



— WELCOME TO —

jenny
CRAIG[®]

Getting Started!

HERE'S EVERYTHING YOU NEED TO SUCCEED

HOW IT WORKS



ORDER FOOD
ONLINE



PHONE
CONSULTATION



FOOD DELIVERED
TO YOU

GETTING STARTED

THE JENNY CRAIG PROGRAM OFFERS A **SAFE & BALANCED** APPROACH TO **HEALTHY WEIGHT MANAGEMENT.**

The Jenny Craig Consultation:

Personal coaching just for you! As a Jenny Craig member you have access to free phone consultations with a fully trained weight loss Consultant.

These consultations can happen weekly for 20 minutes where you can talk about the previous week, celebrate what went well, work through what didn't go so well and build on your success.

Each week, your consultation includes:

- » Discussion about the successes and challenges of your week.
- » Making a plan for future challenges.
- » Support to get the most out of your menu.
- » Developing an activity plan to suit you.
- » Learning something new – about yourself or focusing on a topic that will help you on your way to long term success!

Your Consultant is there to motivate and guide you, and you can count on them for the extra support you need while making a lifestyle change. If you choose not to have a consultation, we are still there for you and you can request a call at any time via your online account.

Login to your account at to update your profile or to place an order.

<https://store.jennycraig.com.au>

<https://store.jennycraig.co.nz>

THREE KEY SUCCESS FACTORS

EAT WELL – *so delicious!*

Your Jenny Craig menu plan includes three Jenny Craig meals and one snack per day, plus the additions of your own grocery items so you eat 6 times per day.

If you have food preferences, you'll be able to personalise your menu with up to 5 swaps across the week.

- » The menus will help you learn how to enjoy all the food groups, including the foods you love and control your portions to gain nutritional balance.
- » Print off your menu and use it to track your food intake.
- » Be sure to check out our [website](#) for a range of recipes and ideas to personalise your menu each week.

MOVE MORE – *get moving!*

It doesn't matter how much you're doing at the moment, it's all about building from where you start. We have tools to help you find ways to get more active:

- » Book in a phone consultation for support on how to increase your physical activity.
- » Track your physical activity each week.
- » Track how much time you spend sitting and use these opportunities to move more.
- » You can use Jenny Craig's [resources](#) to help you discover ways to become more active.

LIVE LIFE – *get balanced!*

Our purpose is to help you build a balanced approach to life. Learning to manage your thoughts and feelings is key.

- » We can help you learn how to handle stress and frustration and other triggers that might cause you to turn to food. Simply request a phone consultation to speak to a Consultant who will be able to discuss any challenges, both current and past, and think of new ways to cope with them.
- » You'll feel so much more in control when you learn more about why you eat and how to eat with more awareness.
- » You'll also set realistic goals to work towards.

WEIGHT LOSS EXPECTATIONS ON JENNY CRAIG

The Jenny Craig menus are designed to result in an average weekly weight loss of ½ – 1kg each week. Some weeks you may lose more, sometimes less, however this is all a normal part of the weight loss process. As well as weight loss, the main goals of the program are to help you develop healthy eating and activity attitudes and to establish habits you can continue to maintain long term.

Always keep in mind that everybody will respond differently to changes in diet and exercise. It's important not to compare yourself to others' results. Instead focus on getting to know your own body and how it responds to different changes.

CHANGES YOU MAY NOTICE IN THE FIRST FEW WEEKS

Changes to your diet and physical activity regime can cause some changes in the body. Depending on how different your previous diet and activity was, you might experience some symptoms such as bloating, wind, constipation, headache, hair changes or lethargy in the first few weeks. These symptoms can be normal for some people. If you do experience any symptoms, please talk to a Consultant or request a call. If your symptoms are persistent and/or severe, please see your doctor.

YOUR MENU & THE GROCERY GUIDE

Your Jenny Craig menu is made up of three meals and one snack per day, plus your own grocery items. It is very important to include all of the grocery items on your menu, as they complete the menu to ensure it is nutritionally balanced for you to get the best results.

If you don't like particular grocery items, don't worry you can swap it for something else. Every grocery item on your menu can be to be exchanged for another type within its grocery category. Refer to the [Grocery Guide](#) to make a swap or ask your Consultant.

BEVERAGES ON THE JENNY CRAIG PROGRAM

Water

Water carries nutrients to the cells in your body and helps to remove waste. It also cushions your joints and tissues, helps with digestion and regulating your body temperature.

Water is an essential part of a healthy diet. If you feel hungry, take a sip of water first. Sometimes you'll find it wasn't food, but fluid that you needed. Did you know that water is also a great energy booster? Thirst and dehydration can make you tired. So, drink up for an extra dose of energy!

WATER TIPS ON TAP:

- » Jazz up the flavour with a slice of lemon or a squeeze of fresh lime.
- » At work or at home, keep a bottle of water in easy reach.
- » Before you eat, drink a glass of water.
- » Try soda water or sparkling mineral water.

Tea and Coffee

At Jenny Craig we're about balance and a realistic approach to weight loss. You can still enjoy tea and coffee in moderation as part of your nutritionally balanced menu plan. If you choose to serve your tea/coffee with milk, please use from your skim milk serves. Be mindful that sugar will add to your kilojoule intake, so if you like a little sweetness, a sugar substitute (sweetener) is a lower kilojoule option. Overall, water should be your number one fluid of choice, but the good news is you don't need to cut tea or coffee out of your diet to lose weight!

The Jenny Craig Supplement

It can be difficult to get all the vitamins, minerals and other nutrients you need when you're eating a bit less on a reduced kilojoule menu. To ensure you receive the balanced nutrition you need, it's important for you to complement your menu with the Jenny Craig Supplement.

This multivitamin and mineral supplement has been specifically designed as part of the Jenny Craig menus to ensure you have a balanced nutritional intake during weight loss. It's easy to remember to take it with a glass of water in the morning, before or after breakfast.

WHAT TO DO IF YOU'RE...

Feeling hungry?

It can be normal to feel a little hungry as your body adjusts to eating less, and this does subside. Be sure to eat everything on your menu and use the following tips if you're feeling hungry in between meals. If your hunger is severe and doesn't subside after the first few weeks on the program, be sure to discuss this with your Consultant or request a call from a Consultant who can help find out what might be happening.

TIME YOUR MEALS

- » Eat 3 meals and 3 snacks per day
- » Start the day with breakfast

FILL UP ON FREE FOODS

- » Use your non-starchy vegetables and Limited Free foods (see your [Grocery Guide](#)), to add volume to your meals and to snack on in between meals.

CHOOSE HIGH VOLUME GROCERY ITEMS

- » Choose whole fruits rather than dried fruits or juices to maximise the volume and fibre content.
- » Choose wholegrain products where you see them on your menu to help add extra fibre and volume to your menu.

Craving Something?

Cravings are driven by emotions – not hunger. The triggers for your cravings can be thoughts, feelings or situations; and typically, you'll have an urge for a particular food.

When you feel yourself craving something and reaching for a treat, stop and think. How am I feeling? What is it that I really need in this moment – is it food or something else? Then choose accordingly.

For example if you're:



STRESSED OR ANGRY...

- » Take 5 minutes to relax. Go outside or to a quiet place.
- » Focus on your breathing. Take 10 deep breaths in and out slowly.



SAD...

- » Call someone who makes you laugh, or watch your favourite funny show or video online.



HAPPY...

- » Reward yourself with something special. Treat yourself to a massage or the latest edition of your favourite magazine.
- » Take the time to read a good book or take a sunset walk.

Still Craving?

In some instances it may be better to have a small portion of something you really love than settle with an alternative and feel deprived.

- » If you can't stop thinking about the chocolate chip cookie, have a small one and enjoy it. You may ultimately end up eating less by having a small portion rather than trying to curb a craving with other food options.
- » Slow down and savour the flavour – you may find you eat less and enjoy it more.

Try these steps:

- 1 Take a breath
- 2 Appreciate the beauty of the food
- 3 Take a single bite
- 4 Chew slowly – notice the flavour and texture
- 5 Put your fork down to pause between bites
- 6 When you finish the portion, tell yourself you are finished and move on with your day.

Cravings rise and fall and are only temporary. When one arises, remind yourself it is temporary and that it will pass. Choose an activity to engage in until it does.

THE VALUE OF SELF-MONITORING

PEOPLE WHO KEEP TRACK OF WHAT THEY DO ARE MORE SUCCESSFUL WITH MAKING CHANGES IN THEIR LIVES.

Why keep track?

Writing down what you eat or how much activity you do gives you time to think about what you're doing. Being more aware of your eating patterns, you may choose to eat something different or at a different time. You might choose to keep doing the same physical activity or be motivated to increase your goal.

Writing down what you do also helps you look at what you're doing in the context of the whole day. There might be things that you're doing that you don't even realise are having an impact on your lifestyle.

Your menu can also be a great motivator! It allows you to track your progress on it so you can look back on how far you've come. Keep your menus and when you're feeling like you need a bit of a pep-up, have a look over them to see how far you've come.

How to keep track on Jenny Craig?

Depending on what you're focusing on, track one, some, or all of these:

FOOD

- » The Jenny Craig foods and grocery items you eat
- » Any changes you've made to your menu
- » Any extra foods you eat and why
- » Your hunger before and after a meal

BODY

- » Activity type
- » Time spent doing activity and intensity
- » Number of steps each day
- » How you feel before and after the activity

MIND

- » Progress towards your goals for the week
-

It is important to look at other changes throughout your journey, not just the scales, speak to a consultant about how best to self monitor these changes.

SUPPORT MAKES ALL THE DIFFERENCE

THE PEOPLE AROUND YOU CAN HAVE A HUGE IMPACT ON YOUR DAILY ROUTINES AND HABITS. GATHER AS MANY PEOPLE AS YOU CAN TO CHEER YOU ON AS YOU GO.

Support from your Consultant

Your Consultant will be an ongoing source of support to help motivate you, work through challenges and celebrate all of your successes. Be sure to call upon your Consultant, especially in these first few weeks while you are getting used to the program and may have lots of extra questions! And remember, even if you choose not to have regular phone consultations, you can always request a call to talk through any challenges or for extra support.

Support from family

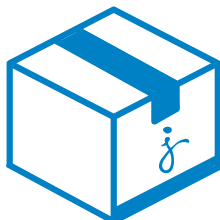
Think of all of the potential ways your family can support you with your lifestyle change. Let them know your goals and why they are important to you. Your new habits and lifestyle changes are not just something that will benefit you, but the whole family can get involved! Think of involving your family in food shopping and preparation as well as fun ways to be active together. Get the whole family involved and you'll all reap the rewards of healthy living!

Support from friends and colleagues

Talk to your friends and even your colleagues (if you feel comfortable) about your motivation to lose weight and your commitment to a healthy lifestyle. Once they understand how important your weight loss goals are to you, they will be more likely to provide you with the support you need along the way. You never know, you may even inspire those around you with your goals and commitment!

RECYCLING TIPS

Jenny Craig deliveries feature a number of packaging components, most of which are recyclable. Below are some tips on how to recycle the packaging from your Jenny Craig delivery.



CARDBOARD DELIVERY BOX:

1. Remove all contents of the cardboard box
2. Carefully cut any tape holding flaps together with a boxcutter or scissors
3. Pull apart the flaps and press the box down to flatten it
4. Place it in your recycling bin ready for collection



SILVER THERMAL LINER:

1. Remove from cardboard box
2. Recycle with other soft plastics (as above), at your local soft plastic recycling point



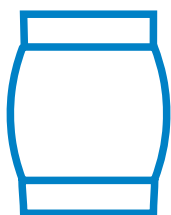
GEL FREEZER PACK:

1. Snip the corner from your gel pack pouch
2. Add ½ tbs salt to the gel inside the pouch & shake to mix
3. Pour liquid down the sink
4. Recycle empty plastic pouch with other soft plastics (eg. plastic bread bags) at your local soft plastic recycling point at your local supermarket



MEAL TRAYS AND CARDBOARD PACKAGING:

1. Rinse meal trays or dessert tubs
2. Place cardboard meal packaging, plastic meal trays and deserts tubes in your home recycling bin



SOFT PLASTIC MEAL PACKAGING:

1. Ensure packaging is empty, scraped clean or rinsed
2. Recycled at participating supermarkets via your local soft plastic collection point