

NOVEMBER

CREATE YOUR HEALTHY LIFESTYLE

GET INSPIRED

by JENNY CRAIG

Go Green

ADD MORE
GOODNESS
TO YOUR PLATE

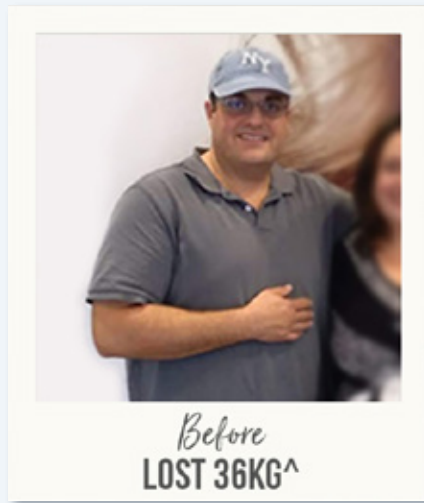
MAKE THIS MEAL AT HOME - PAGE 9 • ALAN HAS REACHED HIS GOAL • DETOX MYTHS



The warmer months are finally here!

At Jenny Craig we are all about creating a balanced, healthy lifestyle filled with the foods you love to eat. In this edition our dietitians, Karen and Laura, discuss the myths behind detoxes and why they're not all they're cracked up to be. Plus, we have three delicious recipes that will be on your rotation throughout the warmer months. Enjoy!

XX The Jenny Craig team



^Individual results may vary



MEET *Alan* NOW

PAKURANGA, NZ

ALAN FEELS MORE CONFIDENT SINCE HE REACHED HIS GOAL!

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

I had no self-esteem, zero confidence, no aspirations to achieve/succeed at work or improve myself.

Why did you decide to join Jenny Craig?

Primarily as all meals were prepared. I needed a goal and a new challenge in life. I also needed someone to tell me everything would be okay!

Can you describe your experience on the Jenny Craig program?

Simple, easy, effective. Taught me portion and energy control. Mainly, reflecting back, it taught me discipline in all facets of daily life, not only eating.

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

Although currently I limit my carb intake, the Jenny Craig Butterscotch Sundae definitely took the cake!

Tell us about your Jenny Craig Consultant?

Dee, my Jenny Craig Consultant, is an exceptional motivator with a very good balance of discipline and fair reasoning in her interactions. A brilliant authoritarian and very knowledgeable.

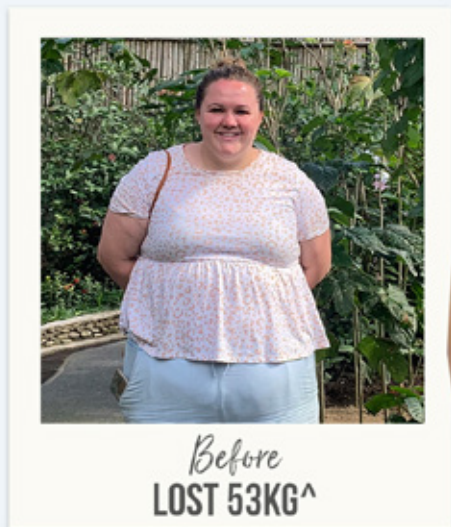
“ I am now confident, love life and my self-esteem is improving. ”

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

I'm not 100% used to it yet, I still have some moments of doubt, then I look in the mirror! A total reversal from when I started. I am now confident, love life and my self-esteem is improving.

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

When my Consultant Dee told me she was proud of me, looking and feeling fantastic and that I did achieve my goal.



[^]Individual results may vary



MEET Rachael NOW

MILDURA, VIC

RACHAEL FEELS UNSTOPPABLE SINCE SHE JOINED JENNY CRAIG

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

Before Jenny Craig I had very limited knowledge about how to eat across a day. I also had no understanding of portion control. Jenny Craig has given me the skills to build a meal (eg - adding salad and vegetables to my meals).

Why did you decide to join Jenny Craig?

My health is my big why. I had begun to have small health niggles and I knew that they would become big problems if I didn't take control. After getting engaged in September 2019 a switch flicked in me, I wanted to have my choice in wedding dress, not just whatever would fit. I confided in a friend and she recommended that I try Jenny Craig.

Can you describe your experience on the Jenny Craig program?

It has been completely life changing. From the beginning I have found both the food and support to be outstanding. The combination of the two has been a formula for my success. In March this year we had to postpone our wedding due to COVID19, without Jenny Craig I wouldn't have been able to maintain such a positive outlook. I have been able to focus on my success and my weight loss achievements, rather than the things that weren't going right this year.

Tell us about your Jenny Craig Consultant?

My Consultant is so incredibly knowledgeable and supportive. She listens genuinely and is able to assist me whenever I have a question. Having Jo on this journey has been such an integral element to my success. Knowing that she is going to call me for an update on a Monday keeps me completely accountable.

“ *I have much more energy and drive to achieve in my day to day life.* ”

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

I feel absolutely unstoppable, there's no going back. I've come way too far now. Through sharing my journey on my Instagram account I have been able to inspire others and that is so heart-warming. I want to help others that have been through similar weight struggles as me and I love to show them just how terrific Jenny Craig is. My fitness has improved so much and I have now begun working towards running 5kms (something I never wanted to do before Jenny Craig). I have much more energy and drive to achieve in my day to day life. I now find myself jumping out of bed in the morning to get the day started.

DETOX *myths*



BY KAREN STAFFORD
AND LAURA FORD,
ACCREDITED PRACTISING DIETITIANS



It's hard not to get enticed by the promises of detox diets – quick weight loss, improved health, increased energy, better skin, the list goes on!

But do you really need to detox your body by following a special detox diet?

Our amazing Accredited Practising Dietitians, Karen and Laura, lend some truth to the hype...

DO I NEED TO DO A DETOX?

The truth is, our bodies are amazing machines that function so efficiently and do everything we need to keep us alive. Every second of every day our body is naturally detoxing. The kidneys excrete unwanted waste in urine, the liver stops any toxins from being absorbed into the bloodstream, the gastrointestinal tract eliminates waste and even our lungs and skin excrete unwanted substances. If our body wasn't able to detox itself, we'd be in big trouble...either very sick or 6 feet under!

Our body does a fine job of detoxing itself and there is no evidence that a special diet does anything to detox the body. However, eating a healthy balanced diet full of fresh fruit and veggies, plenty of water, not smoking or using recreational drugs and limiting alcohol is a natural way to avoid too many nasties entering the body, and helping out our natural detoxification process.





SHOULD I DO A JUICE CLEANSE?

The simple answer is no. But here's why. Juice cleanses are typically short term (3 or 5 days) and promise everything from weight loss to vitality to improved health. A juice cleanse is really a starvation diet. It will of course result in temporary weight loss that is re-gained once normal eating returns.

People often say they feel unwell initially on these cleanses – headaches, bad breath, fogginess, and that this is sign of all the 'toxins' leaving the body.

This is not true - you feel unwell because you're simply not eating enough.

As enticing and believable as it may seem, you can't 'cleanse' your body with juice. Your body takes care of removing any unwanted substances through its own detoxification processes and juice doesn't help. There's no evidence that any type of diet or cleanse works to detox the body.



"A JUICE CLEANSE IS REALLY A STARVATION DIET. IT WILL OF COURSE RESULT IN TEMPORARY WEIGHT LOSS THAT IS RE-GAINED ONCE NORMAL EATING RETURNS."

Juice cleanses also claim to 'give your digestive system a break' and improve gut health, but there is no evidence to support these claims. In fact, juice actually lacks fibre and fibre is essential for feeding the good bacteria in the gut so it could actually be doing more harm than good.

Juice cleanses are a quick fix that might make you feel good temporarily if you drop a few kilos and don't feel bloated, but they don't offer any long-term sustainable benefits. Rather than living off juice temporarily you're better off including all the whole fruits and veggies as part of a nutritious balanced diet that you can keep up long term.

WHY DO PEOPLE ALWAYS SAY THEY FEEL BETTER WHEN THEY GO ON A DETOX OR JUICE CLEANSE?

It's common to hear how vibrant, energised and nourished people feel once they're on a detox, however, the truth is, if you cut back on alcohol, high sugar foods, processed and fast foods while increasing fresh fruit and vegetables, this will no doubt leave you feeling better.

You don't need to cut out entire food groups to feel better, you just need to be more consistent with your healthy eating. Including more wholegrains, drinking plenty of water, increasing the amount of fruit and veg in your diet, eating less discretionary foods and reducing the amount of alcohol you consume will all make you feel more energised and less bloated.

THE TAKEAWAY...

There is very little benefit in cutting foods out for a short period of time, only to revert to former eating habits—instead focus on including more sustainable habits into your day than looking for short term 'quick fixes'.

“YOU DON'T NEED TO CUT OUT ENTIRE FOOD GROUPS TO FEEL BETTER, YOU JUST NEED TO BE MORE CONSISTENT WITH YOUR HEALTHY EATING.”



SUPER GREEN SALAD

SERVES 1 PREP TIME 10 MINS

INGREDIENTS

5 asparagus spears
1 cup snow peas
1 cup mixed lettuce leaves
½ cucumber, cut into ribbons
Handful of pea shoots
1 tbsp basil leaves
1 tbsp fat free French dressing
Lemon wedge

METHOD

1. Heat a pan on high heat and grill asparagus spears until lightly charred.
2. While asparagus is cooking, lightly steam the snow peas in the microwave in a bowl with a splash of water for 1-2 minutes.
3. Assemble the salad by placing mixed lettuce leaves into a bowl and top with asparagus, snow peas, cucumber, pea shoots and basil leaves. Garnish with a lemon wedge. Dress with fat free dressing when ready to serve.

Enjoy!



*Serve
WITH ME*

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Leafy greens are a great way to add more vitamins, minerals and fibre to your diet



APPLE AND KALE SALAD

SERVES 2 PREP TIME 10 MINS

INGREDIENTS

4 cups spinach and kale mix
 1 Pink Lady apple, thinly sliced
 ¼ red onion, finely sliced
 1 tbsp dried cranberries
 80g reduced fat feta cheese
 1 tbsp fresh basil leaves

For the dressing:

½ cup orange juice
 2 tbsp apple cider vinegar
 1 tsp Dijon mustard
 ½ garlic clove, finely grated
 Pepper

METHOD

1. Make the dressing by combining orange juice, apple cider vinegar, mustard, garlic and pepper together in a jug. Whisk to combine and set aside.
2. Prepare the salad by placing kale and spinach mix into a bowl and top with apple slices, red onion, dried cranberries, feta and basil. Dress with the prepared salad dressing when ready to serve.

Enjoy!



DIETITIAN TIP



Karen Stafford, Accredited Practising Dietitian

No time to make a dressing? Just add your favourite fat free salad dressing and it will be just as delicious!



SUMMER FRUIT SALAD

SERVES 2 PREP TIME 10 MINS

INGREDIENTS

½ cup strawberries, chopped
 ½ cup blueberries
 ½ cup watermelon, chopped
 ½ cup mango, chopped
 1 passionfruit
 Juice from ¼ lime
 Fresh mint to garnish

METHOD

1. Combine all ingredients together in a bowl and stir gently.
2. Serve with the prepared Jenny Craig Panna Cotta.

Enjoy!



*Serve
WITH ME*

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

This fruit salad is also delicious served with the Jenny Craig Toasted Berry Muesli or the Jenny Craig Butterscotch Sundae.

OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



RAPID RESULTS MEMBERS LOST AN AVERAGE
5KG IN THE FIRST **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 (on the weekly Menu, with consultations), versus 3.83kg on our Classic Program.



#jennycraigausnz | 13 19 92 | 0800 502 302

jenny
CRAIG