Doreen,
- 25lbs²Heather,
- 50lbs³

Make it your **best summer** with
Max and our **New Recharge Bar**.

Lose up to **17 pounds**
in your next **4 weeks**.¹

[Start Max Today](#)

Get your Weight Loss Analysis

Gender * ☐ Female ☐ Male

Height (cm) *

Weight (kg) *

Email *

[View your results](#)

* Required fields. By entering your information above, you agree to our [Privacy Policy](#) and opt in to receive emails from us.

¹ First 4 weeks only. Average weight loss in study was 13 lbs. for those who completed the program.

² Weight lost on Classic Program. Members following our program, on average, lose 1-2lbs per week. Doreen received promotional consideration. Results may vary.

³ Typical weight loss on the Rapid Results program is 11.6 pounds in the first four weeks and 1-2 pounds per week thereafter. Heather lost 50 pounds on Rapid Results in 36 weeks. Heather received promotional consideration. Results may vary.

How Jenny Craig Works

Jenny Craig is backed by science for a powerful & proven program

1

Select a plan that's best for you

From Rapid Results Max, our
proven weight loss plan, to healthy
meal delivery plans.

2

Flexible delivery options

Shipped frozen and packed to stay
that way. Local curbside pickup and
delivery also available.

3

Get support when you need it

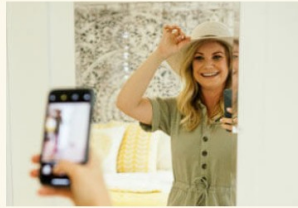
Choose the Rapid Results Max
Weight Loss Plan and connect with
a weight loss coach – online, on the
phone or in-person.

[Learn More](#)[View Plans](#)[Chat](#)

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The Max Difference

Rapid Results Max is our most effective program ever!



Max up your weight loss

Lose up to 17 pounds in your first 4 weeks with Rapid Results Max.¹ Our easy-to-follow plan takes the guesswork out of losing weight!



Max up your experience

The NEW Recharge Bar: the powerful ingredient to Rapid Results Max. Start your day with our revolutionary, great-tasting bar designed to increase fat burn. Then, nourish your body with Jenny Craig's chef-crafted meals and snacks all day.



Max up your results

Personal coaching is a proven way to help you lose 3X more weight than dieting on your own² and it's included in your program. Your coach can help create a personal menu with your favorite foods!

Start Max Today

¹ First 4 weeks only. Average weight loss in study was 13 lbs. for those who completed the program.

What a Journey on Jenny Craig Looks Like



The First Day

Taking the first step in a weight loss plan can be difficult, but we will support you every step of your journey. Your dedicated weight loss consultant will customize your plan to fit:

1. Your goals
2. Your body type
3. Your food preferences

Everyone is unique and deserves a plan to fit their lifestyle. If you commit to a goal, we will commit to getting you there!



Week 1, Your First Success

Kick-start your weight loss with your personalized meal plan designed to restore your metabolism and accelerate weight loss. Your consultant will help you navigate any questions you may have and give you the tools to set you up for success. Typically, the biggest weight loss you will see is in the first week.

Your Jenny Craig all-inclusive meal plan features ready-to-go, dietitian designed food. Every day, you will enjoy:

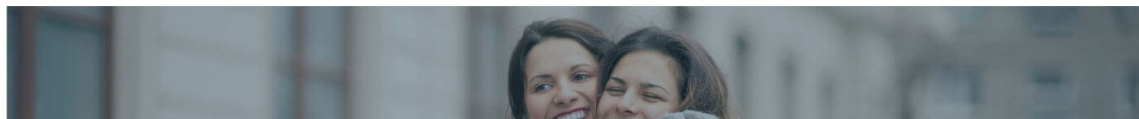
1. Recharge Bar
2. Breakfast
3. Lunch
4. Dinner
5. Plus, you can add your own fresh fruit and veggies



Week 2 and Beyond

You will meet weekly with your consultant, and by the second week, your body will start to adjust to your new habits. Usually, the drop in weight this week will be a little smaller. You will continue enjoying your Jenny Craig food every day, plus a few grocery items of your own for variety. You will eat 6 times a day to fuel your metabolism and promote weight loss.

You can expect to lose 0.5-1kg per week following the Jenny Craig plan!



People Who Care About Your Success

Weight loss is a personal journey where it's proven that personal support makes a real difference. A Jenny Craig weight loss coach genuinely cares about your success. They know what it's like because many were Jenny Craig clients themselves. Lose weight while learning how to change your behavior for lasting results. Along the way, you'll discover a community of like-minded women and men that support each other on a shared path to success.

Success Stories



Alex
Lost **28kgs** on Jenny Craig[‡]

See Alex Before



Andrea
Lost **21kgs** on Jenny Craig[‡]

See Andrea Before



Neil
Lost **39kgs** on Jenny Craig[‡]

See Neil Before

[View More Success Stories](#)

[‡] Weight loss on Rapid Results Weight Lost Plan. Individual results may vary

The Science of Jenny Craig



Healthy Can Taste Great

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

[See the Menu](#)



The Science of Changing Behavior

We combine the principles of intermittent fasting with nourishing meals and specially designed menus to help maximize ketosis. Simply put, that's the science of naturally burning more stored fat throughout the day.

[See the Science](#)



What Matters Most to You?

Is it a convenient meal plan for breakfast, lunch or dinner? Or a proven weight loss program? Whatever you choose, if you're not 100% satisfied with your first week, send it back for a full refund.*

[Explore Plans](#)



Free Online Weight Loss Analysis

Just answer a few simple questions and get personalized weight loss recommendations and a health profile.

[Get My Analysis](#)

Still Have Questions?

Book a Free
Appointment

Call us:
13 19 92

Live Chat

FAQ

**On Rapids Results, Members lost
an average of 5kgs in the first 4 weeks!#**

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.

[^]Individual Results May Vary. Weight loss takes time and commitment.

*New members only. Min spend \$161.10 (after discount) when you purchase the Rapid Results Weight Loss plan. Ends 21.08.21. [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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BMI Calculator
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Info & Inspiration

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Recipes
Success Stories
Career Opportunities
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Weight Loss Guide
Meal Plan Guide

Support

Request a call
Book a Free Consultation
Satisfaction Guarantee
NDIS
Afterpay
Centre Locations
Contact Us
FAQs

Connect With Us



Australia ▾

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