

APRIL

EASTER SPECIAL ROASTED CARROTS + HERBY TARTARE

# GET INSPIRED

by JENNY CRAIG

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JENNYCRAIG.COM.AU

MAKE THESE  
*Chocolate  
bliss balls*

HOP TO IT!

jenny  
CRAIG®



*Make*

Tartare sauce, recipe p. 6

# Healthy, happy Easter

Easter can be a challenging time for sticking to a weight loss plan—particularly when grocery aisles are lined with enticing foil-wrapped temptations. To make sure you're not missing out, we've dreamed up these dietitian-approved Choc Breakfast Bliss Balls.

We recently caught up with our inspirational ambassador Jelena Dokic at the halfway mark

of her weight loss journey—read all about her progress on page 3.

And if you have plans to get away over Easter, make sure you check out Jelena's tips for maintaining healthy eating habits away from home.

*We hope you love our Easter special! x*



# Jelena AT HALFWAY

Then



**Jelena Dokic, with the help of her Consultant Belinda, has reached the halfway point of her Jenny Craig journey. Catch up with Jelena below and follow her journey on social media: [#myjennycraigjourney](#)**

## How does it feel to be at your halfway mark?

It feels incredible to be at the halfway mark and it feels incredible to be at this weight, where I haven't been for over five years. My current weight is just under 84 kilos, so it's definitely been a life changer. I've lost 15 kilos in 14 weeks. Just to think only a few months ago I was in a very different place and I'm so much more happy now, more confident, and I want to keep going and get to my goal. It's been exciting.

## Can you tell us about your motivation, Jelena?

My motivation has been.. very personal. I just wanted to really get in shape and be healthy and be happy, because I was really unhappy and overweight for a very long time. Belinda, she's really helped me get there. It's a lot more than just being on track with your food, it's been about that support and it's been the constant conversations that we've had every week. I've had a few moments where I was a little bit anxious about working and about travelling, and she was able to help me through that.

## How important is the accountability of a consultant throughout the weight loss journey?

I always felt like I don't want to let her [Belinda] down, because we've been working so closely, and I want to keep doing what I'm supposed to be doing and what we've been talking about. We've had some really important conversations when I've been working long days and I was getting a little bit anxious about how I was going to

Now



^Individual results may vary

handle that. And those days and those weeks were very important.

## You're on the Rapid Results program. Can you give us some insight to some of the benefits you've noticed so far?

I've been on the Rapid Results Program and I love it. I love the fact that I get to fast for 12 hours. It's something that I've wanted to try in the past, and I get to do on the Jenny Craig Rapid Results Program. And I've definitely also found I sleep a lot better. It's definitely controlled my appetite and stopped me snacking at times when I usually would have been snacking in the past.

## What advice would you give to others who are wanting to start their journey?

A lot of people I think are afraid to take that first step, and I think that's the most important one.

## Finally, what does the future hold for you?

I'm as motivated as ever, and Belinda has been there to help me so far and will continue to be, which I love. Look, it'll be probably tough at times, and some weeks are going to be better than others, but I'm really looking forward to the challenge and of course reaching my goal weight and to be able to feel my best. It's definitely the best thing I've done pretty much ever for my health and for my life.



# Jelena's

## TRAVEL TIPS

Easter is the time of year when many of us like to pack our bags and head off on an adventure with family or friends. Whether it's jet setting overseas, or loading up the car to go camping down the coast; with some planning, losing weight when travelling is possible.

But, it can also be a challenge. We spoke to our inspiring Jenny Craig ambassador (and frequent traveller), Jelena Dokic, on how she enjoys her time travelling while keeping on track with her weight loss goals.

### WHAT ARE YOUR TOP TIPS FOR SNACKING WHEN TRAVELLING?

I like to pack nutritious snacks like fruit, chopped veggie sticks, wholegrain crackers or nuts; whatever fits into my Jenny Craig menu. These snacks are perfect on the plane or if I'm spending the day sightseeing. I also make sure I drink plenty of water to stay hydrated.

### HOW DO YOU MAKE HEALTHY CHOICES WHEN EATING OUT?

I like to have a look through a restaurant's menu before heading out. It helps give me an idea of what I want to order and whether they have lighter options available. I like to order entrée sized mains, veggie-based meals and salads at restaurants to help keep my portions sizes in check.

### HOW DO YOU WATCH YOUR PORTION SIZES WHEN YOU TRAVEL?

I find watching my portion sizes to be one of the hardest things about eating healthy when travelling. On my recent trip to Croatia, I used a cleaned-out Jenny Craig serving tray to help guide my portion sizes. I just filled the tray with my meat and grain portion and kept the rest of my plate full of non-starchy veggies!

### HOW DO YOU FIT EXERCISE INTO YOUR TRAVEL PLANS?

Keeping active while I'm travelling is so important to me as I love how exercise makes me feel. I always like to start my day with a walk or a workout to beat the jetlag and keep me feeling energised throughout the day. So I always make sure I pack my work out gear and a comfy pair of shoes, no matter where I'm going.

## JELENA'S TOP TIPS TO STAY ON TRACK WHILE TRAVELLING



Stick to regular mealtimes and keep a regular routine. Otherwise you might find you'll get too hungry and overeat at the next meal.



Watch your portion sizes when dining out. Keep your Jenny Craig sized portions in mind and don't be afraid to share a meal or leave food on your plate.



You don't need to overindulge to enjoy your holiday! You can have fun being active and making healthy eating choices.





## EASTER BUNNY ROASTED CARROTS

SERVES 1-2

### INGREDIENTS

1 bunch Dutch (baby) carrots  
Spray oil  
1 tsp cumin seeds  
½ tsp Moroccan seasoning  
Black pepper to taste



### METHOD

Preheat the oven to 200°C and line a baking tray with greaseproof paper.

Trim the tops off the Dutch (baby) carrots and place on the lined tray. Lightly spray the carrots with spray oil and season with cumin seeds, Moroccan seasoning and black pepper.

Roast in the oven for 20-30 minutes until the carrots are softened and golden brown. Garnish with a sprinkle of chopped carrot tops.

*Enjoy!*

**Grocery Count (per serve):** Free Food Recipe



# HERBY TARTARE SAUCE

SERVES 2

## INGREDIENTS

1/3 cup low fat Greek yoghurt  
 1 spring onion, finely chopped  
 1 tbsp capers, finely chopped  
 4 unsweetened gherkins, finely chopped  
 1 tsp white vinegar  
 2 tbsp fresh dill, finely chopped  
 Pepper to taste

## METHOD

In a small bowl, mix together all ingredients until combined.

Cover and chill in the fridge for 30 minutes to allow the flavours to mingle.



Made  
WITH ME



**Grocery Count (per serve):** 1/4 Milk Serve





# 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.

**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.



*Enjoy!*

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

# Easter

## CHOCOLATE FIX

If you're a chocolate lover, there's no need to go without... when it comes to Easter treats, we've got you covered!



CHOCOLATE SUNDAE



COCOA CLUSTERS



CHOCOLATE PUDDING





**RAPID**  
**RESULTS**

ASK ABOUT OUR  
**RAPID RESULTS**  
**PROGRAM**

AND HOW YOU CAN SEE  
RESULTS EVEN SOONER

*jenny*  
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