

MAY

HEALTHY WEIGHT LOSS MINDSET TIPS & RECIPES INSIDE!

GET INSPIRED

by JENNY CRAIG

MAY 2020



TRY THIS

*Veggie Big
Brekkie*

RECIPE ON PG 7

jenny
CRAIG



Live a healthier lifestyle with us!

In this edition of **Get Inspired** we're all about showing you how to make small and sustainable changes to help build a healthy lifestyle that suits YOU! We have a selection of delicious breakfast recipes to brighten your morning as well as a simple stir fry greens that's sure to become a family favourite. We take a deeper look at how to lose weight with a healthy (and happy) mindset to keep on you track during the cooler months.

XX The Jenny Craig team

MEET *Pamela* NOW

PUKEKOHE, NZ



Now



Pamela
LOST 41KG[^]

[^]Individual results may vary

Please tell us your story and what life was like before your weight loss:

Before my weight loss, my family always came first. I had no energy to do anything so I would isolate myself, nose in a book and stay at home. I never went outside as I was too embarrassed and had nothing to wear. I bought clothes to cover myself instead of fitting me, my clothes were dark and I always wore a hat.

What was your 'aha' moment? The moment that made you want to begin your weight loss journey?

The month before I began my journey with Jenny Craig I had spread my husband's ashes, which had been a year since his death. I felt free to think of myself again, not just everyone else. At my work someone started a weight loss challenge and I weighed in at 138kg. I was shocked as I had never been that big before in my life. A few days later my friend sent me a Jenny Craig ad about a special start up program, I knew I had to do something as I had my first grandchild on the way and I needed to live for them, but most importantly for myself. I rang up and booked an appointment, my journey started and I have never looked back.

Please tell us about your experience on the Jenny Craig program:

The wonderful Consultants were so helpful, understanding and gave me encouragement when I was having a down week. When I first walked into Jenny Craig I had doubts whether I would feel comfortable or if they would understand my story. But no, I felt relaxed, relieved and started the next chapter of my life.

“ I feel more confident,
I take pride in how I look ”

How do you feel now that you've lost the weight?

I feel more confident, I take pride in how I look and dress in more fitted clothes with lots of colours. I never leave the house without looking in the mirror - everything must match and my hair is always done. I am standing tall with more energy, I walk everywhere now and feel that I can do my job a lot better than before.

5 Ways TO CREATE A HEALTHY WEIGHT LOSS MINDSET!

Your mindset is key when making any types of changes to your lifestyle and a healthy, balanced weight loss mindset is crucial to weight loss success. While we're shifting weight on the outside, it's just as important to be working on the inside. There are many things that you can do to create a positive mindset and lose weight in a happy, balanced and healthy way.



1. Set realistic goals and include goals not related to your weight

Research shows that starting with unrealistic expectations leads to abandoning of efforts. Starting with realistic and achievable goals is important to keep you motivated. Losing weight may be the result but it should not be your only goal. Setting non-weight related goals helps you to see the bigger picture, you're less likely to become fixated on your weight and helps you to see all your successes and reflect on what is truly important to you.

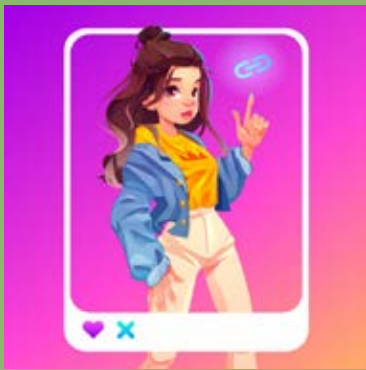


2. Take the focus off the scales and focus on how you feel instead

It's so important to focus on yourself as a whole person – you are so much more than your weight. Take note of all your successes which can range from increased energy, increased fruit and vegetable intake or being more active. These are the things that truly make a difference to your wellbeing and should be celebrated! Weight is also very subjective and doesn't account for changes in bone and muscle mass and other factors such as fluid balance and hormones. So remember the scales don't always reflect your progress.



BY KAREN STAFFORD,
ACCREDITED PRACTISING DIETITIAN



3. Don't compare yourself to others

Everyone is on their own personal journey and it's important not to compare your progress with others. They say that 'comparison is the thief of joy', so focus on your own goals and achievements. This helps you to see yourself in a more positive way and become grateful for what you can do and what you have achieved, rather than all of the things you don't have, can't do or achieve.

If you're spending a lot of time on social media do a review and unfollow any pages that don't make you feel good about yourself, or make you feel less worthy. Pages displaying unrealistic ideals of what you should look like can increase negative mood states and be demotivating. Instead, follow a range of pages, that are about travel, nature or other interests that inspire you.



4. Avoid creating rules – forget about 'good' & 'bad' foods

Giving yourself strict rules to follow only leads you to want to do something even more! If you tell yourself chocolate is 'bad' and you can't eat it at all, it's likely you'll spend a lot of time thinking about chocolate!

Give yourself permission to eat all foods and remember that balanced sustainable eating is the key to long term success.



5. Be kind to yourself – talk to yourself like you would to a friend

Would you ever say some of the things you say to yourself to your loved ones? Treat yourself with respect and speak gently and kindly by using positive affirmations and positive language. Reframe negative thoughts into more positive constructive ones like "I'm doing the best I can" or "I'm making progress".

Also try to stop discussions about extreme diets, bodies, fat, flaws and appearance. Being preoccupied with bodies and appearance can be harmful to your own body image and lead to you feeling dissatisfied. Make a pact with family and friends that you have more important things to talk about.

Most importantly remember that weight loss is a work in progress. It's about small sustainable changes over time rather than extremes, so give yourself the time and patience to work on things.



PB&J (PEANUT BUTTER AND RASPBERRY) WAFFLES

SERVES 1

INGREDIENTS

1 packet Jenny Craig Waffles
 ½ cup raspberries (frozen or fresh)
 Natural sweetener to taste (optional)
 2 tsp natural peanut butter

Preparation time: 5 minutes

METHOD

1. Warm Jenny Craig Waffles according to instructions on the packet.
2. Top the warmed waffles with peanut butter. Lightly crush raspberries with sweetener (if using) and add to peanut butter and waffles.

Enjoy!



*Make
WITH ME*

DIETITIAN TIP



Megan Alsford, Accredited Practising Dietitian

Peanuts are rich in protein, fibre and healthy fats; especially heart healthy monounsaturated and polyunsaturated fats!

If you're a Jenny Craig member, speak to your Consultant about how you can incorporate these recipes into your program.



VEGGIE BIG BREKKIE

SERVES 1

INGREDIENTS

Spray oil
2 Portobello mushrooms
3-4 cherry tomatoes
1 cup kale or spinach, leaves picked, stem removed and sliced
1 Jenny Craig Roasted Vegetable Frittata
1 tbsp sauerkraut (optional)
Fresh basil to garnish

Preparation time: 10 minutes

METHOD

1. Lightly spray frypan with spray oil and place on medium heat. When the pan is hot, add the mushrooms, tomato and kale and cook for approx. 5 minutes or until tomatoes have softened and mushrooms are browned.
2. While the vegetables are cooking, warm the Jenny Craig Roasted Vegetable Frittata as per instructions on the packet.
3. Serve the Jenny Craig Roasted Vegetable Frittata with the cooked vegetables, sauerkraut (if using) and fresh basil.

Enjoy!



DIETITIAN TIP



Karen Stafford, Accredited Practising Dietitian

If you prefer using spinach, add the spinach leaves once the tomatoes and mushrooms are cooked and the heat is turned off. The residual heat from the pan will gently wilt the spinach leaves without overcooking them.



STIR-FRIED GREENS

SERVES 3-4

INGREDIENTS

Spray oil
 1 clove garlic, crushed
 1 tsp ginger, grated
 1 bunch broccolini, trimmed and cut in half
 1 bunch bok choy, trimmed and cut in half
 2 tsp oyster sauce
 1 tsp salt reduced soy sauce
 ½ tsp natural sweetener
 2 tbsp water
 Black pepper to taste

Preparation time: 10 minutes

METHOD

1. Spray a wok with spray oil and heat on high heat until hot. Add the garlic and ginger and stir-fry for 1 minute until fragrant.
2. Add the chopped broccolini and stir fry for 2-3 minutes until tender (the stems should be bright green).
3. Add the bok choy and stir fry for 1-2 minutes until leaves have slightly wilted.
4. Add the oyster sauce, soy sauce, natural sweetener and water and stir to combine.
5. Season with black pepper.

Enjoy!



*Serve
WITH ME*

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Try using other veggies like pak choy, gai lan, broccoli, carrot, capsicum and mushroom!



ASK US ABOUT

RAPID RESULTS



OUR **MOST EFFECTIVE**
PROGRAM EVER

Jelena
LOST 31KG
ON RAPID RESULTS[^]

[^]Individual results may vary

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. [^]Individual results may vary.



#jennycraigausnz

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