

OCTOBER

TRY FOR 5 - TIPS FOR GETTING IN YOUR VEGGIE SERVES

GET INSPIRED

by JENNY CRAIG

OCTOBER 2019
JENNYCRAIG.COM.AU

EAT A RAINBOW!
TRY THESE MEXICAN
*Lettuce Cup
Tacos*

jenny
CRAIG®



Eat a rainbow

In this month's **GET INSPIRED**, we're getting excited about vegetables as part of Nutrition Australia's 'Try for 5' campaign. The 'Try for 5' campaign is all about encouraging Australians to increase their vegetable intake to the recommended five plus serves a day.

While many of us know the benefits of eating plenty of veggies each day, the average person only eats

half as much as the guidelines recommend¹. We're aiming to change that this month with plenty of tips to get more veg on your plate.

There's also three brand-new recipes from our dietitians with tastebud-tempting Mexican flavours. Eating across the rainbow has never been more exciting!

XX The Jenny Craig team

1 Reference: tryfor5.org.au

MEET Krystie PAKENHAM, VIC NOW

Then



Now

Krystie
LOST 18KG[^]

[^]Individual results may vary

Can you tell us what life was like before Jenny Craig?

Life before Jenny Craig was free form, I did what I wanted, I certainly didn't have any great habits in relation to my food or anything like that. I just enjoyed my life and did my thing and I still enjoy it now, it's just a bit more structured.

So what inspired you to join Jenny Craig?

For me, my friends and my family had been encouraging me for a long time to lose weight. I just felt like I needed to make that decision for my own health and wellbeing. I sort of got to that point where it was time to do it.

What was the beginning of your journey like?

My journey on Jenny Craig started around my 29th birthday, I decided that it was time to look towards the future and what might come around the corner with 30 so I decided that Jenny Craig had to be where I start.

I wanted to have a great party for my 30th and to dance the night away. I just wanted to know that I was confident to do that and to wear a nice outfit, and feel great with my friends and family.

And since joining the program how has life changed?

Greatly. My confidence in the clothes I wear and the activities I partake in has gone up. Earlier this year I did the Run for the Kids and found that wanting to do it and knowing that I could do it was a real achievement for me.

What was the most important thing about having a consultant?

The consultants at Jenny Craig hold me accountable so they keep me in check if I've had a slightly bad week or I've got an event to go to, they'll keep me on target to make sure, I can still maintain my food goals and my social goals as well.

What was the best advice you have received from your consultant?

The best lesson I learnt from my consultant was probably that

if you do have any challenges coming ahead, to be honest about those up front. If you know that you're going to have a bit of a rough week or you've got an event to go to, they can support you with that in terms of making sure that you've got the right amount of food.

What's one of your proudest moments along your weight loss journey?

For me, one of the proudest moments on this Jenny Craig journey has definitely been getting back into water skiing. Water skiing has been something I've been involved with my whole family since I was about 5 years old and I grew up on the river. I had gotten to a point where I was too heavy to use my own strength to pull myself out from the water. For me to become just a spectator and not get involved was quite disappointing.

To know that I could get back up on the skis was something that makes me proud, but it was a proud moment for my dad as well. Something that he really wanted for me was to be fit and healthy and to be partake in something that my whole family has done, all my life.

“ I'M JUST SUPER PROUD
OF WHAT I'VE ACHIEVED ”

What inspired you to share your story?

I'm just super proud of what I've achieved on Jenny Craig and I think that if anyone can see myself, a real person that goes to work, comes home, eats my dinner, someone that just goes about life can do it then you can too.

If you have one piece of advice for someone thinking about starting the program, what would it be?

Don't think about starting Jenny Craig, just do it. Just go in, meet a consultant, or make a call—they're lovely people. There is nothing to be afraid of, they really will walk you through every step of it. It's a wonderful experience.



The POWER of VEGETABLES



BY LAURA FORD
ACCREDITED PRACTISING DIETITIAN

There's no denying the superfood status of vegetables. They're filled with antioxidants, an assortment of vitamins and minerals, and plenty of fibre to feed your gut. Veggies can help with weight loss (and maintenance!) as well as help to lower blood pressure and cholesterol levels. In fact, having plenty of fresh vegetables everyday can help lower your risk of developing cancer, heart disease, stroke and type 2 diabetes.

While many of us know it's important to include veggies in our diet, a lot of us are missing the mark. By skimping on veg, there's a greater risk of nutrient deficiencies as veggies contain many necessary vitamins, minerals and fibre. Veggies are rich in folate and B group vitamins and a deficiency in these vitamins can cause fatigue, anaemia and an overall lack of energy. A lack of fibre may also lead to digestive issues so ensuring you're getting enough veg is beneficial to help keep everything moving, reduce tummy problems and promote good gut health.

HOW MANY VEGGIE SERVES SHOULD YOU BE EATING? [READ ON >](#)

WHAT YOU SHOULD AIM FOR

Aim to get at least 5 serves of vegetables each day.

1 SERVE
=

1 CUP
green leafy or
raw salad vegetables

OR

½ CUP
cooked
vegetables

Also try to eat a range of different colours, as this will ensure you're getting a wide range of nutrients into your day. For many of us, eating 5 serves of veggies a day can seem challenging, so here are some simple tips to increase your vegetable intake:

Add some veg to your breakfast. A slice of tomato, some pan-fried mushrooms or wilted spinach make great additions to a savoury breakfast.



Have some veggies with lunch AND dinner. People tend to have their veggies only at dinnertime, but including them with your lunch makes hitting that 5 a day target much easier. This can mean having a side salad with a sandwich, or adding some extra steamed or stir-fried veg to a hot meal.



Start your main meals with a non-starchy veg soup (try our fail-proof [Easiest-ever Veg Soup](#)) or salad.

Have veggies as snacks. Keep a container of chopped veggies (like carrot, cucumber and celery) prepped in the fridge so you have a quick and easy snack ready to go.



Turn vegetables into noodles with a spiralizer to add to your Jenny Craig pasta meals.

Finely chop up some cauliflower and mix into rice to bump up the veg in Jenny Craig Butter Chicken, Vegetarian Chilli & Satay Chicken.



Take short cuts – use pre-chopped, frozen or canned veg to save on time.

Experiment with new vegetables, ever been to a market and seen a vegetable you didn't recognize? Why not ask the grocer how to prepare it and give it a go!



If you have a Grain Serve on your menu, opt for a starchy veggie instead. Try peas, corn, potato or pumpkin.



If you have a meat serve on your menu, swap for legumes as these are veggies too. Try lentils, chickpeas or kidney beans.

Check out the Free Food recipes on the Jenny Craig website for inspiration: [jennycraig.com.au/blog/recipes/free-foods](https://www.jennycraig.com.au/blog/recipes/free-foods)

Active HOLIDAYS



Everyone deserves a break and a little 'RnR' from time to time. And while sitting by the pool and long day naps might be your thing, if you're looking for something a little different and to keep your wellness momentum going, why not consider an active holiday?

Active holidays involve mixing activity with relaxation and can range from the adventurous to the gentle. An active holiday might also simply involve adding some elements of activity into your holiday. Either way, if you're looking to add more activity to your break we've got a few ideas to get you started.

HIKING

Hiking can be a great way to unwind, plus you'll get to see some beautiful views, soak up the fresh air and get back to nature. There are plenty of hiking tour companies to be found online and you can always ask for local hiking advice from tourist information centres. Hikes can range from the challenging with peaks and climbs to the beginner with gentle short strolls through woodlands or along coastlines and so can be suitable for all levels.

CAMPING

Whether you're the type of camper who likes to go off the beaten track or you're more into camping at a holiday park, pitching a tent will help keep you active. Camping can be a great and affordable holiday for families or groups of friends. Don't forget to pack the cricket bat and ball, walking shoes or tennis rackets to keep you busy.

WALKING TOURS

If you're traveling overseas or interstate why not look up a local walking tour? Quite often walking tours are free, or need only a small donation, you get to meet other travelers and you'll be active without even noticing! The other benefit is they can be run by locals who are passionate about their city and will happily show you hidden gems you won't find in the guidebooks. If you're having a staycation, why not do a walking tour in your own city? Who knows what you'll discover.

SNOW HOLIDAY

Nothing gets the heart rate going quite like skiing or snowboarding down a mountain, or maybe you're more of an explorer with cross country skiing or perhaps you're more into building snowmen and a little bit of tobogganing. Either way, heading to the snow will provide plenty of opportunities to mix up relaxing massages at your resort with active fun.

YOGA GETAWAY

Yoga holidays can offer the ultimate relaxation while staying active. Yoga is a gentle form of exercise and many yoga retreats offer other wellness benefits such as meditation, connecting with nature and the chance to totally disconnect.



WIN A 10K HOLIDAY!*

Where will your Jenny Craig journey take you?
Visit jennycraig.com.au/holiday
to find out more.

*Open to all current members of Jenny Craig.
Ends 21/12/19. T&Cs apply, visit jennycraig.com.au/terms



MEXICAN MAC & CHEESE

SERVES 1

INGREDIENTS

1 Jenny Craig Macaroni & Cheese
 Spray oil
 ½ red onion, diced
 ½ red capsicum, diced
 ½ green capsicum, diced
 ½ tomato, diced
 ½ red chilli, finely chopped (optional)
 1½ tsp taco seasoning
 Fresh coriander and pickled jalapeño
 chilli to garnish



METHOD

Preheat oven to 180°C.

Defrost Jenny Craig Macaroni & Cheese by warming in the microwave for 3 minutes. Set aside.

Lightly spray a non-stick frypan with spray oil and place on medium heat. Add the red onion and cook for 2 minutes until softened but not browned. Add the red and green capsicum, tomato and chilli to the frypan and cook for 5 minutes, stirring frequently. Add the taco seasoning and cook for a further 1-2 minutes. Remove from heat and set aside.

Place the defrosted Jenny Craig Macaroni & Cheese and the vegetable mixture into a baking dish and stir to combine. Place the baking dish in the preheated oven for 15-25 minutes until heated through and golden on top.

Serve topped with fresh coriander and pickled jalapeño chillis.

TIP If you can find habanero chillis, use these in place of regular red chillis to give your dish a more authentic Mexican flavour.

Grocery Count (per serve): Free Food Recipe



LETTUCE CUP TACOS

SERVES 1

INGREDIENTS

- ½ red onion, thinly sliced
- ½ lime, juiced
- 1 Jenny Craig Vegetarian Chilli
- 1 small head of butter lettuce or gem lettuce, leaves removed and washed
- ⅓ cup fat free Greek yoghurt
- ½ cup cherry tomatoes, diced
- ½ cup shredded carrot
- Coriander and fresh chilli (optional) to garnish

METHOD

Make a quick pickled onion by combining the sliced red onion and lime juice together in a small bowl. Set aside while you prepare the rest of the dish.

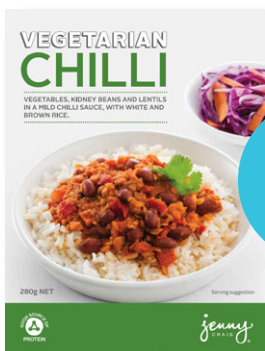
Warm the Jenny Craig Vegetarian Chilli as per instructions on the pack. When warmed through, remove the plastic lid and combine the rice and chilli mixture together.

Assemble the lettuce cup tacos by placing a tablespoon of chilli mixture on top of each individual lettuce leaf.

Then top with a small dollop of fat free Greek yoghurt, some pickled red onion, cherry tomatoes, shredded carrot, coriander and fresh chilli.

Enjoy!

TIP The longer you leave the onions to marinate, the brighter and pinker they'll become!



Grocery Count (per serve): ½ Dairy serve



ROASTED TOMATO SALSA

SERVES 1

INGREDIENTS

3 tomatoes, roughly chopped
 1 brown onion, roughly chopped
 1 clove of garlic, whole unpeeled
 1 tsp ground cumin powder
 1 tsp ground coriander powder
 ½ tsp paprika
 ¼ tsp chilli powder (optional)
 Fresh coriander and lime to garnish

METHOD

Preheat oven to 180°C. Place the chopped tomato, onion and garlic onto a baking tray lined with greaseproof paper. Sprinkle the spices over the vegetables and bake in the oven for 30 minutes.

When the vegetables are cooked, place into a blender or food processor and blend to a coarse consistency.

To serve, top with fresh coriander and lime.

Enjoy!



TIP Add coriander, lime and chilli to taste! This salsa is also great on the Jenny Craig Beef Burrito or served with the Mexican-Style Slow Cooked Pork.

Grocery Count (per serve): Free Food Recipe



OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



RAPID RESULTS MEMBERS LOST AN AVERAGE
5KG IN THE **4 WEEKS**[#]
FIRST



#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (including full weekly Menu and consultations), versus 3.87kg on our Classic Program.



#jennycraigausnz

jenny
CRAIG[®]