

JANUARY

KICK START YOUR 2020 WITH OUR TOP 20 HEALTH TIPS

# GET INSPIRED

by JENNY CRAIG

JANUARY 2020

TRY THESE

Fruit Ball  
Skewers

jenny  
CRAIG





# Happy New Year!

Happy New Year and welcome to 2020. With a new year comes new motivation, and this edition of Get Inspired is packed with all the motivation you need for 2020. We also have plenty of healthy recipes for tasty canapes and fun finger food for those of you who enjoy entertaining during the summer months. If you're making New Year's resolutions, try make your goals specific to what you're trying to achieve in 2020, whether it's around food, movement or mental health. Talk to your Consultant about setting up some SMART goals for the year ahead or check out our [\*\*blog article\*\*](#). And always remember that you can reset and adjust your goals at any time of the year (not just in January).

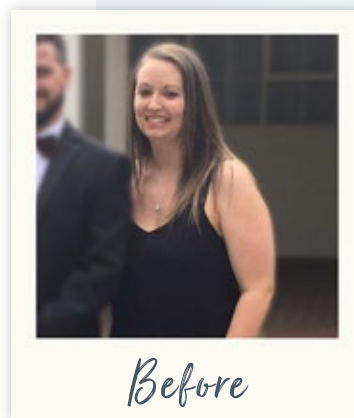
From the whole team at Get Inspired and Jenny Craig we hope 2020 is your best year yet!

XX The Jenny Craig team



# MEET *Tanya* NOW

PAKURANGA, NZ



*Before*

*Now*



*Tanya*  
LOST 36KG<sup>^</sup>

<sup>^</sup>Individual results may vary

## Why did you choose Jenny Craig?

I loved that they had all the meals prepared and ready to go and it was already portion controlled. It's just so easy to be able to come home and have the meals ready to go. I also liked the way that you learn how to do it on your own, once you come off the Jenny program, once you've reached your goal and you move on to maintenance, you're able to transfer those skills to your life, I think that's what sold it for me because I wanted to go in and not just lose the weight but I wanted to create a lifestyle change and be able to keep the weight off on my own afterwards.

## Tell us about your weight loss journey?

Honestly I was surprised because when I first joined and I got all the food, I thought 'I don't know how anyone could lose weight on this', I don't know how you can eat so much food and have the food be this tasty and still be losing weight on it, it didn't make sense to me. But then I think I lost about 2 kilos on my first week and I was like 'oh, I'll give it a go for a few more weeks and then every week, it was between 1 and 2 kilos dropping down and then I increased my exercise because I was feeling better about myself, the more it seemed to drop off. I lost 36 kilos in 37 weeks on the Jenny Craig program. I am so proud of myself, it's probably the best thing I've ever done for myself. Super proud.

## TANYA EXPLAINS HER DAY ON JENNY CRAIG

I'm one of those people that likes routine, I did really enjoy coming home and knowing exactly what I was going to have that day. And I think that is what actually helped me stay on track.

My day would start with having a Jenny Craig breakfast, then I would go to work and have a snack which was generally a piece of fruit.

Then I would have the Jenny lunch at work and often my team were like 'oh that looks nice, can I have some of that', that was good, it didn't feel like I was missing out on anything. I absolutely love vegetables and salads, they also help fill you up as well so that was great. Then, depending what was on my plan I would have another snack.

After work, I'd go for my run and then I would have my Jenny dinner and then my snack which was often a dessert which was really nice... something to look forward to at the end of the day.

*“The Lamb Moussaka was my favourite, it was delicious I absolutely loved it!”*

# Top Tips to reach YOUR HEALTH GOALS

If you're thinking of starting Jenny Craig, you're already a member, or you're simply starting your own health journey, take the time to sit down and work out what health goals are important for you to achieve in 2020. Our nutrition team (with the help of some of our Consultants) have put together a list of our top tips and strategies to kickstart your health goals this year with Jenny Craig.

1

"Celebrate small successes along the way and keep your end goal in mind".

– Jelena Dokic,  
Jenny Craig Ambassador



2

If you're a Jenny Craig member prepare your menu **BEFORE** you head to your consultation, that way you can spend more time focusing on strategies and motivational tools for the week.



3

"Spice up your meals with more spices and herbs."

– Viki, Jenny Craig Consultant,  
Frankston VIC



4

Be prepared and organised with your shopping for the week. Prep and chop all your fruit and veg so you're all ready to go once the week starts.



5

"Find an activity that you enjoy and is sustainable for you long term. Don't slug it out doing something you hate or is exhausting."

– Karen Stafford,  
Jenny Craig Dietitian



6

"The Jenny Craig program is all about giving you freedom and education on healthy life choices.

As Consultants we're always here to make the program work for you, so don't be afraid to tell us when you need some extra help planning your week."

– Felicity, Jenny Craig Consultant,  
Tamworth NSW



7

Whenever you're thinking about making a change, consider if you can do it forever.



8

Take the focus off the scales, it's just a number. Focus on how you feel instead.



9

"Still attend your appointment even if you think you have gained. Your consultant will go through your week with you and give you the skills to navigate similar weeks. A gain is not a bad thing if you learn from it."

– Wendy, Jenny Craig Consultant, Hamilton NZ



10

Keep your meals fresh and varied by using the recipes on the blog or our recipe cards in centre.



11

Don't be afraid to call your Consultant during the week if you need a mid-week pep talk. We're here to help!



12

Stay hydrated and keep a water bottle on you at all times. It's important to get enough water each day, and keeping a bottle on you will act as a reminder.



13

Don't skip items on the menu. It may be tempting to think eating less will help you lose more, but the nutrition team has worked hard to make our menus the most effective and efficient way to lose weight.

– Laura Ford, Jenny Craig Dietitian



14

BALANCE and "Live Life", if you choose to do something or have something that's off the plan, then own that choice and be accountable for it.

– Fiona, Jenny Craig Consultant, Tamworth NSW



15

Keep track on your menu of what you're eating and your activity. Those who monitor what they do are more successful with lifestyle changes.



16

When it gets hard, remember why you started.



17

One dessert, 5 spoons. When you go out to eat, it's always a good idea to share something you may want to eat with others so you can enjoy a taste of it, rather than not have any at all and feel like you're missing out.



18

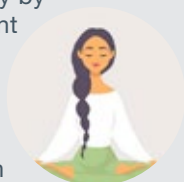
Take your goals one day at a time. Each day wake up and think about what you can do today to improve on yesterday and remember lots of small changes equal a big change.

– Megan Alsford, Jenny Craig Dietitian



19

Practice mindfulness regularly by paying attention to the present moment. Whether it's a dedicated meditation or some deep breathing, mindfulness can reduce stress, create calm and teach you how to relax.

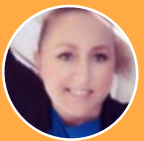


20

Set realistic and achievable goals. Write these down so you can refer back to them to keep you motivated throughout the year.



Jenny Craig Team Recipe!



## JAZMIN - NELSON, NZ

Jazmin is a Consultant at Jenny Craig Nelson (New Zealand) and has been part of the Jenny Craig family for nearly 2 years.

### What do you like about working at Jenny Craig?

The best part of my job would have to be seeing the look of accomplishment on someone's face when they achieve something they thought they couldn't do. Whether that's weight loss for the week or turning down that drink or morning tea shout. Gives me the warm fuzzies.

### Jazmin's favourite Jenny Craig meal:

Don't make me choose! It's a toss up between the Apple Berry Brekkie Cup, Sweet Chilli & Sour Cream Chips and the Macaroni Cheese. I can't choose just one!

### How did you come up with this recipe?

I was looking in the fridge thinking of what I could make, saw the button mushrooms and thought... hey they kinda look like mini burger buns, maybe I'll try make them into just that! I got all the veggies in the fridge that make up a burger and winged my way through it.

# MINI MUSHROOM BURGERS

## INGREDIENTS

500g button mushrooms, stalks removed  
Drizzle balsamic vinegar  
½ cup iceberg lettuce  
5 cherry tomatoes, sliced  
½ spring onion, sliced  
40g reduced fat cheese, cut into small squares

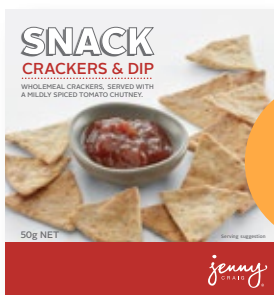
## METHOD

1. Heat a non-stick frypan on medium heat and cook the mushrooms for 4 minutes on each side until lightly browned. Remove the mushrooms from the pan and drizzle with a small amount of balsamic vinegar.
2. Assemble the mushroom burgers by sandwiching the lettuce, tomato, spring onion and cheese between 2 mushroom 'buns'. Serve warm.

Enjoy!

### DID YOU KNOW?

Mushrooms are a great source of vitamin D and leaving them out in the sun can actually boost their vitamin D content. Just place 100g of mushrooms in the sun for 1 hour and the mushrooms will generate enough vitamin D to meet 100% of your requirements!



Serve  
WITH ME

**Preparation time:** 20 minutes

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





# GRILLED PINEAPPLE SKEWERS WITH MINTED YOGHURT DIPPING SAUCE

## INGREDIENTS

½ pineapple, peeled and cut into 4 pieces  
 ⅓ cup plain fat free yoghurt  
 1 tbsp fresh mint, chopped  
 Seeds and pulp of 2 passionfruit

**Preparation time:** 20 minutes

## DID YOU KNOW?

Have you ever felt like your mouth is sore or itchy after eating pineapple? This is due to the naturally occurring enzyme bromelain found in pineapples. Bromelain acts by breaking down foods (specifically proteins) which makes it a great meat tenderizer for marinades (but can often leave your tongue feeling tingly).

## METHOD

1. Preheat a fry pan or grill pan to high heat. Place the pineapple onto the hot pan and cook for approximately 5 minutes each side or until golden and caramelized. Remove from heat.
2. Prepare the minted yoghurt by combining the plain fat free yoghurt with the chopped mint leaves. Stir to combine.
3. To serve, drizzle the passionfruit pulp over the grilled pineapple and serve with the minted yoghurt as a dipping sauce.

*Enjoy!*



*Serve  
WITH ME*



# FRUIT BALL SKEWERS

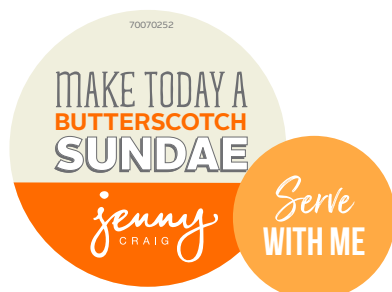
## INGREDIENTS

- 1 seedless watermelon portion
- ½ rockmelon (cantaloupe)
- ½ honeydew
- ½ white dragon fruit
- ½ red dragon fruit

## METHOD

1. Use a melon baller to scoop out the flesh from the melon and dragon fruit into balls.
2. Skewer the fruit balls onto a skewer, alternating between the different coloured fruit. Repeat until all the fruit balls are used. Store covered in the fridge until ready to serve.

*Enjoy!*



**Preparation time:** 20 minutes

## DID YOU KNOW?

Watermelon is a great hydrating fruit for summer as they are ~90% water.



"I hope that I can inspire, empower  
and motivate other women to  
start their own journeys"

- Jelena Dokic



*Jelena Dokic*  
**LOST 31KG<sup>^</sup>**  
**IN 11 MONTHS**

<sup>^</sup>Individual results may vary



#jennycraigausnz

*jenny*  
CRAIG



INTRODUCING  
THE NEW  
*Summer  
Menu*

**5 DELICIOUS MENU ITEMS**

AVAILABLE 13 JANUARY 2020

HAM & EGG  
MUFFIN



PUMPKIN  
SOUP



CHEESE & CHIVE  
OMELETTE



SALMON  
LINGUINE



MELTING  
MOMENT

