

Club jenny

# MENU PLAN OVERVIEW

## FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 9 per day
- ☐ **STARCHES** / 7 per day
- ☐ **FATS** / 5 per day
- ☐ **DAIRY** / 3 per day
- ☐ **FRUITS** / 2 per day
- ☐ **VEGETABLES** / 6+ per day



## SUGGESTED MENU PLAN

### **BREAKFAST**

Jenny Craig Cinnamon Rolls (2 Starches)  
1 large, hard-boiled egg (1 Protein + 1 Fat)  
½ cup low-fat cottage cheese (2 Proteins)  
8 oz. fat-free milk (1 Dairy)

### **SNACK**

1 small apple (1 Fruit)  
1 cup carrot sticks (1 Vegetable)  
¼ cup hummus (1 Starch)

### **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**

3 oz. baked salmon (3 Proteins)  
1 cup baked sweet potato (2 Starches)  
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

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 2

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 3

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 4

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 5

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 6

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 7

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

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack