

Club jenny

LOW CARB MENU PLAN OVERVIEW



FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 11 per day
- ☐ **STARCHES** / 4 per day
- ☐ **FATS** / 5 per day
- ☐ **DAIRY** / 1 per day
- ☐ **FRUITS** / 1 per day
- ☐ **VEGETABLES** / 5+ 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)

SNACK

½ oz. **turkey jerky** (1 Protein)

LUNCH

Jenny Craig Chicken Fajita
(2 Proteins + 1 Starch + 1 Fat)
1 **string cheese** (1 Protein)
1½ cups **roasted broccoli** tossed in 1 tsp. **olive oil** before roasting
(3 Vegetables + 1 Fat)

SNACK

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

DINNER

4 oz. **baked salmon** (4 Proteins)
Large side salad made with 3 c. **lettuce** (1 Vegetable), 1 c. **mixed non-starchy vegetables** (ex. cucumbers, carrots, tomatoes) (1 Vegetable), ½ cup **chickpeas** (1 Starch), 8 **black olives** (1 Fat) & 1 Tbsp. **full-fat salad dressing** (1 Fat)

DAY 1

11 Proteins □□□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 2

11 Proteins □□□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 3

11 Proteins □□□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 4

11 Proteins □□□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 5

11 Proteins □□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 6

11 Proteins □□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 7

11 Proteins □□□□□□□□□□
4 Starches □□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 5+ Vegetables □□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack
