.

Enjoy!

Grocery serves

3 Fat serves | 3 Vegetable serves
3 Meat serves | 2 Grain serves | Free foods



DIETITIAN TIP:

For a vegetarian option, swap the beef for 1 cup of tinned black beans.

Danielle Bowman,
Accredited Practising Dietitian

If you're a Jenny Craig member, refer to the grocery list for each recipe to help you incorporate these items into your program, or speak to your Coach for further guidance.



y serves
e into your
ance.

**DID YOU KNOW?
HERBS & SPICES**

Herbs and spices add amazing flavour to meals and allow you to really tailor a meal to suit your own taste. But did you know they can also bring many benefits to your health, due to their antioxidant properties. Specifically, research has shown consuming half to one clove of garlic daily, may help with lowering your cholesterol, including LDL (the 'bad' cholesterol) and triglyceride levels.



WINTER 2022 EDITION