

Club jenny

LOW CARB MENU PLAN OVERVIEW



FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 13 per day
- ☐ **STARCHES** / 5 per day
- ☐ **FATS** / 5 per day
- ☐ **DAIRY** / 1 per day
- ☐ **FRUITS** / 1 per day
- ☐ **VEGETABLES** / 6+ 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)

½ cup corn (1 Starch)

2 string cheeses (2 Proteins)

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

5 oz. baked salmon (5 Proteins)

Large side salad made with 3 c. lettuce

(1 Vegetable), 2 c. mixed non-starchy

vegetables (ex. cucumbers, carrots,

tomatoes) (2 Vegetables), ½ cup chickpeas

(1 Starch), 8 black olives (1 Fat) & 1 Tbsp.

full-fat salad dressing (1 Fat)

DAY 1

13 Proteins □□□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 2

13 Proteins □□□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 3

13 Proteins □□□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack



DAY 4

13 Proteins □□□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 5

13 Proteins □□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 6

13 Proteins □□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 7

13 Proteins □□□□□□□□□□□□□
5 Starches □□□□□ 5 Healthy Fats □□□□□
1 Dairy □ 1 Fruit □ 6+ Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack
