

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	SHOPPING LIST
BREAKFAST	<b>Roasted Hazelnut &amp; Cinnamon Porridge</b> <sup>C</sup> ½ dairy serve 1 fruit serve	<b>Tropical Twist Muesli</b> <sup>B</sup> 1 dairy serve 1 fruit serve	<b>Oat &amp; Apricot Bar</b> <sup>D</sup> 1 dairy serve 1 fruit serve	<b>Apple &amp; Berry Brekkie Cup</b> <sup>D</sup> 1 dairy serve 1 fruit serve	<b>Malty Grain</b> <sup>A</sup> 1 dairy serve 1 fruit serve	<b>Wholemeal Pancakes</b> <sup>B</sup>  ½ dairy serve 1 fruit serve	<b>Tomato &amp; Basil Omelette</b> <sup>A</sup> 1 slice wholegrain toast 1 dairy serve	<b>Fruit</b> 14 fruit serves
SNACK	1 dairy serve 1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 dairy serve 1 fruit serve	1½ dairy serves 1 fruit serve	<b>Vegetables</b> 16 cups salad 12 non-starchy vegetable serves
LUNCH	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	<b>Sausage Roll</b> <sup>C</sup> 2 cups salad * 1 fat serve	<b>Vegetable Lasagne</b> <sup>B</sup> 2 cups salad *	<b>Grains</b> 12 slices wholegrain bread
SNACK	1 dairy serve	1½ dairy serves	1½ dairy serves	1½ dairy serves	1½ dairy serves	1 dairy serve	1 fruit serve	<b>Meat &amp; Meat Alternatives</b> 90g canned fish 4 slices lean meat (chicken, turkey, ham) 40g reduced fat cheese
DINNER	<b>Pepperoni Pizza</b> <sup>E</sup> 2 cups salad *	<b>Vegetable Tikka Masala with Paneer Cheese</b> <sup>D</sup> 2 vegetable serves *	<b>Beef Pastie</b> <sup>B</sup> 2 vegetable serves *	<b>Chicken Fettuccine</b> <sup>C</sup> 2 vegetable serves *	<b>Chunky Vegetable Soup</b> <sup>A</sup> 1 slice wholegrain bread 2 vegetable serves *	<b>Chicken Pad Thai</b> <sup>D</sup> 2 vegetable serves *	<b>Cottage Pie</b> <sup>E</sup> 2 vegetable serves *	<b>Dairy</b> 17½ dairy serves
SNACK	<b>Sweet &amp; Salty Popcorn</b> <sup>B</sup>	<b>Nut &amp; Cranberry Mix</b> <sup>C</sup>	<b>Melting Moment</b> <sup>A</sup>	<b>Sticky Date Pudding</b> <sup>C</sup>	<b>Light &amp; Tangy Veggie Crisps</b> <sup>A</sup>	<b>Oregano &amp; Thyme Crunchies</b> <sup>B</sup>	<b>Salted Caramel Nut Bar</b> <sup>D</sup>	<b>Fat</b> 6 fat serves

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

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grain \_\_\_\_\_ Meat & Meat Alternatives \_\_\_\_\_ Dairy \_\_\_\_\_ Fat \_\_\_\_\_

HYDRATION

ACTIVITY

DAILY SUPPLEMENT

☐
☐
☐
☐
☐
☐
☐

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

Refer to your Grocery Guide for information on Free Foods and Limited Free Foods

**Resource Centre**  
[jennycraig.com.au/resources](http://jennycraig.com.au/resources)  
[jennycraig.co.nz/resources](http://jennycraig.co.nz/resources)

Please direct comments to:

**Customer Care Australia**  
 P 1800 453 669  
 W [jennycraig.com.au](http://jennycraig.com.au)

**Customer Care New Zealand**  
 P 0800 555 123  
 W [jennycraig.co.nz](http://jennycraig.co.nz)

FM19aAUS-NZ-08/22

© 2022 Jenny Craig  
 Weight Loss Centres Pty. Ltd.

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	SHOPPING LIST
BREAKFAST	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve	<b>Apple Cinnamon Oat Clusters</b> <b>B</b> 1 dairy serve 1 fruit serve	<b>Nut &amp; Grain Chew</b> <b>C</b> 1 dairy serve 1 fruit serve	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve	<b>Raspberry Cacao Crunch</b> <b>D</b> 1 dairy serve 1 fruit serve	<b>Hazelnut &amp; Almond Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve	<b>Caramelised Onion Fritters</b> <b>C</b> 1 slice wholegrain toast 1 dairy serve	<b>Fruit</b> 14 fruit serves  <b>Vegetables</b> 16 cups salad 12 non-starchy vegetable serves  <b>Grains</b> 11 slices wholegrain bread  <b>Meat &amp; Meat Alternatives</b> 90g canned fish 4 slices lean meat (chicken, turkey, ham) 60g reduced fat cheese  <b>Dairy</b> 17½ dairy serves  <b>Fat</b> 4 fat serves
SNACK	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 fruit serve	1 dairy serve 1 fruit serve	
LUNCH	2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	2 slices wholegrain bread 20g reduced fat cheese 2 cups salad *	2 slices wholegrain bread 1 fat serve 2 slices lean meat 2 cups salad *	<b>Beef Pie</b> <b>D</b> 2 cups salad * 20g reduced fat cheese	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 cups salad *	
SNACK	1½ dairy serves	1½ dairy serves	1½ dairy serves	1½ dairy serves	1½ dairy serves	1½ dairy serves	1 fruit serve	
DINNER	<b>Thai Green Chicken Curry</b> <b>C</b> 2 vegetable serves *	<b>Bangers &amp; Mash</b> <b>C</b> 2 vegetable serves *	<b>Macaroni Cheese</b> <b>A</b> 2 vegetable serves *	<b>Chicken Satay</b> <b>D</b> 2 vegetable serves *	<b>Crumbed Fish &amp; Wedges</b> <b>E</b> 2 cups salad *	<b>Mexican-style Veggie Stack</b> <b>B</b> 2 vegetable serves *	<b>Lamb Moussaka</b> <b>B</b> 2 vegetable serves *	
SNACK	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	<b>Butterscotch Sundae</b> <b>A</b>	<b>Trio Spice Mix</b> <b>D</b>	<b>Choc Chip Bites</b> <b>C</b>	<b>Apple &amp; Rhubarb Crumble</b> <b>B</b>	<b>Savoury Soy Snack</b> <b>B</b>	<b>Chocolate Mousse</b> <b>A</b> ½ dairy serve	

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

Fruit \_\_\_\_\_ Vegetables \_\_\_\_\_ Grain \_\_\_\_\_ Meat & Meat Alternatives \_\_\_\_\_ Dairy \_\_\_\_\_ Fat \_\_\_\_\_

HYDRATION

ACTIVITY

DAILY SUPPLEMENT

☐
☐
☐
☐
☐
☐
☐

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

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

FM19aAUS-NZ-08/22

© 2022 Jenny Craig  
 Weight Loss Centres Pty. Ltd.