

HEALTHY INDULGENCE
EDITION

GET INSPIRED

by JENNY CRAIG

Make these
**CHOC BREAKFAST
BLISS BALLS**



TRY OUR 3 NEW RECIPES • SUCCESS STORY: MELISSA LOST 16KG! • NUTRITION MYTH BUSTING

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 edition of **Get Inspired** we share some of our favourite indulgent recipes to get you started and dispel other common diet myths.

XX The Jenny Craig team



MEET *Melissa* NOW

“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



Melissa
LOST 16KG*



*Individual results may vary

STRATHPINE, QLD

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.



Nutrition

MYTH BUSTING

Today nutrition and weight loss information is everywhere; we're bombarded with it in newspapers, magazines, on the TV, social media and radio. It seems like everyone is their own food and nutrition expert, and with so much information out there, how can you really tell fact from fiction? At Jenny, we're here to help, our expert team of Dietitians have busted some common food and weight loss myths to make sure you're getting the right information.

MYTH: I SHOULDN'T EAT ANY FAT.

The reality: Healthy fats (unsaturated fats) are an important part of a balanced diet and are needed for many roles in the body – like moving nutrients around the body, making hormones and reducing our risk of disease.

If you're wanting to lose weight, foods with healthy (unsaturated) fats like oily fish, avocado, nuts and seeds can still be enjoyed as part of a balanced diet. But, as with other types of foods, it is important to watch your portion sizes as the kilojoules can add up quickly. You may want to also choose reduced fat and lean dairy and meat, to reduce the amount of unhealthy (saturated) fat you're eating.

MYTH: CERTAIN FOODS CAN HELP BURN FAT.

The reality: Unfortunately, there are no foods that have a significant effect on how your body burns fat. The best way to burn fat is through good old-fashioned diet and exercise. Eating a healthy diet, along with getting enough physical activity is the true secret to losing weight safely.

MYTH: CUTTING OUT CARBOHYDRATES IS THE BEST WAY TO LOSE WEIGHT.

The reality: Initially when you follow a low carbohydrate diet you may lose weight quickly because your body is losing mostly water. This is because the body is breaking down glycogen stores (carbohydrate stores) and water is stored with glycogen, so when this breaks down you lose a lot of water from your body.

Carbohydrates are the body's preferred energy source and in the long term these types of diets can be difficult to follow, and it can sometimes mean that you're cutting out whole food groups from your diet. Research also shows that low carbohydrate diets are no more effective than higher carbohydrate diets for weight loss.^

MYTH: THE LESS I EAT, THE FASTER I'LL LOSE WEIGHT.

The reality: The correct kilojoule restriction for weight loss can be very individual and depends on your gender, age, weight and activity level. Eating too few kilojoules can have the opposite effect and can potentially impact your metabolism. Our bodies are very good at adjusting in order to survive. By not eating enough kilojoules, your body may then conserve the kilojoules you eat, making it more difficult for you to lose weight.

That's why at Jenny Craig we offer menus based on different kilojoule levels and we assess every person individually to ensure they achieve the right balance of kilojoules to meet their weight loss needs.

[^]Dietitians Association Australia 2012



CHOC BREAKFAST BLISS BALLS

SERVES 1

INGREDIENTS

- 1 pack 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

1. 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.
2. Roll the mixture into balls and place onto a lined tray or plate.
3. 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.



BANANA NICE-CREAM

SERVES 1

INGREDIENTS

1 banana, frozen
1 tbsp fat-free yoghurt
¾ cup ice

METHOD

1. Place the frozen banana, yoghurt and ice in a food processor and blend until smooth.
2. Scoop out blended banana (this should be the consistency of soft serve) and place into a serving bowl.

Enjoy!



*Serve
WITH ME*



PANNA COTTA TOPPED JELLY

SERVES 1

INGREDIENTS

- 1 Jenny Craig Panna Cotta
- 1/3 cup skim milk
- 1 packet raspberry flavoured diet jelly crystals
- Raspberries to serve (optional)



METHOD

1. Prepare the diet jelly as per instructions on the packet. Allow the jelly to fully set for at least 4 hours or overnight before continuing.
2. Once the jelly has fully set, prepare the Jenny Craig Panna Cotta as per instructions on the packet. Top the set jelly with the Panna Cotta and place in the fridge for 30 minutes to firm up. Top with raspberries when ready to serve (optional).

Enjoy!

TIP: Ensure the jelly has completely set before layering the Jenny Craig Panna Cotta on top, otherwise the two mixtures will combine and you won't get the layered effect.

OUR MOST EFFECTIVE
PROGRAM EVER

RAPID RESULTS



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 (on the weekly Menu, with consultations), versus 3.83kg on our Classic Program.



#jennycraigausnz | 13 19 92 | 0800 502 302

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