

MAR

START YOUR DAY RIGHT WITH APPLE CINNAMON BIRCHER

# GET INSPIRED

by JENNY CRAIG

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JENNYCRAIG.COM.AU



Recipes  
FOR HEALTHY EATING  
on the go

jenny  
CRAIG



# Back to healthy

Getting back to school and work can be a challenging time of year—with a lot of things to organise, healthy eating can easily drop to the bottom of the list.

This month we've got some amazing recipes for simple, healthy, and most of all portable meals to keep you powered up no matter what your day brings.

They're also meat-free! Whether or not you're a vegetarian, having a meat free day (#meatfreemondays) can be a great way to up your veggie intake and maintain a healthy diet.

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





# 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<sup>^</sup>

<sup>^</sup>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

The year is well and truly in full swing and during this busy time life can often get in the way. For those of you following the Rapid Results menu, you'll likely be feeling the benefits of following your circadian rhythm. Many of our members report feeling more alert and energized simply by giving their digestive system a 12-hour break, however for some it can seem a little daunting to try and finish cooking and preparing all your meals by 7 or 8pm. 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 it 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 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 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

## 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.

**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—I like the contrast of the fresh crunchy salad 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 new 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



# SUPER VEGGIE BURRITO

SERVES 1

## INGREDIENTS

1 Jenny Craig Bean & Cheese Burrito  
 ½ cup iceberg lettuce, shredded  
 ½ carrot, grated  
 ¼ red capsicum, sliced  
 ⅛ red onion, finely sliced  
 20g reduced fat cheese, grated  
 2 tbsp tomato salsa  
 Jalapeño chillis (optional)  
 Lime juice (optional)

## METHOD

Heat Jenny Craig Bean & Cheese Burrito as per instructions on the packaging.

Once the burrito is warmed, carefully unwrap the tortilla and fill with lettuce, carrot, capsicum, red onion, reduced fat cheese, tomato salsa and jalapeños. Gently re-wrap burrito. Note: If you can't fill the burrito with all ingredients, use the remaining ingredients in a side salad and dress with some fresh lime juice.

**TIP:** Pickled Jalapeño chillis are a great free food flavour enhancer!

Serve  
WITH ME



Enjoy!



**Grocery Count (per serve):** ½ Milk Serve, 1 Limited Free Food



# Summer Menu

**8 NEW ITEMS**  
TRY THEM NOW

*Apple & Cinnamon Porridge*

*Corn Chips*

*Sweet & Sour Chicken*

*Smoked Paprika Paella*







**RAPID**  
RESULTS

ASK ABOUT OUR  
**RAPID RESULTS  
PROGRAM**

AND HOW YOU CAN SEE  
RESULTS EVEN SOONER

*jenny*  
CRAIG

