



Club jenny
**Starter
Guide**

Contents

Remember Your ‘Why’: Personal Motivation.....	4
Coaching.....	5
Club Jenny Personalized Menu Plans.....	5
Navigating Your Menu.....	6
Your Menu Plan.....	7
How to Build Your Club Jenny Menu.....	9
Intermittent Fasting with Club Jenny.....	12
Daily Check-Ins.....	13

Drinks to Enjoy.....	13
Drinks to Avoid.....	13
Meal Prep for Success.....	14
Your Activity Plan.....	15
Healthy Living.....	17
Sleep.....	17
Self-Care.....	18
Mindfulness.....	19



Welcome to the Club!

Congratulations on taking the first step toward a healthier lifestyle. Whether you're looking to lose or maintain your weight, Club Jenny has the meals, resources and support to help you with your weight loss or weight management goals!

Disclaimer: Always consult your physician or health care provider before beginning a weight loss or exercise program.



Remember Your 'Why'

What's your reason for starting this journey? Be as specific as possible. Return to your reason to remind yourself why reaching a healthy weight is important to you, especially at those times you may need extra motivation.

I want to manage my weight because...

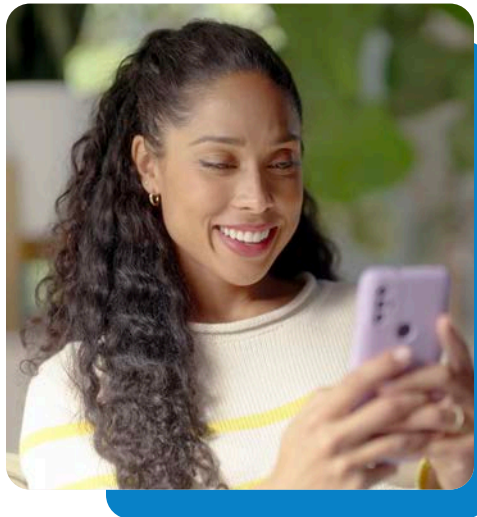
Club Jenny Resources & Benefits

Coaching

Every weight loss journey is unique, and our dedicated coaches have the expertise to help you every step of the way. Life gets busy, but goals can be easier with a friend by your side. Our coaches are just a call away.

Club Jenny Personalized Menu Plans

Managing your weight doesn't mean you have to give up your favorite foods! However, it's important to choose nutrient-rich foods in proper portion sizes most of the time. Club Jenny is here to support you in adopting healthier eating habits by providing exclusive access to personal menu plans to help supplement your Jenny Craig meals. Our nutritionists designed the Club Jenny menu plans to align with a healthy eating pattern, providing the ideal balance of lean proteins, healthy fats, and nutrient-rich carbohydrates. Each day, your menu plan will include a variety of wholesome food choices, such as fruits, vegetables, proteins, dairy, fats, and starches. You will also be able to enjoy Jenny Craig meals and snacks as part of your daily menu planning for both the convenience and to serve as a model of portion control. And the best part about Club Jenny is that you have access to a Jenny Coach who can offer tips, tricks and ideas to help you stay on track and reach your goals.



A Menu Plan for Your Goals

There are 4 different Club Jenny menu plans available based on calorie needs – 1200, 1500, 1700 and 2000. This is because calorie needs will vary based on your weight management goals, gender, and activity level. Make sure you choose the plan that supports your daily calorie needs to help you reach your weight goals.

Find Your Menu Plan

	1200	1500	1700	2000
Goal: Weight Loss				
Women	X			
Women with 100+ lbs to lose		X		
Women exercising over 60 min./day		X		
Men		X		
Men with 100+ lbs. to lose			X	
Men exercising over 60 min./day			X	
Goal: Weight Maintenance				
Women		X		
Women exercising over 60 min./day			X	
Men			X	
Men exercising over 60 min./day				X

How to Use Your Menu Plan

Each day is a complete nutritional unit that's balanced in calories, carbohydrates, fat and protein. This balance in nutrition is created by including a variety of foods from different food groups, or food choices. We call these food choices fruits, vegetables, proteins, dairy, fats and starches. A few examples of foods in each food choice are listed below, but you can check out the Club Jenny Grocery Guide (available on your My Account dashboard) for an extensive list of popular foods and the food choice category they count towards in your menu plan.

Fruit

Apples, bananas, grapes, oranges

Vegetables

Lettuce, carrots, bell peppers, green beans, broccoli

Protein

Lean beef, pork, fish, and chicken

Dairy

Low-fat milk and yogurt

Fat

Almonds, walnuts, avocado, olive oil

Starch

Brown rice, oatmeal, whole-grain bread, sweet potatoes

Your menu plan provides the number of servings for each food choice that you will be adding to your menu each day. To add even more flavor to your day, you can add in foods we call *Flavor Limited* and *Flavor Unlimited* choices. These are optional add-ins like condiments, low-calorie beverages, herbs and spices. Check out the Club Jenny Grocery Guide for more information on *Flavor Limited* and *Flavor Unlimited* foods.

Your menu plan gives you the freedom and flexibility to

move food choices around throughout your day to where it fits best for you. We recommend trying to balance your food choices throughout the day, dividing them amongst 3 meals and 1-3 snacks each day. Check out your Menu Plan Overview (available on your My Account dashboard) for a suggested menu plan for a day. And don't forget you can always reach out to a coach if you need additional guidance or support in planning how best to fit your food choices into your day!

Food Choices Calorie Level Guide

Food Choices	1200	1500	1700	2000
Proteins	6	6	7	9
Starches	5	5	6	7
Fats	3	4	4	5
Dairy	2	3	3	3
Fruit	1	2	2	2
Vegetables	3+	5+	5+	6+



How to Build Your Club Jenny Menu

Here are a few tips for making menu planning simple with Club Jenny. To get started, you'll need your Menu Plan Overview, Jenny Craig Meal Exchange Guidelines and Club Jenny Grocery Guide as reference tools (available on your My Account dashboard).



1. Select the Jenny Craig entrées and snacks you plan to add to your day and record it on your Menu Plan.
2. Find the food choices for your Jenny Craig entrees and snacks in your Jenny Craig Meal Exchange Guidelines. Record and tally them up on your menu planner. Select any additional grocery foods you plan to use to complete your meal and snack (if any), then record and tally them on your menu planner too.

For example: If you choose to include the Jenny Craig Chicken Street Tacos for your lunch. You check the Meal Exchange Guidelines, and it shows you that the tacos contribute 1 Protein + 2 Starches + 1 Fat. You write in the tacos at lunch on your menu plan and check off 1 protein, 2 starches, and 1 fat. You now will be able to see how many more proteins, starches, and fats you have left for the day after you eat the Jenny Craig Chicken Street Tacos.

3. Plan the rest of your meals and snacks with the remaining grocery foods for the day. Record and tally your choices.

4. Remember to add plenty of colorful, non-starchy veggies for satisfaction, flavor and nutrition. And don't forget about Flavor Limited and Flavor Unlimited choices like herbs, spices and low-calorie condiments.

5. Simply repeat the process for the other days of the week.

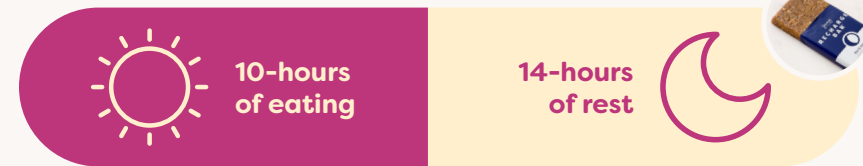
Pro Tip: Plan out a full week or a few days at a time so you are ahead of the game and more likely to stay on track. Because we all know that sometimes when life happens the best intentions go out the window, so don't wait until the day of to plan out your menu for the day!





Intermittent Fasting with Club Jenny

An intermittent fasting plan can easily be incorporated into your Club Jenny menu plan. You would start by determining how many hours each day you would want to fast and how many hours you would want to dedicate to your eating window.



We recommend trying a 14:10 intermittent fasting plan. This includes consuming all the recommended food choices in their menu plan within a 10-hour eating window and fasting during the remaining 14 hours.

If you'd like to start your day off feeling less hungry, add the **Nut & Honey Recharge Bar** to your next Club Jenny order. You can enjoy a Recharge bar during the last two hours of your fasting window to help curb hunger and leave you feeling satisfied longer. Count Recharge bars as 2 Fats + 1 Protein towards your daily food choices.

Lifestyle Guidance & Advice

Daily Check-Ins

One of the best ways to monitor your progress is with daily check-ins. We recommend keeping track of the following:

- ✓ Your food intake
- ✓ Your fluid intake
- ✓ Your activity
- ✓ Your weight

This way you can recognize your wins, identify challenges and reflect on how far you've come!

Pro Tip: Plan out your menu at the start of each week. Write down your Jenny Craig meals, snacks and grocery store add-ins you will have each day to stay on track!

Drinks to Enjoy

Thirsty? Check out our top picks that will keep you on track.

- ✓ Water
- ✓ Naturally flavored water
- ✓ Unsweetened sparkling water
- ✓ Unsweetened coffee and tea

Drinks to Avoid

Sugar bomb alert! These beverages are full of empty calories and can contribute to weight gain. Try to avoid the following:

- Alcohol
- Soda and energy drinks
- Sweetened coffees and teas



Meal Prep for Success

Planning your menu ahead of time can be a game-changer when healthy eating goals are challenged by busy schedules, dining out, and other factors.

Your Jenny Meals

Having a steady supply of deliciously mindful Jenny meals makes it easiest to stick to your goals when you'll have less time or crave your favorites. Order anytime, and choose the meals you know you'll need for the week ahead.

Your Own Meals

Enjoy cooking or dining out while staying on track with your Club Jenny menu plan. When planning your own meals:

- ✓ **Create a weekly plan:** decide which meal occasions you'll be making or dining out in addition to your Jenny meals
- ✓ **Make simple choices:** Choose your recipes and meals out based on your time & tastes. Consult your Grocery Guide if you need help choosing ingredients.
- ✓ **Prep in advance:** washing, chopping, and portioning ingredients ahead of time can make a big difference.
- ✓ **Good storage** containers and kitchen organization will help keep things fresh and available when you're ready for them.

Your Activity Plan

No matter where you are, getting started with your activity plan is simple and fun! We've included a quick guide to help you get started. Connect with a coach for more tips and support on how to incorporate daily activity into your routine.

Note: Please consult with your health care provider before starting any activity plan.

Activity Recommendations

If you're still new to activity, start small and work your way up to these recommendations:

1. As a baseline, we recommend aiming for 8,000 steps per day.
2. Aim for 30 minutes of strength training, three times per week. It's important to listen to your body – if something doesn't feel right, rest!

Types of Physical Activity & Health Benefits

Cardiovascular Exercise

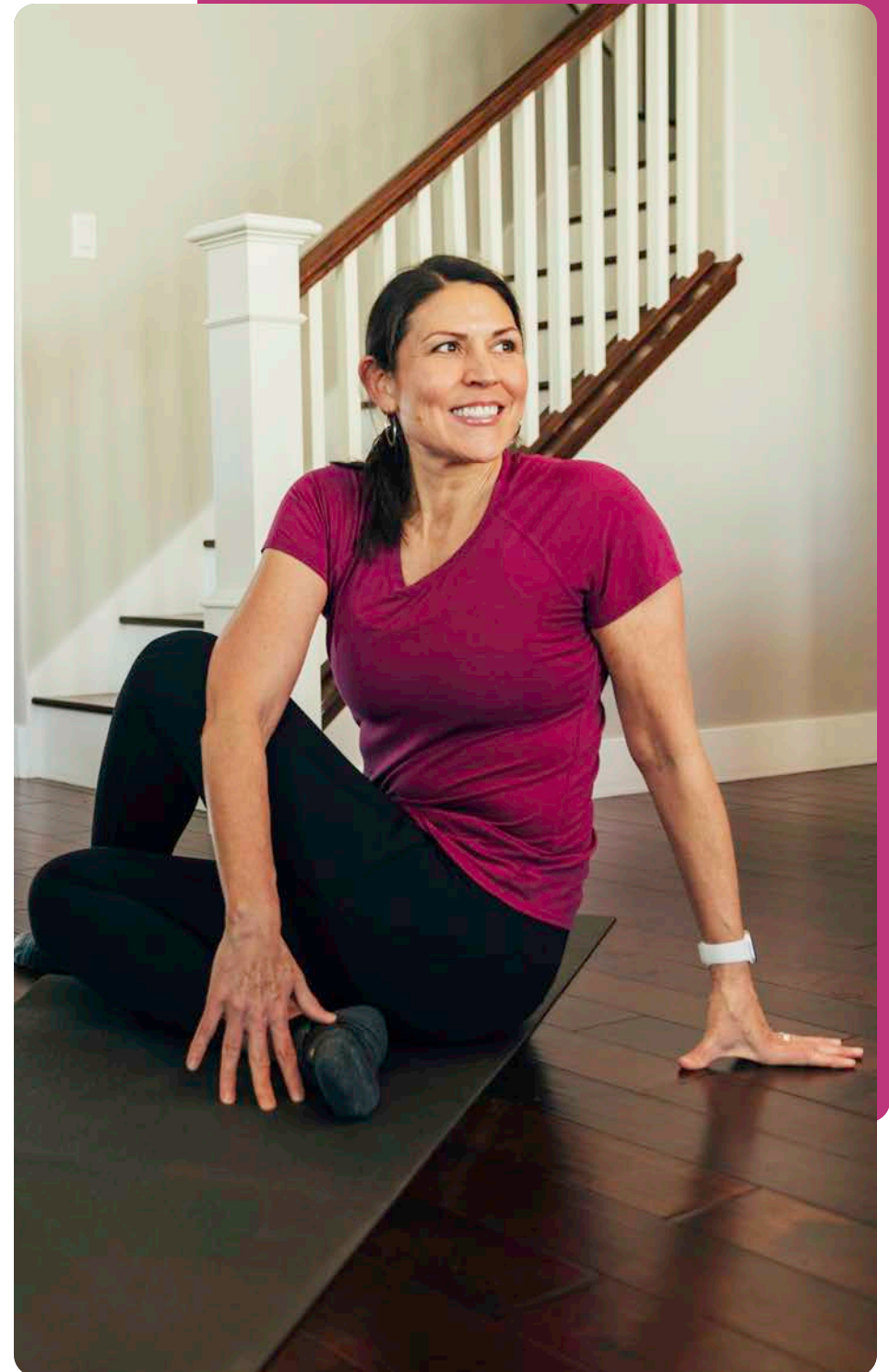
Examples: Walking, swimming, dancing, bicycling. Regular cardiovascular activity can benefit your health by:

- ✓ Reducing inflammation
- ✓ Boosting your mood
- ✓ Increasing your ability to burn fat

Strength Training Exercise

Examples: Lifting weights, climbing stairs, bodyweight exercises, resistance bands. Regular strength training exercise can benefit your healthy by:

- ✓ Increasing your bone density
- ✓ Improving your balance
- ✓ Helping with weight management



Healthy Living

Beyond what you eat and how much activity you get, other factors can impact your weight loss.

Sleep

Regularly skimping on sleep won't just make you feel tired – research indicates it could contribute to weight gain and other health issues.

If you're struggling to get enough rest, use these tips to help you sleep sounder.

- 1. Cut off caffeine before bed.** Because caffeine is a stimulant, it may prevent you from falling asleep at night. Try to avoid caffeinated beverages for 4-6 hours before you hit the hay.
- 2. Set a sleep schedule.** Try to set a sleep schedule that's around the same time each day – and stick to it as closely as possible – even on weekends.
- 3. Wind down.** Before you turn off the lights, try reading a book or practicing meditation to help you relax. Avoid checking your phone right before bed.



Self-Care

Two words: Treat yourself (in a healthy way, of course!). Taking care of your physical and emotional well-being is an important part of your overall health. Try a few of these tips:

- 1. Dedicate 15 minutes** – Whether you wake up a few minutes early or take an extended lunch break, carve out some time to do something you enjoy.
- 2. Listen to a podcast.** Want to learn more about a hobby or get lost in an unsolved mystery? There's probably a podcast for that. Tune in and get lost!
- 3. Get outdoors.** Spending time surrounded by nature can be incredibly relaxing – and it's a great way to unplug.

Mindfulness

Being mindful is a practice that may help improve your life and enhance your weight loss efforts by helping you become more aware of your choices. It involves maintaining a moment-by-moment awareness of your bodily sensations, thoughts, feelings and environment.

Here are a few ways to practice being in the present moment:

- 1. Practice mindful eating.** Take time to savor every bite and recognize when you're tempted to eat for reasons other than hunger. Being mindful can allow you to focus on your meal, helping you enjoy your food even more!
- 2. Find acceptance.** Sometimes we can forget about our unique gifts – what makes you, you! Focus on what you like about yourself – and surround yourself with people who accept and share your values.
- 3. Visualize success.** Your mind is a powerful tool. Even when your aspirations seem out of reach, visualizing them can help you refocus and may bring you one step closer to accomplishing them.

