

JUNE

VEGETARIAN EDITION

GET INSPIRED

by JENNY CRAIG

JUNE 2021

Winter
**COMFORT
FOODS**

BENEFITS OF PLANT BASED EATING - P3 • MAKE THIS AT HOME - P6

Vegetarian

EDITION

Vegetables have officially become the new cool kid on the block. The trend of plant based eating and the rise in meat free options has been steadily growing in popularity across the world. A plant forward way of eating doesn't mean excluding meat products, it's simply about focusing on ways to add more veggies and plant products to your day. And if you're looking for more veggie based inspiration, this edition of Get Inspired is packed with delicious reasons to eat more plants.

XX The Jenny Craig team

WINTER SEASONAL PRODUCE

Fruits

Apple, avocado, cumquat, custard apple, grapefruit, kiwi fruit, lemon, lime, mandarin, nashi, orange, pear, persimmon, quince, rhubarb, tamarillo, tangelo

Vegetables

Asian greens, broccoli/broccolini, beans, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celeriac, celery, chokos, fennel, kale, leek, mushroom, parsnips, potato, pumpkin, silverbeet, spinach, swede, sweet potato



BENEFITS OF A Plant Based DIET

When it comes to good nutrition, few will argue that eating more foods from plants is a good thing. By plant foods I'm referring to foods that are of plant origin so think of foods like:

- Vegetables
- Fruit
- Grains
- Nuts
- Legumes

Just a quick look at the **Australian and New Zealand Dietary Guides to Healthy Eating** and you'll see these foods make up most of the food plate, and for good reason. Let's take a closer look at what these food groups can offer.



FRUITS AND VEGETABLES

Most fruits and vegetables are low in energy (kilojoules or calories) and high in fibre and water. These foods are also full of vital vitamins, minerals and phytochemicals needed for good health. Research shows diets high in fruits and vegetables are very good for our health and can protect us against some common diseases like heart disease, some cancers and can support your immunity.



BY MEGAN ALSFORD
ACCREDITED PRACTISING DIETITIAN

GRAINS

Grains, particularly wholegrains and cereals made from wholegrains, contain fibre, vitamins, minerals and antioxidants. These foods have been shown to reduce the risk of developing certain diseases including heart disease, colon cancer and diabetes. The high fibre in wholegrain cereals also help to prevent constipation.

NUTS AND LEGUMES

Nuts and legumes (beans, peas and chickpeas) contain protein, fibre and vitamins and minerals also helpful in maintaining a balanced diet and good health. Legumes are so good for us they are even counted in two different food groups in the Dietary Guidelines.

GETTING THE MOST OF PLANT BASED FOODS

There are many ways to get the health benefits of plant-based foods. First, try to enjoy them in each meal. This might look like a wholegrain cereal for breakfast with some fruit, adding salad or veggies to your main meals and snacking on wholegrains, fruit or veg. Think about how you might add more plant foods and more variety, for example could you try a new salad with your lunch today or is there a vegetable you can enjoy as a snack with a slice of wholegrain toast if that fits in your plan? If you eat meat, then you might want to try swapping some of your meat meals for vegetarian meals. The key with plant-based foods is to include them often and to choose a variety as part of an overall balanced meal plan so you make sure you capture as much of their beneficial nutrients as possible.

SUCCESS SPECIAL



^Individual results may vary

Andy

LOST 8KG[^]
NAPIER, NZ

ANDY IS FEELING *empowered* ON HER JENNY CRAIG JOURNEY

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

In the past few years my weight has been up and down as I have a tendency to comfort eat at times of stress and grief, and as a young widow there has been a lot of both! Before I joined Jenny Craig in 2020, I had lost all my work in the theatre/events industry due to COVID-19.

Why did you decide to join Jenny Craig?

I have always been intrigued by the adverts on TV for Jenny Craig, particularly the fact that all the food comes pre-prepared which would suit my (usually) busy lifestyle. I saw the 8-week program offer and thought that it could be a good way to get some control back in my life as the end of lockdown in 2020 I loved the idea of not having to think about what to eat and how much to eat, I was craving structure and I knew that I would feel good about myself if I saw some results.

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

I particularly love the Vegetable Tikka Masala! I usually add in some stir fry vegetables to it - so delicious and easy. I also love making the Wholemeal Pancakes and adding berries and yoghurt. I love that the meals seem like they could be served up in a cafe or restaurant, so it always feels like a treat. There are so many delicious items to choose from on the vegetarian menu!

Tell us about your Jenny Craig Consultant?

The team in Napier always make me feel so welcome, particularly the branch manager, Monique, who knows that I have been through some personal struggles these past few months that meant that I had to take a break from the program. The team are helping me to get back on track to work towards my weight goals and improve my health and wellbeing.

“ *The vegetarian meal plan worked very well for me. I loved the food so I didn't feel like I was missing out.* ”

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

I feel much more confident since losing weight generally. It makes me feel more like myself inside and out. I am still on a journey to reach my goal weight of 62kg, I am feeling empowered to take-care of myself with healthy eating to combat the stress!

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

I feel very proud that three of my friends were inspired by my success and joined the program too. It is great to see them doing so well, and I love that we can share our experiences.



APPLE CINNAMON CLUSTERS, POACHED APPLE & RHUBARB

SERVES 2 **PREP TIME 15 MINS**

INGREDIENTS

1 packet Jenny Craig Apple Cinnamon Oat Clusters

- 3 sticks of rhubarb, cut into chunks
- 2 Pink Lady apples, cut into chunks
- 1 tbsp natural sweetener
- ½ cup water
- ½ tsp orange rind
- 1 tsp vanilla extract
- 100g vanilla fat free yoghurt to serve

METHOD

1. Place rhubarb, apple, natural sweetener and water into a saucepan and bring to the boil.
2. Turn down the heat to low and add the orange rind and vanilla extract. Simmer for 15-20 until rhubarb and apples are soft.
3. Adjust the amount of sweetness to taste. Divide the mixture in half, using one half to serve and the other for use later.
4. To serve, add Jenny Craig Apple Cinnamon Oat Clusters to rhubarb and apple mix, then top with yoghurt.



*Serve
WITH ME*

Enjoy!

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Using pears instead of apple is a great way to increase the fibre content of this dish.

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



MEXICAN BREAKFAST TACO

SERVES 1 PREP TIME 15 MINS

INGREDIENTS

Jenny Craig Vegetable Omelette Wrap

Spray oil

2 tbsp salsa

20g low fat cheddar cheese, grated

1 tbsp plain fat free Greek yoghurt

Handful of spinach leaves, chopped

Coriander to garnish

Jalapeño chilli (optional)

*Make
WITH ME*



METHOD

1. Microwave **Jenny Craig Vegetable Omelette Wrap** for 1 minute until softened but not completely heated through. Carefully open the wrap so the fillings can be added.
2. Place a fry pan on medium heat and spray lightly with spray oil then add the opened wrap to the pan.
3. Top with salsa, cheese, jalapeños (if using) and spinach. Cover with a lid and allow the wrap to steam so that the cheese melts. When the sides are golden brown, add the yoghurt and coriander, then fold in half and serve.

Enjoy!

DIETITIAN TIP



Laura Ford, Accredited Practising Dietitian

Add as many veggies as you like to make this super satisfying. Mushroom, capsicum and kale all work well with this dish.

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



Marly, Consultant/Centre Leader at Jenny Craig Nelson (NZ)

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!

QUICK CELERIAC AND BROCCOLI SOUP

SERVES 2 PREP TIME 40 MINS

INGREDIENTS

Spray oil
1 onion, chopped
1 celeriac, peeled and chopped
1 head of broccoli, cut into florets
500ml low sodium vegetable stock
1 cup spinach leaves
5 swiss brown mushrooms, sliced

METHOD

1. Lightly spray a saucepan with spray oil and place on medium heat.
2. Add the onion and cook for 2 minutes. Then add the celeriac and cook for a further 3 minutes until it started to caramelize. Add the broccoli florets and cook for 2 minutes.
3. Add the vegetable stock, cover and simmer for 25-30 minutes or until the vegetables are completely soft.
4. While the vegetables are cooking, prepare the mushrooms by lightly spraying a small fry pan with spray oil and placing on medium heat. Fry the mushrooms until the water has all evaporated and the mushrooms are golden brown. You want the mushrooms to have a slightly dry texture. Set aside.
5. Finish the soup by adding the spinach and using a stick or standard blender, blitz everything to form a smooth soup. Season to taste.
6. Serve with the mushrooms sprinkled on top.



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MARLY'S TIP...

Be honest about what you are really eating so you become aware of what you do each day, then you are more likely to shift your habits to healthier ones.

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We're here to support all NDIS recipients on a Self-Managed plan.

Our team of advisors can help you with your online meal ordering, delivery and making a claim with NDIS. Plus optional weekly phone consultations to support you through your weight loss journey.

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