

Club *jenny*

LOW CARB MENU PLAN OVERVIEW

FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 9 per day
- ☐ **STARCHES** / 3 per day
- ☐ **FATS** / 4 per day
- ☐ **DAIRY** / 1 per day
- ☐ **FRUITS** / 1 per day
- ☐ **VEGETABLES** / 4+ per day



SUGGESTED MENU PLAN

BREAKFAST

Jenny Craig Cheddar Cheese Omelet

(2 Starches + 1 Protein)

2 Tbsp. avocado (1 Fat)

½ cup low-fat cottage cheese (2 Proteins)

LUNCH

Jenny Craig Chicken Fajita

(2 Proteins + 1 Starch + 1 Fat)

1 string cheese (1 Protein)

1 cup cooked broccoli (2 Vegetables)

SNACK

1 cup raspberries (1 Fruit)

6 oz. plain, low-fat Greek yogurt (1 Dairy)

DINNER

3 oz. baked salmon (3 Proteins)

Large side salad made with 3 c. lettuce (1 Vegetable), 1 c. mixed non-starchy vegetables (ex. cucumbers, carrots, tomatoes) (1 Vegetable), 8 black olives (1 Fat) & 1 Tbsp. full-fat salad dressing (1 Fat)



DAY 1

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 2

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 3

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 4

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 5

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 6

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 7

9 Proteins □□□□□□□□□
3 Starches □□□ 4 Healthy Fats □□□□
1 Dairy □ 1 Fruit □ 4+ Vegetables □□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack
