

APRIL

CREATE YOUR HEALTHY LIFESTYLE

GET INSPIRED

by JENNY CRAIG

Enjoy
**MINDFUL
EATING**

JANE HAS REACHED HER GOAL • MAKE THIS AT HOME - PAGE 6 • MINDFUL EATING



Time to keep cosy this Autumn

This Edition of Get Inspired is filled with plenty of fresh ideas to help you make the most of Autumn! And first thing's first, let's ditch the guilt around eating. We'll teach you how to mindfully enjoy what you eat. Plus, two of our amazing Consultants, Emma and Clare share their favourite recipes for you to enjoy.

XX The Jenny Craig team

SUCCESS STORY



^Individual results may vary.



MEET Jane NOW

Tell us a bit about you and what life was like before you joined Jenny Craig:

Life before Jenny Craig was about working, raising a family and being too busy to make my health and happiness a priority. It became a vicious cycle of eating unhealthy snacks on the go, being too tired for exercise, eating takeaway because it was quick and easy, and the weight piled on. The heavier I got, the less motivation I had. I stopped going out because I disliked the way I looked, and my health was suffering.

Why did you decide to join Jenny Craig?

I joined Jenny Craig in a moment of absolute desperation. I had started a new job only just being able to fit in the biggest uniform they had, any movement in it was difficult. I was pre-diabetic and suffering more and more joint pain. I was the heaviest I had ever been, and I knew it was time and I also knew I could not do it alone, that was my Jenny moment.

Can you describe your experience on the Jenny Craig program?

I have been so fortunate to have such amazing support from my consultant and the whole team - their encouragement was instrumental in keeping me on track. As time has gone on, it gets easier to maintain the good eating habits that the Jenny Craig program teaches you.

Do you have any favourite items from the Jenny Craig menu?

My favourite Jenny Craig foods are definitely the Chicken Parmigiana, Butterscotch Sundae and the Spinach and Ricotta Cannelloni – yum!

Tell us about your Jenny Craig Consultant?

Wendy, my consultant, is brilliant! She is so positive and encouraging and she has been a massive part of my success. She never made me feel bad if I had not had a good week, she would make suggestions and gently guide me back on track. She is a great listener and knows me well now. She is an inspiration and we always manage to have a good laugh! Seeing her each week is more like catching up with a friend, rather than a client and Consultant meeting.

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

I feel amazing! I am no longer pre-diabetic or having joint pain. I have more energy, I'm more social and life is fun instead of a constant struggle. I want to get out there and try new things! Clothes shopping is now enjoyable instead of torture - I even enjoy exercise!

“I'm feeling positive, happy and in control of my life, instead of life controlling me.”

Do you have a standout moment on the Jenny Craig program you'd like to share?

A standout moment was reaching my third weight loss goal of getting under 100kg. Emotionally that had been a really big barrier for me, passing it and realising I wanted to continue losing weight was a joyful moment.

ENJOY EATING *mindfully*



BY KAREN STAFFORD
ACCREDITED PRACTISING DIETITIAN

Being on a weight loss journey doesn't mean that you have to avoid certain foods while you watch others enjoy them, or that you should feel guilty about certain food choices. Part of learning to have a healthy relationship with food is moving away from labelling foods as 'good' or 'bad', restricting foods you think are unhealthy and instead allowing yourself to enjoy all foods without feeling guilty.

Eating well is so much more than just one meal or one day's worth of eating. Allowing yourself permission to eat all foods without deprivation gives you a healthy, balanced mindset.

We're here to tell you that you can enjoy the foods you love and you should never feel guilty for eating anything.

Here's how to eat mindfully and enjoy your food.

REMOVE FOOD LABELS AND THE WORRY ABOUT FOOD

Sometimes we worry so much about a food we think is 'bad' that it distracts us from the actual experience of eating it and we barely register that we've eaten. By removing the guilt from eating a food it allows you to focus on actually eating and enjoying it. You can take your time and feel truly satisfied. By allowing yourself to eat a food and knowing that you can stop and go back another time, you are removing the feeling of deprivation which often leads to eating more than you originally planned. Depriving yourself only drives the desire to eat the food more and triggers that uncontrollable feeling that 'if I start, I won't be able to stop'. Part of the reason of feeling like you can't stop is not knowing if you'll ever be 'allowed' that food again. By giving yourself permission to eat all foods it helps remove the drive to overeat it now, as you know you can go back later, or the next day if you want.





2 SIT DOWN TO ENJOY YOUR FOOD

We often eat standing up or on the run and don't concentrate on what we are doing. This means sometimes you might not even register what you've eaten making it easy to eat a whole bag of chips without even realising it. So, take the time to enjoy your food by sitting at the table without distractions.

3 SLOW IT DOWN AND STOP WHEN YOU'RE FEELING FULL

This sounds simple enough in theory but our fast-paced lives and the speed at which we eat has meant that many of us have lost the ability to truly tune into our hunger signals.

The over full feeling is often a trigger that brings on a feeling of guilt. So, by tuning into your body and knowing when to stop you can prevent this feeling and finish off having enjoyed your food and feeling satisfied. Follow these steps to slow down your eating:

- Start by taking a deep breath
- Take small bites
- Chew your food properly – depending on the food, give it 10-20 chews
- Take the time to notice the taste and texture
- Swallow and feel the food travelling from your mouth to your stomach
- Pause before taking another bite – put down the knife and fork or the food, take a sip of water, have a chat with others
- Notice your hunger level
- At the point you feel your hunger start to subside and you start to feel full, stop eating.

Instead of focussing on the fear of overindulging, focus on enjoying the foods you love and being in the present moment. If you do overindulge, know that it's ok. Put it in perspective – it may have been just one meal or just one day which will not derail all your efforts. Most of all, enjoy the time with family and friends.



APPLE DONUTS

PREP TIME 10 MINS

VEGETARIAN

INGREDIENTS

1 Jenny Craig Nut & Cranberry Mix

1 apple

100g vanilla fat free yoghurt

½ cup mixed berries – we've used strawberries, blueberries and raspberries, chopped

Sprinkle of cacao nibs

METHOD

1. Slice the apple into ½ cm thick circles and use a biscuit cutter to remove the core to form the 'hole' of the donut.
2. Spread each apple slice with yoghurt and sprinkle with berries, cacao nibs and **Jenny Craig Nut & Cranberry Mix**.

Enjoy!



DIETITIAN TIP

Laura Ford, Accredited Practising Dietitian



You can even make these into a delicious breakfast treat by topping with your favourite Jenny Craig muesli.

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



Consultant RECIPE

Emma, Consultant at Jenny Craig Morphett Vale, South Australia

What I love most about working for Jenny Craig is not only being able to motivate and support our members to reach their weight loss goals, but also setting them up for success with skills and knowledge that will support them for life. It is such a rewarding feeling!

EMMA'S EGGY MUFFINS

PREP TIME 15 MINS

VEGETARIAN

INGREDIENTS

1 Jenny Craig Cheese & Chive Omelette

Spray oil

Handful of cherry tomatoes

Handful of baby spinach

20g low fat feta cheese



*Serve
WITH ME*

METHOD

1. Preheat oven to 180°C and lightly spray a muffin tin with spray oil.
2. Thaw the **Jenny Craig Cheese & Chive Omelette** in the microwave for 1 minute. Cut the omelette into thirds to form 3 triangle shaped pieces and mould into 3 of the muffin cups. Bake in the oven for approximately 10 minutes.
3. While the omelette is baking, sauté the cherry tomatoes in a fry pan until golden. Add the spinach with a splash of water and turn off the heat to allow the spinach to wilt.
4. Spoon the veggies into the omelette muffins and sprinkle with feta cheese.

Enjoy!

CONSULTANT'S TIP...

Get creative with your fillings - try capsicum, mushrooms or spring onion.

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



Consultant RECIPE

Clare, Consultant at Jenny Craig Morley, Western Australia

Working with Jenny Craig has been so rewarding as it has allowed me to meet so many different people and to be a part of their journey. I couldn't see myself working anywhere else that gives you different challenges and successes every day.

CLARE'S VEGGIE CHILLI CAPSICUM CUPS

PREP TIME 30 MINS

VEGETARIAN

INGREDIENTS

1 Jenny Craig Vegetarian Chilli

Spray oil

1 small onion, chopped

¼ red capsicum, chopped

¼ yellow capsicum, chopped

2 button mushrooms, chopped

1 tsp chilli sauce (optional)

2 whole red capsicums, halved with seeds removed

40g low fat cheddar cheese, grated



Serve
WITH ME

METHOD

1. Preheat oven to 180°C.
2. Place a frypan on medium heat and spray lightly with spray oil. Add the onion, capsicum and mushrooms and sauté for 5 minutes until softened.
3. While the vegetables are cooking, microwave the **Jenny Craig Vegetarian Chilli** as per instructions on the package. Add the warmed **Chilli** to the cooked vegetables and mix well.
4. Stuff the capsicum halves with the Chilli mixture, then top with low fat grated cheese. Place onto a lined baking tray and bake for 20 minutes until golden brown.
5. Remove from the oven and serve with a side salad.

Enjoy!

CONSULTANT'S TIP...

Wrap the capsicum stalks in foil to prevent them burning in the oven.

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

TRY RAPID RESULTS



OUR **MOST EFFECTIVE
PROGRAM** EVER



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.



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