

SEPTEMBER

DIETITIAN TOP TIPS FOR WEIGHT LOSS SUCCESS

GET INSPIRED

by JENNY CRAIG

SEPTEMBER 2020

Learn
**HOW TO BEAT
THE 3PM
SLUMP**



TRY OUR 3 NEW RECIPES • SUCCESS STORY: ANDREJA LOST 33KG! • MEET OUR DIETITIANS



*Hands up if
you've ever hit
a slump at 3pm?*

This edition of ***Get Inspired*** is filled with tips and tricks to beat that 3pm slump and is filled with creative ways to enhance your Jenny Craig lunches and snacks. Our dietitians, Karen and Laura, also share their top tips for weight loss success.

XX The Jenny Craig team

Get to know OUR DIETITIANS



KAREN

I'm the Nutrition and Program Development Manager at Jenny Craig. I love working with a fun team of motivated people who have a genuine passion for helping people. I love knowing that we are all working together to help people improve their health and well-being and achieve their personal goals.

My top tip for our members is to try to take the focus off the scales, set your goals and measure your success by things that really matter like increased fruit and veggie intake, increased energy levels or improved fitness. These are the things that make you feel good and will keep you motivated in the long term. Also don't miss your consultations! Whether you can get to them in person at the moment or have them over the phone. You're not alone and your consultant is there to help you with every aspect of the program.

My favourite Jenny Craig meal would have to be the Chicken Pad Thai followed by a Butterscotch Sundae...yum!



LAURA

I'm the Senior Company Dietitian at Jenny Craig. I love knowing that my work helps to create change and healthy habits in so many people's lives. I also love developing recipes and finding ways to make healthy living more sustainable and enjoyable so our members can have long term success on the program.

My top tip for our members is to personalise your menu with your extras and experiment in the kitchen. Try different flavour combinations with veggies, herbs and spices, and try cooking them in a variety of different ways. This will help keep your menu exciting and will help you keep the weight off long term as you'll have found more ways to include veggies into your day.

My favourite Jenny Craig meal is the Lamb Moussaka, the bechamel sauce is so creamy and indulgent!

[READ MORE ABOUT OUR DIETITIANS](#)

SUCCESS STORY



^Individual results may vary



MEET *Andreja* NOW

TRARALGON, VICTORIA

ANDREJA JOINED JENNY CRAIG TO ACHIEVE A HEALTHIER AND BETTER LIFE!

Tell us a bit about you and what life was like before you joined Jenny Craig:

My life before joining Jenny Craig was very bad, I was unhappy about my life, everything was difficult to do and I was always tired.

Why did you decide to join Jenny Craig?

I wanted to be happy about how I look, I wanted to be healthier and have a better quality of life.

Can you describe your experience on the Jenny Craig program?

When I joined Jenny Craig, I started to believe that I can achieve a healthier and better life. The food was excellent and I had a lot of support from my consultant.

Do you have any favourite items from the Jenny Craig menu?

Chicken Cacciatore, Butter Chicken, Malty Grain, Quiche Lorraine, Spinach and Ricotta Cannelloni...

Tell us about your Jenny Craig Consultant?

Kelly is a very nice and caring lady. I have a lot of support from her and she was going out of her way to give me her best advice.

“ I feel very confident about myself, very proud of myself too. Much happier within myself and I love my life. ”

How do you feel now that you've lost the weight?

I feel very confident about myself, very proud of myself too. Much happier within myself and I love my life.

Do you have a standout moment on the Jenny Craig Program you'd like to share?

Seeing good results. I could see that the program is working for me!

HOW TO BEAT THE 3PM SLUMP

We've all heard about it, after a productive morning and lunch break you hit that slump in the afternoon when you feel tired and lose concentration. You might also crave certain types of food or start procrastinating by looking for something to snack on. It's common, especially for those that find themselves sitting at their desk and/or in front of a computer all day.

One of the reasons for our mid-afternoon slump is that our body biologically becomes less alert as the day goes on and starts winding down to prepare for sleep. So, one solution is to have a nap...while this sounds amazing you might not be able to nap each afternoon, so here's our guide to beating the slump and re energising your afternoon.



BY KAREN STAFFORD,
ACCREDITED PRACTISING DIETITIAN



1. HAVE A NUTRITIOUS BREAKFAST

Kick start your day with a nutritious breakfast that will fuel you for the day, keep your blood sugar levels stable and help prevent the afternoon slump. Choose a breakfast that includes wholegrains and protein to keep you feeling full and energised. It doesn't have to be fancy. A wholegrain cereal or muesli with fruit and reduced fat milk or yoghurt, or some eggs on wholegrain toast with veggies are great options.



2. KEEP HYDRATED

When you're dehydrated you can feel less energetic and find it hard to concentrate. So be sure to drink plenty of water throughout the day to make sure you're well hydrated. We can also confuse hunger with thirst so staying hydrated can also help with those mid-afternoon cravings.



3. FILL UP AT LUNCH TIME

Believe it or not, you may be feeling a slump at 3pm because you didn't eat enough at lunch. Eating too little or skipping your lunch can leave you searching for snacks at 3pm, so make sure you're keeping yourself satisfied with your lunchtime options. Ensure half your plate is full of non-starchy veggies to help keep you feeling more satisfied throughout the day.



4. HAVE A NUTRITIOUS MID-AFTERNOON SNACK

If you're feeling your energy levels drop and you're looking for something to eat it's fine to have a snack to fuel your body. Choose something with good quality carbs, protein and fats that will keep your energy up and blood sugar levels stable until dinner. For example, some Greek yoghurt with fruit or wholegrain crackers with cheese and avocado.



5. GO FOR A WALK

A bit of physical activity gets the blood pumping and can increase your energy levels, so stretch your legs and have a movement break. Walking outside and getting some fresh air can also help you mentally refresh and clear your mind ready for the tasks of the afternoon.



6. PLAY SOME UPBEAT MUSIC

Your favourite tunes can also give you a little afternoon pep up and the motivation to get through the rest of the day. Music can be a powerful motivator so choose some of your favourite upbeat songs to help energise your afternoon.



7. GET ENOUGH QUALITY SLEEP AT NIGHT

Lack of sleep can also cause an afternoon slump. If we start the day off without being fully rested, we're prone to the 3pm energy slump, especially as our body is already naturally making us more tired at this time to prepare for our nighttime sleep. Most people need around 7-8 hours of sleep per night, some may need more and some less, but if you're waking up not feeling refreshed it's a sign you need more sleep.



CHAI SPICED POACHED PEARS

SERVES: 2 PREP TIME: 25 MINS VEGETARIAN

INGREDIENTS

- 1 Jenny Craig Chocolate Pudding
- 2 pears, halved and peeled with seeds and core removed
- 1 tbsp natural sweetener
- ½ tsp vanilla extract
- 1 cinnamon stick

METHOD

1. Place all ingredients into a small saucepan and cover with water.
2. Simmer for 20 minutes until the pears have softened.
3. Prepare Jenny Craig Chocolate Pudding as per instructions on the packet.
4. Serve with warmed Jenny Craig Chocolate Pudding.

Enjoy!



*Serve
WITH ME*

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Pears are a great source of dietary fibre.

IF YOU'RE A JENNY CRAIG MEMBER, SPEAK TO YOUR CONSULTANT ABOUT HOW YOU CAN INCORPORATE THESE RECIPES INTO YOUR PROGRAM.



ROASTED VEGETABLE TORTELLINI

SERVES 1 PREP TIME: 35 MINS VEGETARIAN

INGREDIENTS

- 1 Jenny Craig Vegetable Tortellini
- Spray oil
- 1 carrot, cut into slices
- 1 zucchini, cut into slices
- 2 garlic cloves, whole unpeeled
- ½ red onion, peeled and roughly chopped
- ½ tsp paprika
- Salt and pepper to taste
- Fresh basil or parsley leaves to garnish

METHOD

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Place the carrot, zucchini, garlic and red onion onto the baking tray and lightly spray with spray oil. Sprinkle with paprika and season with salt and pepper to taste. Bake in the oven for 20-30 minutes until lightly golden.
3. When the vegetables have cooked, prepare Jenny Craig Vegetable Tortellini as per instructions on the packet.
4. To serve, squeeze the garlic from the skins and combine the warmed Jenny Craig Vegetable Tortellini with the roasted vegetables and garnish with fresh basil or parsley leaves to finish.

Enjoy!



*Make
WITH ME*

DIETITIAN TIP



Karen Stafford, Accredited Practising Dietitian

Roasted veggies add fibre and flavour to this dish. Try mixing it up with different veggie combinations like capsicum, eggplant or fennel.



ORANGE SALAD WITH SHORTBREAD CRUMBLE

SERVES 1 PREP TIME: 5 MINS VEGETARIAN

INGREDIENTS

1 pack Jenny Craig Shortbread Bites, lightly crushed
 1 orange, peeled
 Small splash of rosewater
 ⅓ cup fat free vanilla yoghurt
 Sprinkle of cinnamon
 Fresh mint leaves to garnish

METHOD

1. Segment the orange by cutting between the membranes of the orange. Arrange the orange segments onto a plate or bowl and keep the leftover pith.
2. With the remaining orange pith, squeeze the juice into a bowl and add rosewater. Drizzle this over the orange segments.
3. Top the orange segments with yoghurt, cinnamon, and Jenny Craig Shortbread Bites. Garnish with mint leaves to finish.

Enjoy!



DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Rosewater adds a unique floral flavour and can be found in supermarkets in the baking section.

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 (on the weekly Menu, with consultations), versus 3.83kg on our Classic Program.



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