

BRIDES-TO-BE
EDITION

HOW **RAPID RESULTS** CAN HELP YOU REACH YOUR GOALS

GET INSPIRED

brides

BY JENNY CRAIG

LOOK AFTER YOU
BEFORE YOU SAY I DO!
JENNYCRAIG.COM.AU

SAVOUR THIS
SIMPLE + HEALTHY

*smoothie
bowl*

jenny
CRAIG®

Welcome

To our first-ever edition of Get Inspired Brides!

For many, getting married marks a brand new chapter in their lives—and it makes sense to want to begin this chapter as your healthiest, most confident self!

We have some delicious healthy recipes to start you on your way, plus learn how Rapid Results can leverage your own metabolism for weight loss success on p.5.

There's also our inspiring success story, Amy to motivate you to begin your journey to feeling your best—so what are you waiting for?

Try this

Satay Chicken
Nourish Bowl, p. 6



Get Wedding Ready!

WITH JENNY CRAIG



Meet with your personal Consultant

- Create your personalised weight loss plan with your Consultant
- Have your weekly consultations in centre or over the phone



Design your menu

- A new menu each week
- Eat six times a day
- 70+ dietitian-designed meal options
- Your favourite foods, just healthier!
- Pick up in centre or ask about delivery



Reach and maintain your goal weight

- Meet with your Consultant weekly—you'll be supported throughout your journey
- While you're losing weight, you're also learning the skills to maintain weight loss for the long-term

[^]Individual results may vary

ASK US ABOUT

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 (including full weekly menu and consultations), versus 3.87kg on our Classic Program.

FOLLOW US!

FOR TIPS, INSPIRATION AND MOTIVATION ON YOUR PRE-WEDDING JOURNEY...



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MEET *Amy* NOW



Amy
LOST 26KG^{*}

^{*}Individual results may vary

“ I HAVE A CONFIDENCE I HADN'T SEEN IN OVER 10 YEARS, I HAVE MORE ENERGY, I SLEEP BETTER AND I LOVE MY LIFE AGAIN... ”

-Amy

I have always struggled with my weight and for the most part of my life, been overweight. I was unsettled and a big comfort eater, I lived alone for a long time and takeaway just always seemed like the easier option. Being overweight was a daily struggle, I lacked energy but more importantly, I lacked confidence. I started shying away from attending social events because I just wasn't comfortable putting on some nice clothes and being seen in public – life became a trip to work and back and the rest of the time I hid in the comfort of my own home where I knew no one could judge me.

My 'aha' moment came shortly after I met my now husband. We had a wedding to attend for a friend of his and that meant I needed to go shopping to buy a dress to wear – I hadn't been clothes shopping in a long time! I picked out a dress and was horrified when I realised that I needed to purchase it in a size 18. We had a photo taken at home before we left for the wedding and my heart broke when I saw it – I had let myself go way too far and that was the moment I knew I had to turn it all around. That was in October 2016. I tried dieting on my own for a few months but then Christmas hit and it all went back on.

My partner then proposed to me in January 2017 and that was when I got serious about my weight loss and contacted Jenny Craig for help. I've never looked back!

My experience on the Jenny Craig program was nothing short of amazing. The girls were supportive and motivational but also firm and honest without ever making me feel judged. I had a huge journey ahead of me but they kept it fun and helped me to just take one step at a time without letting me lose sight of the end goal. They gave me so much flexibility when I felt certain things weren't working for me and they supported me through trying new things and then guided me off on my own to continue the journey by myself.

My life has completely turned around since losing my weight. I have a confidence I hadn't seen in over 10 years, I have more energy, I sleep better and I love my life again. I'm back to just being happy! I got married on April 26th, 2018 and for the first time in a very long time, I wasn't scared of seeing the photos of myself!

JUMPSTART YOUR *wedding weight loss* WITH RAPID RESULTS

If you're a bride planning to lose weight for your wedding, the Jenny Craig Rapid Results program is perfect for you. Every bride wants to look her best on her big day, and if that includes losing a few unwanted kilos, you're not alone.

Plenty of brides plan to lose weight for their big day. But when you're so busy organising a wedding, you need a program that is healthy, easy and importantly, delivers results—fast.

By using circadian rhythms and harnessing the power of your body's natural metabolism you can burn kilojoules more effectively. The result? It's an average of five kilos lost in the first four weeks[#].

HOW RAPID RESULTS WORKS

The program is based on Nobel prize-winning science that leverages the natural 24-hour cycle of the body, with time for rejuvenation and time for nourishment.

Essentially, it means concentrating on when you eat as well as what you eat. It's the key to help you lose weight healthily. And if you're a busy bride, it's perfect as we've done all the guess work for you so you can concentrate on planning your special day.

YOUR BEST WEDDING DIET TOOL IS YOUR OWN METABOLISM

During a typical 24-hour period, your metabolism adjusts according to what's going on. When you wake in the morning, it's a bit sluggish, which may explain why you're not that

hungry for breakfast. As the day progresses and you become more active and your metabolism fires up, typically peaking around noon. It then slows during the afternoon, before entering a reduced pace while you sleep at night.

USING CIRCADIAN RHYTHMS TO BURN KILOJOULES FOR WEDDING WEIGHT LOSS

It's your circadian rhythm that helps you stay awake during daylight and sleep during darkness. But scientists have discovered there's so much more to this natural pattern that all humans follow. It also helps regulate our metabolism, supports blood sugar control and helps regulate appetite hormones. So, by working with your circadian rhythm you can help to tame your appetite and make your weight loss more effective. It's great news for busy brides because the Rapid Results program is so easy to follow.

THE NOURISH/REJUVENATE APPROACH

The program combines the nutritious meals of Jenny Craig with a 12-hour eating window. You can eat to fuel your body between 7am and 7pm (give or take an hour or two). Then, from 7pm to 7am you take advantage of the body's natural rejuvenation mode. Because you're not consuming kilojoules during this time, your body concentrates on repairing, regenerating and restoring cells ready to burn kilojoules the next day.

#Average weight loss based on Jenny Craig study was 5.27kg in the first 4 weeks for those who completed the Rapid Results Program (including full weekly menu, with consultations), versus 3.87kg on our Classic Program.

**READY TO GET STARTED? CHECK OUT OUR RAPID RESULTS PROGRAM
AND KICKSTART YOUR HEALTHY NEW FUTURE TODAY!**



SATAY CHICKEN NOURISH BOWL

Serves 1

INGREDIENTS

1 Jenny Craig Chicken Satay
 ½ Lebanese cucumber, cut into ribbons
 ½ carrot, sliced into rounds
 ½ cup red capsicum, sliced
 ½ cup snow peas
 ¼ cup red cabbage, sliced
 Fresh coriander
 1 lemon wedge
 Fresh chilli, sliced

METHOD

Heat the Jenny Craig Chicken Satay as per instructions on the pack and place in a bowl.

Lightly cook the carrot, capsicum, snow peas and red cabbage in the microwave or steamer until tender but slightly crisp. Once vegetables are cooked, arrange in a bowl with the Chicken Satay.

Add cucumber ribbons and garnish with fresh coriander, a lemon wedge and fresh chilli slices.



Serve
WITH ME

Enjoy!

DIETITIAN TIP



Megan Alsford, Accredited Practising Dietitian

When it comes to veggies choose a wide range of colours so you can get a variety of the nutrients and antioxidants your body needs to stay healthy and on top of things.

Grocery Count (per serve): Free Food recipe



PUMPKIN & FETTA RICE SALAD

Serves 1

INGREDIENTS

- 1 Jenny Craig Pumpkin & Fetta Rice Salad
- ½ cup baby spinach leaves
- ½ cup fennel, thinly sliced
- ¼ red onion, thinly sliced
- 1 tbsp fresh basil leaves

METHOD

Thaw Jenny Craig Pumpkin, Fetta & Rice Salad overnight in the refrigerator.

Arrange baby spinach leaves, fennel, red onion and basil in bowl. Add thawed Jenny Craig Pumpkin, Fetta & Rice salad and toss to combine to serve.

Enjoy!



Serve
WITH ME

DIETITIAN TIP



Megan Alsford, Accredited Practising Dietitian

This recipe is perfect for when you're on the run while planning your wedding as you can prep this ahead of time, so it's ready when you are.

Grocery Count (per serve): Free Food recipe



TROPICAL SMOOTHIE BOWL

Serves 1

INGREDIENTS

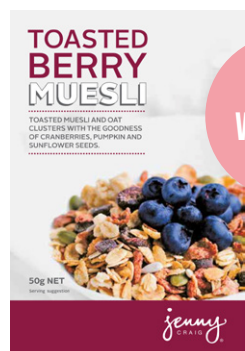
- ½ cup frozen mango (or ½ fresh mango)
- 1 passionfruit (½ to be used in the smoothie, ½ to be used as a garnish)
- ½ cup raspberries (fresh or frozen)
- ⅓ cup plain fat free yoghurt
- ½ cup skim milk
- 1 packet of Jenny Craig Toasted Berry Muesli
- ½ cup extra mixed berries to garnish

METHOD

Place mango, ½ a passionfruit, raspberries, yoghurt and skim milk in a blender and process to combine until smooth and creamy.

Pour smoothie into a bowl and top with Jenny Craig Toasted Berry Muesli, mixed berries and remaining passionfruit.

Enjoy!



*Serve
WITH ME*

DIETITIAN TIP



Megan Alsford, Accredited Practising Dietitian

Smoothie bowls are delicious, but they can also be full of kilojoules. Try this version, which can be enjoyed as part of your Jenny Craig program.

Grocery Count (per serve): 1 Fruit serve + 1 Milk serve + 2½ Limited Free serves