

# Hi there. Welcome to Jenny Craig.

Ally,  
-25 lbs<sup>1</sup>

<sup>1</sup> Members following our Classic program lose, on average, 1-2 lbs per week. Members following our Rapid Results program in studies, lost on average 11.6 pounds in the first 4 weeks and 1-2 pounds per week thereafter. Members received promotional consideration.

With our proven plan, you'll see results fast! Join the thousands of people, just like you, who have lost weight with Jenny Craig. Try your first week and love it or your money back, **guaranteed**.<sup>†</sup>

## How Our Program Works

### Support



Enjoy weekly 1:1 consultations.

A Jenny Craig consultant will guide you through your

### Delicious Meals



Enjoy the foods you love.

Enjoy dietitian-designed pre-prepared food. We create

### Experience Real Results



Lose weight and keep it off!

Jenny Craig clients can lose 3x more weight than dieting on

[Support](#)

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## What Plan Would You Like?

### Simple Meal Plan

\$ **12**.29  
Per Day



Satisfaction Guaranteed<sup>†</sup>

Get a full week of convenient breakfasts

### Essential Meal Plan

\$ **23**.14  
Per Day



Satisfaction Guaranteed<sup>†</sup>

Get a full week of convenient lunches,

**Limited Time Offer**  
10% off your 1st week

### Rapid Results<sup>™</sup> Weight Loss Plan

\$ **25**.57  
Per Day

For a limited time, pay \$161.10 on your first weekly menu



Lose weight. Satisfaction Guaranteed<sup>†</sup>

and lunches so you have meals on hand whenever you need them.

- 7 Breakfasts
- 7 Lunches



Delicious Food



Vegetarian Options

[Select Menu](#)

[Order now](#)

[Plan Details](#)

dinners and snacks so you have meals on hand whenever you need them.

- 7 Lunches
- 7 Dinners
- 7 Snacks/Desserts



Delicious Food



Vegetarian Options

[Select Menu](#)

[Order now](#)

[Plan Details](#)

Get a personalised weight loss plan with a full week of breakfasts, lunches, dinners and snacks.

- 7 Breakfasts
- 7 Lunches
- 7 Dinners
- 7 Snacks/Desserts
- Personal Consultant Included
- Free Delivery\*



Delicious Food



Balanced Diet



Vegetarian Options



Personal Consultant

[Order now](#)

[Plan Details](#)

## Compare Our Different Options

Plan Features	Simple Meal Plan	Essential Meal Plan	Rapid Results Weight Loss Plan
Breakfast	✓		✓
Lunch	✓	✓	✓
Dinner		✓	✓
Snacks & Desserts		✓	✓
Vegetarian Options	✓	✓	✓
Free Delivery			✓ When you order 2 or more weeks
Personal Consultant			✓
Rapid Results Plan			✓
Food Swaps			✓
	<a href="#">Select Menu</a> <a href="#">Order Now</a> <a href="#">Plan Details</a>	<a href="#">Select Menu</a> <a href="#">Order Now</a> <a href="#">Plan Details</a>	<a href="#">Order now</a> <a href="#">Plan Details</a>

## The Science of Jenny Craig



**Healthy Can Taste Great**

What you eat plays a critical role in weight loss success so we're committed



**The Science of Changing Behavior**

We combine the principles of intermittent fasting with nourishing meals and



**What Matters Most to You?**

Is it a convenient meal plan for breakfast, lunch or dinner? Or a proven



**FreeOnline Weight Loss Analysis**

Just answer a few simple questions and get personalized weight loss

to having the best possible food to help make losing weight easier. You might be surprised to know that "diet" food can actually make your taste buds happy.

specially designed menus to help maximize ketosis. Simply put, that's the science of naturally burning more stored fat throughout the day.

weight loss program? Whatever you choose, if you're not 100% satisfied with your first week, send it back for a full refund.<sup>#</sup>

recommendations and a health profile.

[See the Menu](#)[See the Science](#)[Explore Plans](#)[Get My Analysis](#)

We have been helping real people eat better,  
live healthier, and lose weight.



**Alex**

Lost **28kgs** on Jenny Craig<sup>†</sup>

[See Alex Before](#)



**Andrea**

Lost **21kgs** on Jenny Craig<sup>†</sup>

[See Andrea Before](#)



**Neil**

Lost **39kgs** on Jenny Craig<sup>†</sup>

[See Neil Before](#)

[View More Success Stories](#)

<sup>†</sup> Weight loss on Rapid Results Weight Loss Plan. Individual results may vary

## Still Have Questions?

[Book a Free Appointment](#)[Call us:](#)[Live Chat](#)[FAQ](#)

On Rapids Results, Members lost  
an average of 5kgs in your first 4 weeks!<sup>#</sup>

[Order now](#)

\*To learn more about how Jenny Craig clients can lose 3x more weight than dieting alone, we invite you to read the 2 year study undertaken in the United States and published in the Journal of the American Medical Association (JAMA) – see <http://jama.jamanetwork.com/article.aspx?articleid=186793>. JAMA Study also available upon request. Members following our program, on average, lose 0.5-1kg per week.

#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.

<sup>4</sup>Individual Results May Vary. Weight loss takes time and commitment.

\*Minimum spend \$300. Offer ends 26.06.21. [T&Cs apply](#).

† If you are not 100% satisfied with your first order, please call our Customer Care team on 13 19 92 within 5 days of receiving your order and return the remaining food for a full refund. Valid for new members only, on the first order only. Limit one per member. [T&Cs apply](#).

### About The Program

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### Info & Inspiration

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### Keep In Touch

SIGN UP

