

DECEMBER

RECIPES + ARTICLES CELEBRATING THE FESTIVE SEASON

GET INSPIRED

by JENNY CRAIG


DECEMBER 2019
JENNYCRAIG.COM.AU



TRY THESE
FUN

Mango +
Passionfruit
Pancakes

jenny
CRAIG®



Let's Celebrate!

It's that time of year again! The festive season is upon us and we have just what you need to keep calm and enjoy all the fun of Christmas this year. Our dietitians give their top tips for stress relief with **12 DAYS OF SELF CARE** (pg 4), while our mouthwatering recipes are sure to fill you with Christmas cheer. Wishing you all a safe Merry Christmas!

XX The Jenny Craig team

MEET

Fiona

CHELTENHAM, VIC

NOW

Then



Now
Fiona
LOST 41KG[^]



[^]Individual results may vary

I just went day to day with the thought that this is the body I was meant to exist in, and I simply accepted it. For the past couple of years, I felt exhausted at the end of each day and resorted to stay in rather than going out.

I'm at an age where my health could slide in the wrong direction, of which I saw stages of and before a doctor told me, I had to make a change. I made the decision to take this on myself and change my life for the better. I decided on Jenny Craig as I needed to be accountable each week and not hide from it. Plus, I finally decided to prioritise me, myself and I.

The program has fitted into my life and does give flexibility when I need it. The meal plan is all there in front of you and I just need to stay the course. The bonus of Jenny Craig is the consultants come with the program - without this I believe I would not have gotten to where I am now and smashed goals. The menu is amazing so much variety. Plus, who doesn't love a sweet or savoury snack, they always hit the spot at the right time of day.

I did especially look forward to the Chicken Parmigiana and Chicken Pad Thai dinners - I felt I never missed out. The entire team at Cheltenham have been wonderful but the credit really needs to go to Renee - she has been there since I started.

Every week she welcomed me with an amazing smile and just knew what I was capable of before I even knew it. She has been a wonderful educator in my weight loss journey and retrained the way I think about food, myself and the future.

I really did think I was happy the way I was and settled for that - as I write this, I'm totally blown away with being lighter physically and mentally. I'm more open to talk about myself and my journey and have an abundance of energy. Each day I strive to improve my health, wellness and fitness - just be better all around.

“ I finally decided to prioritise me, myself and I ”

Just committing to the program each and every week and especially having realistic goals - I felt no pressure. It has all resulted in an amazing transformation in just only 10 months.

12 DAYS OF SELF CARE



BY KAREN STAFFORD
ACCREDITED PRACTISING DIETITIAN

It's December and the countdown to Christmas is on!! Chances are you're frantically making mental lists of presents to buy, parties to plan and go to and food to cook. And this is all while juggling kids or end of year celebrations (or both) and potentially holidays. It's a lot and can sometimes be so overwhelming that we forget to slow down and enjoy the holiday season and what it is meant to be about – spending quality time with family and friends.

Your mind might feel like it's got 100 tabs open at once, so let's try to minimise those tabs each day for 12 days and practice some self-care to help get you through the silly season. Best of all you'll be able to really enjoy it! Whether it's 5 minutes, 30 or 60, the key is to stop and take the time to breathe and do something to help you relax and meet your own personal needs.



DAY 1:

Have a bath



DAY 2:

Get a massage



DAY 3:

Meditate



DAY 4:

Enjoy a long walk after dinner



DAY 5:

Watch an old favourite movie – or take yourself to the movies



DAY 6:

Take a break at work and go for a walk at lunch time



DAY 7:

Do a FUN activity – dance, roller blade, rock climb or ride your bike



DAY 8:

Choose a positive affirmation and repeat it to yourself throughout the day



DAY 9:

Take time away from social media



DAY 10:

Get in contact with somebody important to you



DAY 11:

Listen to an inspiring podcast



DAY 12:

Reflect on what you are grateful for



FESTIVE ORANGE SPICED MOCKTAIL

SERVES 2

INGREDIENTS

3 black teabags
 3½ cups boiling water
 Juice and peel from 1 orange
 3 cinnamon sticks
 2 star anise
 Natural sweetener to taste
 Ice to serve

METHOD

1. Place the teabags and boiling water into a large jug. Add the orange peel, cinnamon sticks and star anise and allow everything to steep for at least 20 minutes. Place the jug in the fridge to allow the liquid to cool down.
2. Once the tea is cold, add orange juice and natural sweetener and stir well to combine. When ready to serve, top with ice.

Enjoy!

DID YOU KNOW?

Black tea contains a variety of different antioxidants including polyphenols that are beneficial to your health.



*Serve
WITH ME*

Preparation time: 5 minutes

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



MANGO + PASSIONFRUIT PANCAKES WITH LIME YOGHURT

SERVES 1

INGREDIENTS

- 1 Jenny Craig Wholemeal Pancakes (prepared using $\frac{1}{3}$ cup skim milk)
- $\frac{1}{3}$ cup plain fat free yoghurt
- Juice and zest from $\frac{1}{2}$ lime
- $\frac{1}{4}$ mango cheek, diced
- 1 Passionfruit, pulp removed
- Mint leaves to garnish (optional)



Made
WITH ME

METHOD

1. Prepare and cook the Jenny Craig Wholemeal Pancakes as per instructions on the package. Hint: make smaller pancakes to create a stack like this.
2. Once the pancakes are cooked, prepare the lime yoghurt by combining the plain fat free yoghurt with the lime zest and lime juice.
3. To assemble to pancakes, top with lime yoghurt, fresh mango and passionfruit. Garnish with mint leaves if desired.

Enjoy!

DID YOU KNOW?

Mangoes are a high fibre fruit that are a great source of antioxidants, vitamin C and vitamin A.

Preparation time: 10 minutes



ORANGE, BEETROOT + GOATS CHEESE SALAD

SERVES 1

INGREDIENTS

60g mixed rocket and spinach leaves
 1 orange, peeled and sliced into thin rounds
 ½ beetroot, thinly sliced
 2 radishes, thinly sliced
 40g goats cheese, crumbled
 1 tsp chives, finely chopped
 For the dressing
 1 tsp Dijon mustard
 2 tbsp lemon juice
 4 tbsp water
 Pepper to taste

METHOD

1. Place the rocket and spinach leaves onto a plate and top with sliced orange, beetroot, radish, goats cheese and chives.
2. Prepare the dressing by mixing the Dijon mustard with lemon juice, water and pepper.
3. When ready to serve, pour the dressing over the salad and toss to combine.

Enjoy!



DID YOU KNOW?

You can eat beetroot leaves (aka beet greens)? They can be used in cooking the same way as spinach and are a good source of Vitamins A, C and K.

Preparation time: 20 minutes

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