

JAN

4 TASTY DIPS TO IMPRESS AT A BARBEQUE!

# GET INSPIRED

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JENNYCRAIG.COM.AU

PARTY-READY  
PUMPKIN & FETTA

*rice  
salad*

jenny  
CRAIG





# Dip into Summer!

*Try these*

Our delicious dip recipes  
start from p. 5

With Summer in full swing, now is the perfect time of year to pack a picnic or have a BBQ in the park. We've got some tasty dips that work for either and showcase the humble vegetable (trust us, you'll want to try them all!) Our Pumpkin and Fetta Rice Salad is also well deserving of a space on any BBQ table or picnic blanket!

Plus, our dietitians spill the beans on the food trends to look out for in 2019, and be inspired by our fabulous success story Donna.



# MEET *Donna* NOW



*Before*

*Donna*  
LOST 23KG\*

“ A SPECIAL MOMENT FOR ME WAS WHEN MY DAUGHTER TURNED AROUND AND JUST SAID ‘WOW, MUM YOU LOOK BEAUTIFUL’  
-Donna ”

Life before I lost the weight was a hassle, I had no energy, I felt lethargic all the time. It was even difficult just to bend down to put my shoes on. I felt depressed when I tried on clothes and I couldn't get the zippers up. It was depressing. I felt embarrassed and I didn't want anyone to see me... I didn't even want to go out with friends because I did not want to be in any photos. I'd try to hide behind my friends or try to do anything to avoid being in photos, because I knew I wasn't happy with myself and I didn't want anyone to think 'oh my god, what's happened to her'.

The moment when I decided to do something was when we went on a family holiday (we went to Thailand in April). I struggled on the holiday. If I was the weight I am now and went on the holiday I would've had a much better time because I could've done things with the kids. I was walking around sweating, I was so hot.

I decided to use Jenny Craig because a girlfriend recommended it and I saw the results that she had achieved. She just encouraged me to try it and I did.

It was easy to fit Jenny into my lifestyle because the food was such good variety, it gave the children variety as well because if I was having spaghetti and meatballs, I'd make them spaghetti and meatballs so I didn't feel like I was eating any differently from them. Even when we had hamburgers, I'd whip up some hamburgers and I would eat my hamburger, and the same with pizza. The kids even said to me 'I can't believe you're allowed to eat pizza, you're supposed to be on a diet'. But it doesn't feel like you're on a diet when you're eating the same as your family.

I feel like I eat more on Jenny than I did before when I was putting on the weight. It's fantastic, I love it.

I felt like my consultant was my friend and looked forward to going in. She was such a great support, she'd encourage me and she'd be proud of me and I felt like I wanted to make her proud of me. I needed the accountability to lose weight, so I was responsible for myself and my actions, what I put in my mouth. So every time I jumped on the scale I wanted it to be a loss. Every week was a loss actually, I've never gained since I've been on it.

It's not hard, that's the thing. I even remember ringing my girlfriend back and saying I can't believe that it's so easy to lose weight, because in my mind before it was always hard to lose weight, it was something that wasn't achievable... but it is achievable.

When I reached half way in my weight loss, my husband could see the results, and he said he wished he could do something. I said 'what do you mean, you wish you could do something about it? You need to do something about it if you want to. Go do it.' So then we were on our journey together. People comment when we are out because we have both lost weight and we are both looking better.

My children love that I've lost weight, especially my son because I can go kick the football with him in the park. And a special moment for me was when my daughter turned around and just said 'wow, mum you look beautiful'. It nearly made me cry.

My goal was to get to 60 kilos and I'm one kilo over that now, so I've lost 23 kilos. But I told her last week that I wouldn't mind a sneaky 4 more kilos, so we changed the goal.

\*Individual results may vary

# 2019 food trends

Our Dietitians fill you in on upcoming food trends and have some tips on how you can fit them into the Jenny Craig program.



## GUT HEALTH & FERMENTED FOODS

The gut is home to billions of bacteria that play various roles in the body. Good gut bacteria can help keep you feeling full, assist with mood and support digestion.

Foods rich in probiotics (good bacteria) and prebiotics (food that feeds the bacteria) are important to maintain good gut health. Fermented foods such as miso, kefir and kombucha, fall into this category and can be a good addition to the diet. These foods can easily be included as part of your Jenny Craig menu.

## GOING PLANT-BASED

Eating less meat while eating more fruits, vegetables, grains and healthy fats has been shown to reduce some chronic illnesses, so it's no surprise vegetarian and vegan eating are on the rise.

The popularity of eating less animal foods is obvious when you look at the meat and dairy free options now in supermarkets and restaurants. This ranges from meat free burger patties, meat replacers and a dizzying array of plant-based milk, cheese and yoghurt made from soy, almond, coconut and even hemp.

Both dairy and meat alternatives can be included on the Jenny Craig program and your personal Consultant will show you how. We also have a complete Vegetarian menu plan or you could just opt to include a few vegetarian options if you're looking to just cut back a little.

## REDUCING FOOD WASTE

Reducing food waste is becoming an important food trend as we look to improve the environment, reduce pollution and decrease greenhouse gas emissions.

Some great ways you can help reduce food waste while on the Jenny Craig program include:

- Make a veggie soup or veggie bake with your left-over vegetables at the end of each week instead of throwing them out.

- Compost any food scraps you have so they don't end up in the bin.
- Use as much of the vegetable as you can—try peeling and eating the stem or use the leaves of broccoli and cauliflower (seriously so yum!) or leaving the skin on carrots.

## BLAST FROM THE PAST

Cauliflower, Brussels sprouts, cabbage and iceberg lettuce are surging in popularity and are set to be the trendiest veggies to be adding to your plate.

Beautiful brassicas (and even the good ol' iceberg lettuce) have been featuring on the menus of many high-end restaurants, served oven baked, charred around the edges and drizzled with vinegar. Perhaps most popular of all has been the modest cauliflower as it can be processed to have a similar texture to rice or couscous and can even be formed into crispy pizza bases or a creamy cauliflower mash.

Even better, these veggies are super cheap when in season so be sure to load up and eat in abundance whilst on the Jenny Craig program.

## ANCIENT GRAINS

It all started with quinoa but now it's time for other ancient grains to find their glory in the spotlight. Spelt, bulghar, farro, freekeh, teff, millet and kamut are just some of the grains set to surge in popularity this year so keep your eyes peeled for them.

Ancient grains are becoming more and more popular as they offer an alternative to more common wheat, corn and rice, while providing a unique texture, taste and nutrient profile. They can be included on the Jenny Craig menu in your salads and soups.



## BEETROOT DIP

### INGREDIENTS

2 whole beetroots cooked in natural juice  
(no added sugar)  
1 sprig (or 1 tsp dried) rosemary  
½ lemon, juiced  
1 garlic clove  
½ tsp Dijon mustard

### METHOD

Place all ingredients into a blender or food processor and mix until smooth. Add 1 tablespoon of water if needed to blend. Serve chilled.

*Enjoy!*







## SPICED CARROT DIP

### INGREDIENTS

2 carrots, roughly chopped into slices  
1 tsp vegetable stock powder  
½ tsp cumin  
1 garlic clove  
½ lemon, juiced

### METHOD

Bring 2 cups of water to the boil, add stock and carrots and bring to the boil.

Once very soft, scoop out with a slotted spoon, save the stock, and place into a blender or food processor.

Add 1-2 tablespoons of the left-over stock and mix until smooth. Serve chilled.

*Enjoy!*





## SALSA VERDE

### INGREDIENTS

- 1 green capsicum
- 1 brown onion
- 1 unripe tomato
- 1 long green chilli (optional for those who like spicy dips)
- ½ bunch coriander
- 1 tsp vegetable stock powder
- 2 garlic cloves
- 1 lime, juiced



### METHOD

Cut the capsicum in half and remove the seeds. Cut the onion in half, leave the skin. Char grill capsicum and onion on a grill plate or BBQ until grill marks appear but not cooked all the way through. Once cooked, remove the onion skin and cut the onion, capsicum and tomato into quarters.

Place the onion, capsicum, tomato and stock powder in a pot with 3 cups of water and bring to the boil. Simmer until all vegetables are soft, about 10-15mins. Allow to cool.

Once cool, scoop out the vegetables with a slotted spoon, discard the stock, and place in a blender or food processor. Add coriander, garlic, lime juice and chilli if using. Blend until smooth and serve.

*Enjoy!*





## EGGPLANT DIP

### INGREDIENTS

1 small eggplant  
1 clove garlic  
½ lemon, juiced  
½ bunch chives



### METHOD

Heat a BBQ or grill plate and grill the whole eggplant until soft and blackened. Cover and refrigerate until chilled.

Once chilled, cut the top off the eggplant and place into a blender or food processor along with the remaining ingredients. Blend until smooth and serve chilled.

*Enjoy!*





## BBQ PARTY PUMPKIN & FETTA RICE SALAD

Serves 4-6

### INGREDIENTS

3 packets Jenny Craig Pumpkin & Fetta Rice Salad, thawed overnight in the fridge  
 1 red capsicum  
 1 cup sugar snap peas  
 1 cup snow peas  
 6 cups mixed lettuce leaves  
 ½ cup fresh mint leaves  
 160g reduced fat fetta cheese  
 ½ tsp Moroccan seasoning  
 ½ pomegranate, deseeded  
 1-2 tbsp white wine vinegar

### METHOD

Preheat oven to 200°C. Place whole capsicum onto a baking tray lined with greaseproof paper. Bake capsicum in the oven for 40 minutes until slightly blackened on the outside. Remove and place in a bowl. Cover with clingfilm and set aside for 10 minutes. When cool enough to handle, peel off the skin and remove the stem and seeds. Slice into thin strips.

Lightly steam the sugar snap peas and snow peas in the microwave by placing in a microwave safe bowl with 2 tbsp of water. Microwave for 1 minute until slightly crisp. Set aside.

Prepare the salad by arranging lettuce leaves on a serving plate. Top with thawed Jenny Craig Pumpkin & Fetta Rice Salad, sugar snap peas, snow peas, fresh mint leaves and capsicum strips. Season with the Moroccan seasoning. Crumble the reduced fat fetta over the salad and top with pomegranate seeds. Season with the white wine vinegar to taste.



Made  
WITH ME

*Enjoy!*

# Summer Menu

**8 NEW ITEMS  
OUT NOW**

*Apple & Cinnamon Porridge*

*Corn Chips*

*Sweet & Sour Chicken*

*Smoked Paprika Paella*







*Kickstart  
2019!*

*Mel B*  
**LOST 16KG<sup>^</sup>**

<sup>^</sup>Individual results may vary

**FREE  
6 WEEK MEMBERSHIP\***

**START NOW**

\*Excludes current members. Cost of food additional. Min. Total Weekly Cost AU\$144/ NZ\$158. Weekly consultations available when full menu purchased for that week. T&Cs apply. Visit [jennycraig.com.au/terms](http://jennycraig.com.au/terms) or [jennycraig.co.nz/terms](http://jennycraig.co.nz/terms) for details.