

VEGETARIAN  
EDITION

# GET INSPIRED

*by* JENNY CRAIG

COMMON WEIGHT  
LOSS PITFALLS ON A

*vegetarian  
diet*

TRY OUR 3 NEW RECIPES • SUCCESS STORY: SIMONE LOST 22KG! • VEGETARIAN DIET TIPS





# Glorious Veggies!



*Try this*

Our delicious  
vegetarian recipes  
from p. 5

Eating plant-based protein and focusing on fruits, vegetables, grains and healthy fats has been shown to reduce some chronic illnesses—so it's no surprise vegetarian eating is on the rise. With more and more people waking up to the amazing flavours, textures and colours you can achieve from vegetarian foods, the trend is set to stay.

Whether you're a vegetarian or trying to cut back on your meat intake by including some vegetarian meals, we've got your back. In this special Vegetarian edition of **Get Inspired** you'll get a taste for some delicious vegetarian recipes and be motivated by Simone, one of our vegetarian members. Plus, our Dietitians share some common pitfalls to look for when following a vegetarian diet.

**XX The Jenny Craig team**



# MEET *Simone* NOW



^Individual results may vary

I am a mother of 5 so life is very busy. I had become so overweight I stopped looking at myself in the mirror. A friend recommended Jenny Craig and I thought it sounded too good to be true so I joined the program. In 7 months I lost 22kg and I finally got my sparkle back and I couldn't be happier.

We went on holidays in January 2016 and we decided to go on a hike. Little did I know that I was so unfit that I couldn't make it. I was ashamed and disappointed that I had let myself get this way, not only had I let myself down I had let my husband and kids down too. As soon as we got home from our holiday I joined Jenny Craig the next day.

My journey on Jenny Craig has been nothing but incredible. As I am vegetarian I didn't think there would be many options, how wrong could I have

been. The options were endless and the food is amazing.

I couldn't have done any of this without the endless support of my Consultant who was my pillar of strength. I owe her such gratitude.

I feel happier, healthier, fitter and more motivated than I ever have before. I can now look at myself in the mirror and smile at what I have achieved.

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*-Simone*

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# COMMON WEIGHT LOSS PITFALLS ON A *vegetarian diet*

Some people may choose a vegetarian diet to help with weight loss and there is some merit in this thinking as a balanced vegetarian diet can be low in kilojoules (energy). But, getting the benefits of vegetarian diet is more complex than simply skipping meat.

Here are some of the common weight loss pitfalls when trying to lose weight on a vegetarian diet.



BY MEGAN ALSFORD

ACCREDITED PRACTISING DIETITIAN

## CHOOSING HIGH ENERGY VEGETARIAN FOODS TOO OFTEN

While many vegetarian foods are healthy options, not all vegetarian foods are created equal. For example, some vegetarian foods are high in energy such as full fat dairy, fried foods, chocolate, chips and ice-cream – even vegan versions like coconut ice-cream are often still high in energy and should only be enjoyed in moderation.

## EATING TOO MUCH

The basic weight loss principles, of eating less and moving more, are the same for vegetarian and non-vegetarian diets. So, while you may be sitting down to a healthy vegetarian dish, you still need to keep portion sizes in check.

## NOT BALANCING MEALS

If lean meats are not replaced with a vegetarian meat alternative, such as soy, low fat dairy or legumes, it can leave you feeling unsatisfied and run down. This might mean you're more likely to overeat and less likely to get some activity. That is why it's important, as with any way of eating, to make sure your vegetarian meal plan includes a variety of foods and has some carbohydrates, fibre and protein at each meal.

The Jenny Craig vegetarian meal plans have been designed by our Dietitian team to take the guess work out of balancing meals. The plans include portion controlled vegetarian meals and treats so you can enjoy all your favourites and lose weight with the confidence you are getting the right nutrition.

## FAVOURITES FROM THE JENNY CRAIG VEGETARIAN MENU



### ROASTED VEGGIE ALL ROUND

Multigrain bread filled with tender roasted vegetables and tasty cheddar cheese.



### SPINACH & FETTA ROLL

Light puff pastry filled with spinach and feta cheese.



### VEGETABLE TIKKA MASALA WITH PANEER CHEESE

A mildly spiced vegetable curry with paneer cheese, served with basmati rice.





# CARROT & ZUCCHINI FRITTERS

SERVES 1

## INGREDIENTS

1 packet Jenny Craig Wholemeal Pancakes  
 ½ cup zucchini, grated  
 ½ cup carrot, grated  
 1 spring onion, sliced finely  
 20g reduced fat feta  
 Pinch dried oregano  
 Pinch dried (or fresh) basil  
 Black pepper, cracked  
 ⅓ cup skim milk  
 Spray oil  
 Dollop of plain non-fat yoghurt to serve  
 4 cherry tomatoes, quartered, to serve

## METHOD

1. Squeeze out the moisture in the grated zucchini and carrot and lay the grated vegetables on a plate with paper towel. Allow the moisture to be absorbed for about 30 minutes.
2. Combine the Jenny Craig Wholemeal Pancake mix with drained zucchini, drained carrot, spring onion, feta cheese, oregano, basil and pepper. Add milk and stir to combine.
3. Lightly spray a fry pan with oil then heat on medium heat until hot. Spoon the mixture into a hot pan and cook for 5 minutes on each side, or until golden brown and cooked through.
4. Serve with yoghurt and cherry tomatoes.



Made  
WITH ME

Enjoy!



# MOROCCAN PUMPKIN & FETTA RICE SALAD

SERVES 1

## INGREDIENTS

- 1 packet Jenny Craig Pumpkin & Fetta Rice
- ¼ red capsicum, chopped
- ¼ cup sugar snap peas
- ¼ cup snow peas
- 1 cup mixed lettuce leaves
- Salad, thawed
- 1 tbsp fresh mint leaves
- 40g reduced fat fetta cheese, crumbled
- Sprinkle of Moroccan seasoning
- ¼ pomegranate, deseeded
- 1-2 tbsp white wine vinegar

## METHOD

1. Lightly steam the capsicum, sugar snap peas and snow peas in the microwave by placing in a microwave safe bowl with 2 tbsp of water.
2. Microwave for 1 minute until softened but slightly crisp. Set aside.
3. Prepare the salad by arranging lettuce leaves on a serving plate. Top with thawed Jenny Craig Pumpkin & Fetta Rice Salad, capsicum, sugar snap peas, snow peas and mint leaves and season with the Moroccan seasoning.
4. Crumble the reduced fat fetta over the salad and top with pomegranate seeds. Season with the white wine vinegar to taste.



Made  
WITH ME

Enjoy!





## BEETROOT DIP

### INGREDIENTS

2 whole beetroots cooked in natural juice  
(no added sugar)  
1 sprig (or 1 tsp dried) rosemary  
½ lemon, juiced  
1 garlic clove  
½ tsp Dijon mustard

### METHOD

1. Place all ingredients into a blender or food processor and mix until smooth.
2. Add 1 tablespoon of water if needed to blend.
3. Serve chilled.

*Enjoy!*



OUR MOST EFFECTIVE  
PROGRAM EVER

# RAPID RESULTS



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



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*jenny*  
CRAIG<sup>®</sup>