



Club jenny

Intermittent Fasting Guide



Welcome!

Welcome to your ultimate guide on intermittent fasting, brought to you by Club Jenny! Whether you're seeking a new approach to weight management, improved health, or a simpler way to plan your meals, intermittent fasting offers a flexible and scientifically-backed solution. In this guide, we'll walk you through everything you need to know about intermittent fasting, from its foundational principles to practical tips and resources designed to support your journey. Let's get started!

Table Of Contents

BACKGROUND

Principles of Intermittent Fasting	04
How and Why Intermittent Fasting Works	05
Health and Nutrition Benefits	06
Intermittent Fasting Myths Debunked	07

GETTING STARTED

Prepare Your Plan	09
Prepare Your Kitchen	10
Tap into Support	11
Consult Your Doctor	11

KITCHEN & PANTRY ESSENTIALS

Maximize Your Nutrition	13
-------------------------	----

STAYING ON TRACK

Tracking Success	16
Personalize Your Practice	17

ADDRESSING NUTRITION GAPS

18

QUICK & SIMPLE RECIPES

20

CLUB JENNY MEAL HACKS

23



Principles of Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting (not eating) and eating. *The focus is on when you eat, not necessarily what you eat.* The key to IF includes establishing a defined eating window and fasting period.

KEY DEFINITIONS

- ✓ **Eating window** is the defined time when you eat all your daily calories.
- ✓ **Fasting period** is the defined time when you consume minimal or no calories

There are many ways to practice IF. This flexibility allows you to find a fasting approach that works best for your lifestyle. Some of the most common types of IF include:

- **Alternate Day Fasting.** Involves fasting every other day. Typically, fasting days include “modified” fasting, which allows for around 500 calories to be consumed during the day.
- **5:2 Fasting.** Involves eating a normal, healthy diet five days every week and fasting two day every week. Usually, around 500 - 600 calories is allowable on fasting days, and it is often recommended to separate your fasting days during the week rather than having them on back to back days.
- **Time Restricted Fasting.** Involves setting a fasting and eating window for each 24-hour period. For example, a popular method is the 14/10 method which includes eating all calories during a 10-hour period and fasting for 14 hours. Other popular time restricted fasting methods include 12/12 and 16/8.



How and Why Intermittent Fasting Works

Intermittent fasting (IF) leverages the body's natural circadian rhythm. Circadian rhythm is the 24-hour cycle of all the metabolic processes that take place within the body, which is why it is often referred to as "the body's clock".

When we don't eat for a while, our body will use up stored sugar, or glycogen, for energy. After the stored sugar is gone, we turn to burning fat for energy. The process of switching from stored sugar to fat for energy is known as metabolic switching. This process helps to lower the amount of insulin in our blood, which makes it easier to burn fat. IF also increases the hormone norepinephrine, which helps our body burn more calories. By aligning our eating with our body's natural energy cycles, we can control how much we eat and help our body use energy better, making it easier to lose weight.



Health and Nutrition Benefits

Intermittent fasting (IF) is an effective way to support weight loss. A healthy weight can have many health benefits, including reduced risks for chronic health conditions like heart disease, diabetes, and certain cancers.

In addition to weight loss and the many health benefits that come with it, IF has been shown to:

- Help support blood sugar control
- Improve insulin sensitivity
- Lower blood pressure
- Reduce inflammation

While research is still early, it looks promising that IF may protect against some brain disorders like Alzheimer's and Parkinson disease too.

Intermittent Fasting Myths Debunked

Research highlights the benefits of intermittent fasting, yet there are common misconceptions and myths that tend to create confusion around this diet approach. To help clear the confusion, we have debunked 4 common myths so you can determine if intermittent fasting is right for you.

MYTH #1 BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY.

TRUTH: Recent studies show the health benefits of breakfast vary greatly among people. The timing and frequency of meals should be tailored to personal preferences and lifestyle, and there is no one-size-fits-all approach to eating for optimal health.

MYTH #2 FASTING PUTS YOUR BODY INTO STARVATION MODE.

TRUTH: It is true that longer periods of calorie restriction may slow down metabolism; however, brief fasting periods often practiced with intermittent fasting do not cause the body to go into starvation mode; they instead can optimize fat burning.

MYTH #3 INTERMITTENT FASTING MAKES YOU LOSE MUSCLE.

TRUTH: Intermittent fasting can help preserve muscle mass when combined with adequate protein intake and strength training. Research has shown that muscle loss is more related to overall calorie and nutrient deficiencies rather than meal timing alone.

MYTH #4 INTERMITTENT FASTING CREATES NUTRITIONAL DEFICIENCIES.

TRUTH: By prioritizing balanced meals and snacks that include a variety of nutrient-rich foods nutritional needs can be met even with a restricted eating window. You can easily customize your intermittent fasting practice to get a variety of lean proteins, healthy fats, whole grains, fruits, vegetables and low-fat dairy products for optimal nutrition.



Club Jenny

Getting Started

Whether you're looking to lose weight or maintain your weight, beginning a weight management journey comes with a range of emotions. You may be feeling super excited, a little nervous and cautiously optimistic. No matter what you're feeling, you can feel confident you've made the right decision to join Club Jenny! After all, you've just taken the official first step towards a happier and healthier you! Start your journey on the right track by using the tips found on the next few pages.



01

Prepare Your Plan

There are many different intermittent fasting (IF) methods – 16/8, 14/10, 5:2, etc. We recommend trying a 14/10 IF plan. This includes consuming all your calories during a 10-hour eating window, followed by a 14-hour fasting period. Keep in mind you can personalize how you approach IF, so determine which method will best suit your lifestyle. You may decide to fast during a shorter or longer period, or to fast on certain days of the week but not others. All methods can work, the key is finding the one you enjoy and are able to do consistently.

CLUB JENNY MENU PLANS

Club Jenny gives you access to personal menu plans that are designed to provide the right mix of nutrient-rich foods each day. Feel confident you are eating a diet that is balanced in lean proteins, healthy fats, complex carbohydrates, low-fat dairy, fruit, and vegetables. Menu plans can easily be adapted to fit your IF practice and align with your eating window.

Access the Club Jenny Menu Plans from your Club Jenny Dashboard or in the Jenny Craig® App.

COACHES' TIP FOR SUCCESS

If you are new to IF and plan to follow a time-restricted practice, you may find it is easier to ease your way into your plan. For example, if you plan for a 14-hour fasting period, try starting with a 12-hour fasting period for a week or two and gradually add a bit more time to your fasting period until you work your way to 14-hours.

02

Prepare Your Kitchen

Set yourself up for success from the start by preparing your kitchen to support healthy eating. Creating a kitchen built for success involves organizing and stocking it with nutritious options. Start by decluttering your pantry, fridge, and freezer by removing any foods that may not serve your nutrition goals. Replace these foods with nutrient-rich options like fruits, vegetables, lean proteins, whole grains, and healthy fats. Taking this step helps to build an environment that supports healthy choices, making it easier to stick to your dietary goals.

CLUB JENNY GROCERY GUIDE

Check out the Club Jenny Grocery Guide for inspiration on healthy food choices to stock up on. Having healthy food choices available makes meal prep easier and more enjoyable.

Access the Club Jenny Grocery Guide from your Club Jenny Dashboard or in the Jenny Craig® App.

COACHES' TIP FOR SUCCESS

Check out the Club Jenny menu options for breakfasts, lunches, dinners, snacks and desserts and stock up on a few of your favorites. This ensures you are prepared with pre-portioned and calorie-controlled options for those busy days and nights!

03

Tap into Support

When you are part of our Club you are never alone! Club Jenny offers many support tools to help you reach your goals. Whether you're searching for answers to your questions, seeking inspiration from peers, or in need of personalized support from a Club Jenny coach, Club Jenny has the support systems and tools to meet your needs!

Official Jenny Craig® Support Community

Peer support can help make achieving weight loss goals possible. The Official Jenny Craig® Support Community is a Facebook group to connect and support members who are on a journey to better health with Jenny Craig®. Use this space to share ideas and experiences, learn, connect with Jenny Craig® experts, and grow with others who are working towards a common goal of better health with Jenny Craig. [Click here](#) to check out the Official Jenny Craig® Support Community.

Jenny Craig® App

With the Jenny Craig® app you have the best of Jenny at your fingertips! Order Jenny meals and desserts/snacks, access your tools from anywhere including Menu Plans, Grocery Guide, and Meal Exchange Guidelines.

Download the Jenny Craig app today in the Apple app store or Google Play Store.

Connect with a Coach

Our dedicated coaches have the expertise to help you at every step of your weight loss journey. Whether you're looking for assistance with getting started or guidance on overcoming obstacles, our coaches are here to offer up the latest tips and tricks.

04

Consult Your Doctor

Before starting intermittent fasting consult with your doctor to ensure it aligns with your individual health needs and conditions. Your doctor can provide personalized advice and monitor any potential effects, helping to make your fasting journey safe and effective.



Club jenny

Kitchen & Pantry Essentials

While intermittent fasting is primarily about when you eat, what you eat during your eating window is still important for optimal health. Explore the recommendations in this section for tips to help you maximize the nutritional value of your eating window.

Maximize Your Nutrition

When practicing intermittent fasting (IF) no foods are off limits; however, during your eating window, it is important to fill up on foods rich in protein, fiber, essential vitamins and minerals. You should also minimize foods high in added sugars, saturated fats, and sodium. The key is to choose a variety of foods from each food category - protein, dairy, healthy fat, starch, fruit, and vegetables.

Foods come in a rainbow of colors, and these colors often indicate different nutrients. Try to include a variety of colors in your meals and snacks so you can maximize the variety of nutrients in your diet. Check out our Club Jenny dietitians' favorite healthy food picks below. Include these choices in your diet regularly! For a full list of food ideas check out the Club Jenny Grocery Guide.

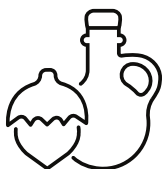


Protein. Chicken breast, lean beef, pork tenderloin, salmon, tuna, eggs, cottage cheese.



Dairy. Greek yogurt, low-fat or fat-free milk.

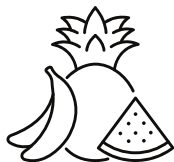
Expert Tip - Use plain Greek yogurt and top with fresh fruit like berries for natural sweetness!



Healthy Fats. Avocado, almonds, walnuts, chia seeds, flaxseed, olives and olive oil.



Starches. Quinoa, brown rice, whole-grain or legume-based pastas, sweet potatoes.



Fruits. Raspberries, blueberries, blackberries, cherries, oranges.



Vegetables. Spinach, kale, broccoli, beets, carrots, cauliflower, mushrooms, bell peppers.

Don't forget your drink! Choose plain or flavored water to stay hydrated during your eating window and fasting period.



Staying on Track

Adopting strategies to stay on track with your plan is crucial for achieving and maintaining your goals. Consistent planning will help avoid the temptation to make unhealthy choices, especially during busy or stressful times. By implementing practical strategies, you create a supportive environment that encourages adherence to your intermittent fasting (IF) plan, making it easier to overcome challenges and maintain long-term success.

These strategies can help you stay on track with IF:

- **Set specific, measurable, and achievable goals.** Define what you aim to achieve with your IF plan. Be specific and set goals that you can measure. This will help you determine if you achieve your goal. If you find that you often are not achieving your goals, go back to the drawing board and think smaller –instead of fasting for 14-hours each day, start with 12-hour fasts. When you set small goals that are specific, measurable and achievable, you will begin to build the momentum that is needed to reach your bigger goals!
- **Find options for your fasting period.** Don't let hunger derail your plans to practice IF. Keep a list of calorie-free options that you can still include during your fasting window to help ease hunger pangs. Try options like flavored seltzer waters, herbal teas, and sugar-free gum.



- **Track your eating windows.** Get in the habit of keeping track of the time when you first begin to eat any calories for the day. This will allow you to easily calculate when you need to begin your fasting period. If you are practicing 5:2 intermittent fasting, plan ahead and add your fasting days into your calendar so you are prepared for the week ahead.
- **Eat adequate calories during your eating window.** It is important that you are still nourishing your body during your eating window. This will help minimize hunger during your fasting period. The Club Jenny menu plans are designed to provide balanced nutrition along with the calories needed to support your weight management goal. You can use these menu plans to ensure you are eating a well-balanced diet during your eating window. Keeping track of your diet in a log or journal can help you space your food intake throughout your eating window; helping to avoid running out of time before you are able to meet your daily calorie needs.
- **Find your support system.** Join online communities, like the Official Jenny Craig® Community, or enlist a fasting buddy for motivation.

Tracking Success

Monitoring your progress can keep you on track so you can be more successful. Tracking allows you to be more aware of the outcomes of your actions. This helps you know if you are on the right track to meeting your goals, or if you need to refine your behaviors to help you get closer to your goals.

There are many ways to measure and track success. It's important to track and celebrate the progress that will keep you motivated throughout your journey. This often means tracking progress beyond just a number on the scale.

Track other measures of progress that help you see the healthy habits you are forming and have a better understanding of how they make you feel.

Once you have a plan for what you are going to track determine how you will track it. There are many tools and resources available to help you track your weight and other health behaviors and outcomes.

A few examples of tracking tools include:

- Nutrition and diet apps
- Fitness and activity wearable trackers
- Habit tracking apps
- Sleep tracking wearables
- Traditional paper journal to log diet, activity or other behaviors and emotions
- Blood pressure monitors
- Continuous glucose monitors

MEASURES OF PROGRESS

- Improved energy levels
- Reduced waist circumference
- Reduced body fat percentage
- Improved energy levels
- Clothes fit better
- Improved sleep quality & quantity
- Reduced stress levels
- Reduced medications
- Improved health markers (ex., blood work/labs, blood pressure, blood sugar and more)
- Eating more vegetables
- Eating more balanced meals
- Moving more
- Improved joint aches & pains
- Your family has adopted healthier habits too
- Listening to your body's hunger and fullness cues
- Improved your relationship with food



Personalize Your Practice

The best diet is the one you can stick to long term. It is important to be flexible with your intermittent fasting (IF) practice so that it becomes an enjoyable and sustainable lifestyle change and not just another diet that will come and go. Practice these tips to be more adaptable with your IF practice:

- **Adapt your method.** Start with a more manageable fasting window and gradually increase it if desired. Experiment with different fasting schedules to find the one that works best for you. If your schedule changes switch between fasting schedules.
- **Listen to your body.** Pay attention to hunger cues and energy levels. If you feel excessively hungry or tired, consider shortening your fasting window for that day. Allow yourself to eat if you feel unwell or experience symptoms like dizziness or lightheadedness.
- **Be flexible with social events.** If you have social events or special occasions, adjust your fasting schedule accordingly. For example, you can shift your eating window earlier or later to accommodate the event.



Club jenny

Addressing Nutrition Gaps

Most people can avoid nutritional gaps while intermittent fasting by being mindful of their food choices during their eating window. Focus on nutrient-dense foods when making balanced meals and you can help your body get the essential vitamins and minerals it needs to thrive! Check out the next page for a list of nutrients often of concern in the traditional U.S. diet. Be mindful to include a variety of these food choices when practicing intermittent fasting so you can maximize your intake of crucial nutrients.

Addressing Nutrition Gaps

PROTEIN

Protein helps build and repair muscle, support the immune system and overall health. Include lean meat & poultry, fish, eggs, low-fat dairy products, legumes like lentils, nuts, and seeds to add protein to your diet.

FIBER

Fiber supports digestive health and helps keep you feeling full. Include fruits, vegetables, whole grains, beans, nuts, and seeds to add fiber to your diet.

HEALTHY FATS

Fat provides energy and supports many cell functions, and aids in the absorption of fat-soluble vitamins. Include healthy unsaturated fats and minimize saturated and trans fats. Add avocados, nuts, seeds, olives, salmon or other fatty fish, and flaxseeds.

VITAMIN D

Vitamin D supports bone health, immune function and helps regulate mood. Include fatty fish like salmon and tuna, egg yolks, and fortified dairy products.

POTASSIUM

Potassium helps maintain fluid balance, nerve function and muscle contractions. Try bananas, potatoes, sweet potatoes, beans, and leafy green vegetables.

CALCIUM

Calcium is necessary for bone and muscle health. Include low-fat milk and yogurt, leafy green vegetables, almonds and fortified plant-based milks.

IRON

Iron transports oxygen throughout the blood to support energy production. Include lean red meats, poultry, fish, beans, lentils, tofu, and fortified grain products like whole-grain cereals.

MAGNESIUM

Magnesium is involved in over 300 reactions in the body, including nerve function and energy production. Include nuts, seeds, whole grains, leafy green vegetables and legumes like chickpeas.



Club jenny

Quick & Simple Recipes

Healthy eating doesn't have to mean boring and bland flavors. These easy, mouthwatering recipes will leave you craving for more during your eating window!



Blueberry Parfait Pancake

Servings: 1 Serving size: 1

This healthy yogurt parfait uses a surprising breakfast ingredient: Pancakes! Layered between rich and creamy Greek yogurt and sweet blueberries, this parfait is a delicious way to break your fast!

INGREDIENTS

- Jenny Craig Blueberry Pancake and Sausage
- 2/3 cup nonfat plain Greek yogurt
- 1 cup blueberries
- Fresh mint leaves (optional)

DIRECTIONS

1. Prepare Blueberry Pancakes and Sausage according to package. Set sausage aside to enjoy separately.
2. Tear or cut pancakes into bite-sized pieces.
3. In parfait glass, alternately layer pancake, yogurt, and blueberries. Top each parfait with a mint garnish if desired.

Nutrition Info: 390 Calories, 8 g fat, 30 g protein
53 g carbohydrate, 7 g fiber

Count As: 2 Starch, 1 Protein, 1 Dairy, 1 Fruit



Loaded Chicken Nachos

Servings: 1 Serving size: 1

This recipe is all about getting creative in the kitchen! For a fresh take on a chicken burrito, turn it into an oh-so-satisfying plate of nachos.

INGREDIENTS

- Jenny Craig Chicken Burrito
- 1/4 cup onion, chopped
- 1/4 cup tomato, chopped
- Cilantro, to taste

DIRECTIONS

1. Preheat air fryer to 350 F. If using an oven, preheat to 375 F.
2. Prepare chicken burrito according to instructions on package. Unwrap burrito and scoop chicken into small bowl. Set aside.
3. Slice tortilla to chip-sized pieces and transfer pieces into air fryer basket. Fry for 3-4 minutes, or until crisp. If using an oven, bake for 3-4 minutes, or until crisp.
4. Top tortilla chips with chicken burrito filling, onion, tomato and cilantro.

Nutrition Info: 265 Calories, 8 g fat, 15 g protein
37 g carbohydrate, 6 g fiber

Count As: 2 Starch, 1 Protein, 1 Fat, 1/2 Vegetable

Mediterranean White Bean Salad

Servings: 8 Serving Size: 1 cup

This recipe is not just a salad; it's a lively dance of flavors and textures that promises to transport your taste buds to the sun-drenched coasts of the Mediterranean. Enjoy as a hearty side dish or top it with a protein like grilled salmon or chicken to make it a filling main dish.

INGREDIENTS

- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- ½ tsp. Italian seasoning
- 1 clove garlic, minced
- Black pepper, to taste
- 1 can (15.5 oz.) white beans, no salt added
- 1 can (15.5 oz.) chickpeas, no salt added
- 1 cup cherry tomatoes, halved
- 3 Persian cucumbers, halved and sliced
- 1 bell pepper, diced
- ¼ red onion, thinly sliced
- ½ cup black olives, halved
- ¼ cup fresh parsley chopped
- ½ cup feta cheese, crumbled



DIRECTIONS

1. In a mixing bowl, whisk together oil, vinegar, Italian seasoning, garlic and pepper.
2. Add in beans, chickpeas, tomatoes, cucumber, bell pepper, onion, olives and parsley. Toss to combine.
3. Add feta cheese and toss gently.

Nutrition Info: 176 Calories, 7 g fat, 8 g protein, 21 g carbohydrate, 6 g fiber

Count As: 1 Starch, 1 Fat, 1/2 Vegetable, 1 Flavor Limited



Club Jenny Meal Hacks

Eating healthy doesn't have to be hard or mean that you need to spend hours in the kitchen. These quick and easy meal hacks will make healthy meals a breeze during your eating windows.

- **Cook once, eat twice.** When it comes to meal prep work smarter, not harder. Cook an extra serving of your protein and side dishes at dinner and set them aside to use for tomorrow's lunch. You can enjoy the same meal, or if you are craving more variety - try topping a salad with the protein or toss your leftover side dish with a new herb or spice to create a different flavor profile.
- **Produce prep.** Don't let fresh veggies go to the refrigerator graveyard! Take a few minutes at the start of each week to wash and cut fresh produce like cucumbers, bell peppers, broccoli, cauliflower, and lettuce. Store them in a dry, airtight container so they are ready to go when you need them for recipes or are looking for a quick snack to munch on during your eating window.
- **Stock your freezer.** Meal prep some of your favorite meals and freeze them for later. Freeze longer cooking whole grains like brown rice in single servings freezer bags to easily heat up as a quick side dish. And don't forget - Jenny is here to help you stock your freezer too! Jenny meals offer the convenience of portion and calorie-controlled meals that heat up in minutes. So, be sure to keep your favorite Jenny meals on hand for those busy nights!
- **Flavor Enhancements.** Herbs and spices can make meals more enjoyable without adding extra calories or sodium. Skip chopping and grinding fresh herbs and spices. For added convenience, stock up on frozen varieties like garlic, ginger, or basil. Keep a selection of your favorite dried herbs and spices in a cool, dark place in your pantry to easily add to your meals.