

FEBRUARY

ENJOY A TASTY PICNIC WHILE THE SUN IS SHINING!

GET INSPIRED

by JENNY CRAIG

FEBRUARY 2020

TRY THESE

Rainbow Fruit Cups

RECIPE ON PG 5

jenny
CRAIG



Enjoy Summer Outdoors!

What's not to love about Summer? Holidays, sunshine, the beach, and all those extra hours of daylight to spend time with loved ones. This edition of *Get Inspired* is all about making the most of those warm summer days and has simple tips to revisit any health goals you may have set at the start of the year. We've also got plenty of fun, portable recipes that can be enjoyed outdoors. So, grab some sunscreen and a picnic blanket and enjoy that sunshine!

XX The Jenny Craig team

MEET *Sandra* NOW

PAPAMOA, NZ

Now



Before

Sandra
LOST 38KG[^]

[^]Individual results may vary

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

I was heavily over weight, buying bigger clothes all the time, so unfit, walking and climbing stairs got me huffing and puffing. I was embarrassed, I knew my family thought I was big, but they never said anything. I tried to lose weight myself, but would always give up, and I was tired all the time.

Why did you decide to join Jenny Craig?

I knew I had to do something about my weight, I knew I needed some form of help, I thought about Jenny Craig for 2 weeks when I saw the advert on TV. I just needed to get the courage to do it. I walked into the Papamoa centre and Hayley was so welcoming. I signed up then and there, and started my weight loss journey.

Can you describe your experience on the Jenny Craig program?

It was fantastic, every week I went to my appointment to weigh in and sit down with Hayley for a one on one consultation to talk about the next week's plan, motivation and menu. It was easy I thought in the sense you got the weekly menu, you got the food, you just stick to it, with determination anyone can do it.

Tell us about your Jenny Craig Consultant?

Hayley is amazing, so supportive and encouraging. She was there for me every week, always smiling and welcoming just like the very first day I walked in. We formed a bond, a journey taken together. She was there by my side through this amazing transformation.

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

Fantastic, fitter, I'm cycling 34 kms now 3-6 times a week, I go shopping and go straight to the smaller clothes, it feels really good. It's a real personal satisfaction reaching my goal. I walk with confidence now, hold my head up high and even wear shorts!

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

Reaching half way was a milestone, reaching goal was out of this world, it was worth every day, every week, every month.

**“ I feel fantastic, fitter,
I'm cycling 34 kms now
3-6 times a week! ”**

HOW TO RESET FROM HOLIDAYS & GET BACK INTO HEALTHY HABITS!



BY JESSICA PERCIC,
NUTRITION INTERN

Getting back to your usual lifestyle after holidays can be difficult. Whether it be getting back to work or the kids going back to school, often the feeling of relaxation from holidays wears off quickly and life is busy once again. Holidays may be a time where you indulge a little too much, so it's important to get back on track and into healthy habits again once they are over. This is where developing a routine can help you save time and energy and make the transition easier. So, where do you start?

Plan your week

- Set up a calendar or diary and determine what days are your busiest and which days you have more free time.
- Plan your meals for the week, using your Jenny Craig menu, this will help you create a shopping list.



Decide what to do with your free time

- Save time throughout the week and do your shopping at the beginning, making sure you have all the grocery items you'll need for the week.
- Prepare your veggies in bulk or have more convenient options (like frozen vegetables) ready for days that are busier.
- Plan time for exercise, on days where you have more time, mix it up and go for a longer walk or try a different gym class.
- Remember to practice some mindfulness each day, even on busy days, take 5 minutes in the morning or before bed for yourself.
- Most importantly, remember to make time for your Jenny consultation each week. If you can no longer make your usual day or time, find a time that better suits your lifestyle. Your consultant is there to help you through any challenges you may face and help you get back on track towards your goals.

Coming back from holidays doesn't have to be difficult, a routine can ease the transition back to your usual lifestyle. By planning your week, you can make time for healthy habits to keep you on track throughout your weight loss journey.



RAINBOW FRUIT CUPS

SERVES 5

INGREDIENTS

- 1 cup strawberries, cut into pieces
- 1 cup rockmelon, cut into small pieces
- 1 cup pineapple, cut into small pieces
- 1 cup green grapes, halved
- 1 cup blueberries

Preparation time: 20 minutes

METHOD

1. Layer fruit into 5 x 500ml glass jars, starting with strawberries, followed by rockmelon, pineapple, green grapes and blueberries.
2. Store the jars in the fridge until ready to serve.

Enjoy!



DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

You can try using different types of fruit such as red grapes, mango, mandarin or honeydew. Avoid bananas, apples and pears as these will turn brown over time.

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



CREAMY VEGETABLE DIP

SERVES 1

INGREDIENTS

1 Jenny Craig Creamy Vegetable Soup
 2/3 cup plain fat free yoghurt
 1 tbsp fresh dill, chopped finely
 Your choice of seasonal non-starchy vegetables,
 we used heirloom carrots, tomato, baby
 cucumber, snow peas and sugar snap peas

Preparation time: 5 minutes

METHOD

1. Combine the Jenny Craig Creamy Vegetable Soup, yoghurt and fresh dill together in a small bowl.
2. Serve with your choice of seasonal non-starchy vegetables.

Enjoy!



*Make
WITH ME*

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Try experimenting with different herbs to create new flavour combinations. We love adding fresh basil or parsley too!



ORANGE-SPICED CAULIFLOWER COUSCOUS

SERVES 4

INGREDIENTS

- 1 head cauliflower, trimmed
- ½ tsp ground cumin
- ½ tsp smoked paprika
- 1 tsp vegetable stock powder
- Pepper, to taste
- 1 orange, zested and segmented
- 1 small red onion, finely chopped
- 1 garlic clove, crushed
- 1 tbsp dried cranberries
- ½ cup fresh coriander sprigs
- Seeds from ½ pomegranate

METHOD

1. Preheat oven to 200°C (180°C fan forced). Line a large oven tray with non-stick baking paper.
2. Cut ½ the cauliflower into small florets. Place on prepared tray. Sprinkle with cumin, paprika and ½ tsp vegetable stock powder. Roast for 20-25 minutes or until golden and just tender.
3. Meanwhile, roughly chop remaining cauliflower. Place in a food processor and process until finely chopped to a consistency similar to couscous.
4. Heat remaining stock in a large frying pan over medium-high heat. Add onion. Cook, stirring occasionally, for 5 minutes or until softened. Add garlic and cook for 2 minutes. Add cauliflower couscous and cook, stirring often for 5 minutes. Add cranberries and orange zest. Cook, stirring, for 5 minutes or until cauliflower is tender, then remove from heat and season with pepper.
5. Toss ½ the coriander and ½ the roasted cauliflower through the 'couscous'. Serve couscous topped with remaining cauliflower, orange segments, and garnish with remaining fresh coriander and pomegranate seeds.



Preparation time: 35 minutes

Enjoy!

"It's not just about the number on the scales,
it's about getting healthy and feeling good
about yourself – that is the true
measure of a successful journey"

- Jelena Dokic



Jelena Dokic
LOST 31KG[^]
IN 11 MONTHS

[^]Individual results may vary



#jennycraigausnz

jenny
CRAIG