

Club jenny

MENU PLAN OVERVIEW

FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 6 per day
- ☐ **STARCHES** / 5 per day
- ☐ **FATS** / 4 per day
- ☐ **DAIRY** / 3 per day
- ☐ **FRUITS** / 2 per day
- ☐ **VEGETABLES** / 5+ per day



SUGGESTED MENU PLAN

BREAKFAST

Jenny Craig Cinnamon Rolls (2 Starches)
1 large, hard-boiled egg (1 Protein + 1 Fat)
¼ cup low-fat cottage cheese (1 Protein)
8 oz. fat-free milk (1 Dairy)

SNACK

1 small apple (1 Fruit)

LUNCH

Jenny Craig Chicken Street Tacos
(1 Protein + 2 Starches + 1 Fat)
1 string cheese (1 Protein)
1 cup roasted broccoli (2 Vegetables)
8 oz. fat-free milk (1 Dairy)

SNACK

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

DINNER

2 oz. baked salmon (2 Proteins)
½ cup baked sweet potato (1 Starch)
Side salad made with:
3 cups lettuce (1 Vegetable)
2 cups mixed non-starchy vegetables
(ex. cucumbers, carrots, tomatoes)
(2 Vegetables)
2 Tbsp. salad dressing (2 Fats)



DAY 1

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 2

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 3

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 4

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 5

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 6

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 7

6 Proteins □□□□□□ 5 Starches □□□□□□
4 Healthy Fats □□□□ 3 Dairy □□□
2 Fruits □□ 5+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack
