

WOMEN'S HEALTH
EDITION

START YOUR DAY RIGHT WITH APPLE CINNAMON BIRCHER

GET INSPIRED

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Recipes
FOR HEALTHY EATING
on the go

jenny
CRAIG®

Healthy eating made easy

When life gets busy and you have a lot of things to organise, healthy eating can easily drop to the bottom of the list. In fact for women, our biggest barrier to staying healthy or for making healthy changes to our lives is a lack of time¹. But healthy eating doesn't need to be time consuming.

In this edition of **Get Inspired**, we have some amazing simple yet healthy recipes for busy women to ease the pressure. There's also great meal prep tips from our Dietitians to help you stay on top of your week, and read the amazing Gabriella's journey to feeling more confident.



Make

Steph's Spicy
Coleslaw,
recipe p. 6

1 Jean Hailes 2019

MEET *Gabriella* NOW



The biggest struggle that I had before Jenny Craig was going to the shops, trying something on and not being able to fit it. I just felt like I couldn't go to the shops anymore and it really got me down to a low stage in my life. I always lacked confidence in my life and I feel that had been quite a big issue. Now since going to Jenny Craig, it's boosted my confidence through the sky and I feel so much better within myself.

I always had issues with friends and friendships and was just struggling through everything, I was quite an angry girl and was down on myself and it did affect the people around me. That's when I knew I wasn't being myself and the true person that I could be or the best that I could be. I knew that I had to do something about it, so I joined Jenny Craig.

Now I'm more than happy to take a photo if I'm out, if we're out anywhere, I'm happy to jump in. The confidence that it has given me throughout... I know that a lot of people I have seen since I have been posting photos and being on Jenny Craig are just amazed with how good it's been and the job that I've done.



Gabriella
LOST 28KG[^]

[^]Individual results may vary

My consultant taught me that food isn't everything, it doesn't control your life. The program teaches you to maintain the weight so when you get to a certain stage, they ask you to bring in your own foods or they integrate it within your lifestyle, and your daily regime so that's obviously the best thing.

“ MY CONSULTANT TAUGHT ME
THAT FOOD ISN'T EVERYTHING,
IT DOESN'T CONTROL YOUR LIFE.
-Gabriella ”

To someone who is afraid to take the first step, I would say 'come with me to an appointment' – try to just encourage them because that's obviously what I was like at the start and they just need someone to give them guidance, and let them know that it is not as bad as you think and that it will be a positive change. You will wish you did it earlier!



Meal Prep hacks

FOR BUSY WOMEN

Eating healthy can seem more challenging when you feel short of time. And let's be honest, who doesn't feel time pressures, whether it's from work, being involved in your community or taking care of your family. But fear not, we have some simple meal prep hacks here to help you save time in the kitchen and make your weekly cooking a breeze.

SCHEDULE IT IN

Block the time off and make healthy eating a priority. Take the time to have a look at the following things on your menu:

- Which foods or recipes will match each meal on your Jenny Craig Program or meal plan?
- Can some recipes, vegetables or salads be used for more than one meal? (Hint: try to make them work for at least 2 meals)
- Write a shopping list and group items together in this order (fruit, vegetables, pantry items, dairy and meats). This will make shopping much faster.
- Try ordering your groceries online for click & collect or for delivery.

MAKE IN BULK

- If adding steamed veg to your lunches or dinners, wash, cut and store them in airtight containers – when you get home just take out as much as you need and zap in a microwave safe container with a little water.
- To save time on salad prep, make in bulk. Leave out any ingredients that might spoil quickly (like avocado or tomato) and add in closer to serving as needed. For example, for our coleslaw recipe on page 6, make the salad without the dressing, and place into 4 separate containers. Divide the dressing into 4 small containers. Place all in the fridge and your lunch sides are sorted for 4 days!

PREPARE AHEAD

- Use frozen vegetables or precut salads—just skip any included dressings if you're following Jenny Craig as they may not suit the Program.
- Buy a good quality vegetable slicer—you'll thank us for this tip!
- Cut up fresh fruit (like apples) for snacking or adding to your brekkie. Drizzling lemon juice over the top can help to keep it fresh.
- If eggs are on your menu, cook them ahead of time—boiled eggs keep well in the fridge.
- Make your breakfast the night before—portion your milk/ yoghurt and fruit in a container. In the morning you just need to add your cereal. Or try our twist on Bircher on page 5.

QUICK + HEALTHY SNACK IDEAS



Veggie sticks (carrot, cucumber, capsicum, green beans), pre-cut and placed into individual containers.



Cherry tomatoes – no need to prep, just pack and go!



Cheese slices or portions. Convenient AND satisfying.



APPLE CINNAMON BIRCHER

SERVES 1

INGREDIENTS

- 1 Jenny Craig Apple & Cinnamon Porridge
- 1 apple, ½ grated, ½ sliced to serve
- 1 tsp LSA
- ½ tbsp sultanas
- ½ cup skim milk
- ⅓ cup (100g) fat free plain yoghurt
- Sprinkle of cinnamon
- Fresh blackberries to serve (optional)

METHOD

Place Jenny Craig Apple & Cinnamon Porridge, ½ grated apple, LSA, sultanas, skim milk, fat free plain yoghurt and cinnamon in a bowl and stir well to combine. Place into a container or bowl, cover and refrigerate overnight or for at least 4 hours.

When the porridge mixture has chilled, place into a serving bowl and top with reserved apple slices and blackberries if desired.

TIP: LSA is a combination of finely ground linseeds, sunflower seeds and almonds. It is a great source of fibre and contains heart healthy omega 3 fatty acids.



*Serve
WITH ME*

Enjoy!



Grocery Count (per serve): 1 Milk Serve, 1½ Fruit Serves, 1 Limited Free Food

STEPH SAYS...

"The inspiration for this spicy coleslaw came from Melbourne's food truck scene and how loaded baked potatoes often feature at these events (and are such a treat). I like to pair this salad with the Jenny Craig Cheesy Baked Potato—the fresh crunchy salad contrasts with the creamy baked potato."



Steph works at Jenny Craig as a Business Systems Support Team Leader and has been part of the Jenny Craig family for 6½ years. She loves working at Jenny Craig because of her team and

their love for creating tasty food (and they sure know how to plan a delicious spread)! While she loves many of the Jenny Craig products, the Beef Pastie is currently her favourite item.



STEPH'S SPICY COLESLAW

SERVES 4

INGREDIENTS

2 cups white cabbage, finely shredded
2 cups red cabbage, finely shredded
1 carrot, grated
2 sticks celery, finely chopped
2 spring onions, chopped
4 tbsp fresh coriander, chopped
Dressing:
⅔ cup low fat Greek yoghurt
2 tbsp water
1-2 tsp Sriracha sauce (or any spicy chilli sauce)
1 tbsp lime juice

METHOD

Make the coleslaw by placing white cabbage, red cabbage, carrot, celery, spring onion, and coriander into a bowl. Set aside and prepare the dressing.

Make the dressing by combining the low fat Greek yoghurt, water, Sriracha sauce and lime juice.

When ready to serve, pour the dressing over the coleslaw and stir to combine.

TIP: If you're making this salad as part of your meal prep for the week, be sure to portion out the dressing in small containers so your salad stays fresh throughout the week!

Grocery Count (per serve): ¼ Milk Serve



HERBY TARTARE SAUCE

SERVES 2

INGREDIENTS

1/3 cup low fat Greek yoghurt
 1 spring onion, finely chopped
 1 tbsp capers, finely chopped
 4 unsweetened gherkins, finely chopped
 1 tsp white vinegar
 2 tbsp fresh dill, finely chopped
 Pepper to taste

METHOD

In a small bowl, mix together all ingredients until combined.

Cover and chill in the fridge for 30 minutes to allow the flavours to mingle.

Enjoy!



Made
WITH ME

TIP: Prep a little extra dill and chopped spring onion - it will keep in the freezer for later use. Rinse dill, pat dry and freeze on a tray before transferring to a freezer-safe plastic bag or container (chopped spring onion can go straight in). Next time you want to make this zingy sauce, these ingredients will be ready to go!

Grocery Count (per serve): 1/4 Milk Serve



ASK US ABOUT

RAPID RESULTS



AND HOW YOU COULD SEE
RESULTS EVEN SOONER



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

#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.



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jenny
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