

HEALTHY INDULGENCE  
EDITION

DELICIOUS RECIPES TO SATISFY YOUR SWEET-TOOTH

# GET INSPIRED

by JENNY CRAIG

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MAKE THESE

*Chocolate  
bliss balls*

jenny  
CRAIG®



# Balance is The Key

Some people believe you must avoid all indulgent and treat foods if you want to lose weight. But at Jenny Craig we believe in balance and that food should be enjoyed, not avoided. We know that if you like what you're eating, then you'll be more likely to stay on track and reach your goals.

The key to enjoying these foods and staying on track is to enjoy them in the right portion—and it also helps to have a few tasty recipes to call on. In this special edition of **Get Inspired** we share some of our favourite indulgent recipes to get you started and dispel other common diet myths.



*Indulge in:*  
Banana Dream Waffles, p. 6



# MEET *Melissa* NOW



Melissa  
LOST 16KG\*

“ TEARS FILLED MY EYES AND I REMEMBER MY CONSULTANT ASKING ME IF I WAS OK AND I TOLD HER “THIS IS ACTUALLY GOING TO WORK!”

-Melissa

”



\*Individual results may vary

**As a busy working mum of three children under 4 years, to say my needs, and in particular my health needs, had not been a priority for some time, would be an understatement! I had become accustomed to being “a big mum”, to wearing clothes that were comfortable but not flattering or something I would genuinely choose for myself, and I had to come to accept that I would likely not feel attractive or sexy again—after all, my life was now that of a mum, right?**

Without realising it, my weight gain and inability to focus on or be able to easily shift it began to impact upon my mental and emotional health as well, and I now believe that the weight created a shift in my thinking that I was “not capable” of all I used to be able to do. It felt dreadful. It felt so foreign to me —I was not used to these feelings. I had always been able to achieve whatever I put my mind to, but that hadn’t been the case this time. I had always been a curvy girl and naturally fluctuated up and down with weight, but with dedication and focus, I had always been able to get back to where I wanted to be. After creating, carrying and caring for three tiny humans however, I had very little left to give to myself.

I knew this was never going to be something I could do on my own without losing my head, managing all that was going on in life. I knew I needed someone to guide me, to support me, to keep me accountable.

Being on Jenny was the easiest thing I think I have ever done. And the smartest. My lovely Consultant got it. She knew how busy my lifestyle was—she didn’t push me—ever. She got to know me and my family and provided ideas on how I could follow the program, but still meet my other priorities in life. Given I was still breastfeeding at the time I started, the program was slightly adjusted to ensure I could

lose weight but still have all the nutrients I needed to feed my baby. It was all pretty much done for me—and this suited my lifestyle.

At my first weigh in, I was nervous, thinking it all felt a little too easy—just eating the food they had provided me and sticking to the plan and then I weighed in with a 1.9kg weight loss. Tears filled my eyes and I remember my consultant asking me if I was ok and I told her “This is actually going to work!”

The food was delicious, I felt full but lighter—as ironic as that might sound; and I was learning how to fend off those bad habits I had created. As the weight fell off I became more motivated and with my Consultant’s help I was able to become creative on how to add exercise into my life more purposefully. I was losing on average 1.2kgs every week—my body had desperately been craving this balance and was so ready to stop being “big”.

Since losing the weight, the overwhelming feeling I have had is that I am me again. I am actually even smaller than I was when I got married! I am confident, I am healthy. I feel capable again, I can dress in clothes I really like and am choosing for myself again. I am far more active with my kids and can see in their gorgeous little faces how much they love “fun” mum. I feel attractive again—and even though my amazing husband has always loved me no matter which way I look; I know that he loves me feeling better about me.

I am human, and have my weak moments, but that is ok, and expected in life—Jenny Craig has taught me how to accept and overcome those moments so not to fall back into a spiral of bad habits. It is not only a new me but a new way of living. Jenny Craig was one of the best decisions I have ever made. Thank you for helping me find myself again.









# CHOC BREAKFAST BLISS BALLS

SERVES 1

## INGREDIENTS

- 1 Jenny Craig Toasted Berry Muesli
- 3 Medjool dates, pits removed and roughly chopped
- ½ tsp vanilla extract
- 2 tbsp hot water
- 2 tsp cocoa powder
- 1 tsp LSA powder

## METHOD

Place all ingredients into a food processor or blender and blend until smooth. The mixture should be sticky enough to stick/clump together. If it's too dry add extra hot water to add moisture.

Roll the mixture into balls and place onto a lined tray or plate. Place in the fridge to chill and firm up for 10-15 minutes.

*Enjoy!*



**TIP:** LSA is a combination of finely ground linseeds, sunflower seeds and almonds. It is a great source of fibre and contains heart healthy omega 3 fatty acids.

**Grocery Count (per serve):** 1 Fruit serve, 2 Limited Free Food



# BANANA DREAM WAFFLES

SERVES 1

## INGREDIENTS

- 1 small banana, sliced
- 3 tsp desiccated coconut, toasted
- 2 walnut halves, chopped
- ½ cup low fat vanilla custard
- ½ cup raspberries
- 2 strawberries to garnish (optional)
- 1 serve Jenny Craig Waffles, toasted

## METHOD

Coat banana slices in toasted coconut on both sides.

Top the toasted waffles with custard, coconut coated bananas, walnuts, raspberries and strawberries.

*Enjoy!*



*Made  
WITH ME*

**Grocery Count (per serve):** 2 Fat serves, 1 Milk serve, 1 Fruit serve, 1 Limited Free Food





# CHOC ORANGE MOUSSE

SERVES 1

## INGREDIENTS

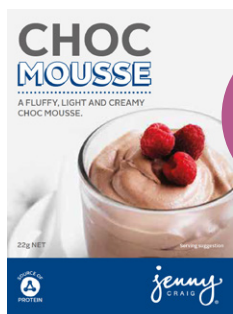
- 1 packet Jenny Craig Chocolate Mousse
- ½ cup skim milk
- Zest from ½ an orange
- 1 tbsp fat free vanilla yoghurt to garnish (optional)

## METHOD

Using an electric beater, whisk the Jenny Craig Chocolate Mousse powder with skim milk and orange zest until light and frothy. This should take approximately 4-5 minutes.

Pour the mousse into a ramekin and place in the fridge for at least 30 minutes to chill and set. Serve cold from the fridge and top with a dollop of fat free vanilla yogurt and extra orange rind to garnish.

*Enjoy!*



Made  
WITH ME

**TIP:** Make the decorative orange slices by baking thin orange slices in a low oven (100°C for 2-3 hours), until dried out. Check occasionally.

Grocery Count (per serve): ½ Dairy Serve



ASK US ABOUT

# RAPID RESULTS



AND HOW YOU COULD SEE  
RESULTS EVEN SOONER



RAPID RESULTS MEMBERS LOST AN AVERAGE  
**5KG** IN THE **4 WEEKS**<sup>#</sup>  
FIRST

#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.



#jennycraigausnz

*jenny*  
CRAIG<sup>®</sup>