



Club jenny

**Your Lifestyle Guide
to Support GLP-1
Medications**

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Welcome!

Congratulations on starting your journey to health and happiness! As a member of Club Jenny, you're now part of a community dedicated to supporting your goals.

No matter what your schedule is, no matter how much time you can spare, or what additional weight loss strategies you are using, you can use Club Jenny to your advantage. It flexes to your taste and lifestyle, so it's totally, personally yours, with our full support.

This guide was created to help you integrate healthy lifestyle behaviors into your GLP-1 weight loss journey. Adopting a healthy diet and exercise routine is crucial for supporting the effectiveness of weight loss medications, as well as for creating habits that will support sustainable weight loss and overall health improvements.

Inside, you'll find valuable information on lifestyle changes that support GLP-1 use, how to get started, essential tips for staying on track, delicious recipes to keep you motivated, and exercises to support muscle health.

Our goal is to provide you with all the tools and knowledge you need to be successful.

The best diet for you is one that you can consistently follow and enjoy. Club Jenny offers a variety of resources and meal options to make it easier for you to stick to your chosen diet and achieve your goals.

Jenny Craig® products are designed to fit seamlessly with GLP-1 medications. They offer nutritionally balanced, portion-controlled options to help you stay on track and achieve your goals.

Adopting a healthy diet and exercise routine along with your GLP-1 regime is a positive step towards better health and wellness. Remember, every small change you make brings you closer to your goals. Stay motivated, be patient with yourself, and celebrate your progress along the way.

You have the power to create a healthier, happier you, and Club Jenny is here to support you every step of the way.

The background of the page is a collage of three images. On the left, a wooden bowl is filled with fresh produce, including yellow and red tomatoes, green leafy vegetables, a red chili pepper, sliced red onions, and green basil leaves. On the right, a black stethoscope is draped over a white prescription form that has 'Rx' printed on it, along with fields for 'PATIENT' and 'ADDRESS'. At the bottom, a teal-colored bag with white laces is visible. A yellow circular graphic is overlaid in the center, containing the title and two paragraphs of text.

Understanding GLP-1 Medications

GLP-1 medications, also known as glucagon-like peptide-1 receptor agonists, are a class of medications used to help manage type 2 diabetes and obesity. These medications work by mimicking the action of GLP-1, a hormone that stimulates the release of insulin in the body. For this reason, GLP-1s play several roles in glucose (blood sugar) metabolism and appetite regulation.

Common GLP-1 medications FDA approved for weight management include semaglutide (Wegovy®) and liraglutide (Saxenda®). The most recent FDA-approved medication for weight management includes tirzepatide (Zepbound®), which is a combination of the GLP-1 hormone and another insulin secreting hormone, known as GIP.

How & Why GLP-1s Work

Studies show that GLP-1 medications, in combination with diet and exercise changes, can produce significant weight loss in individuals with obesity. The recent SELECT trial has shown that the health benefits of GLP-1s go beyond weight management to include better cardiovascular outcomes for individuals with overweight or obesity and preexisting heart disease.

GLP-1 medications work through several mechanisms that influence digestion, appetite, and energy balance, which help to support weight loss.

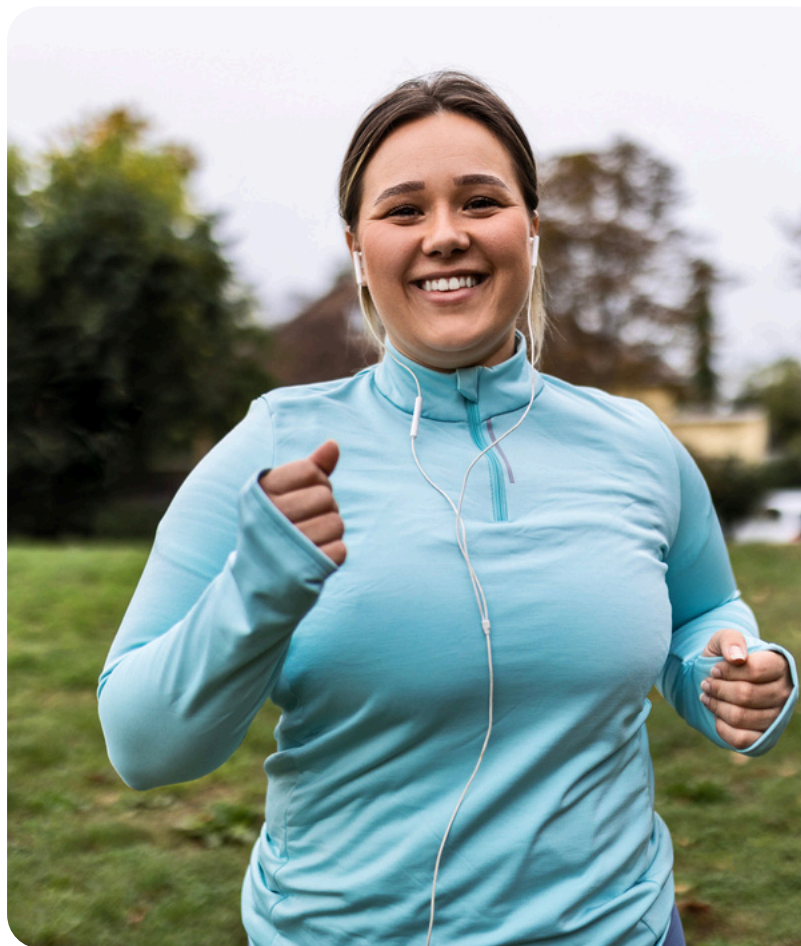
- ✓ **Slow Gastric Emptying.** After a meal, GLP-1 medications slow down gastric emptying, or the rate that food leaves your stomach to continue its way down the digestive path. This helps to reduce the rate at which glucose enters the bloodstream, preventing large spikes and crashes in your blood sugar. This can contribute to a feeling of fullness and reduced appetite.
- ✓ **Reduce Food Intake.** GLP-1 medications activate GLP-1 receptors in the brain that act on the brain's appetite control center. This enhances feelings of fullness (satiety) and reduces hunger, leading to decreased food intake.
- ✓ **Enhances Insulin Sensitivity and Blood Sugar Control.** When blood sugar levels are stable, there are fewer insulin spikes, which can reduce the likelihood of fat storage and cravings for high-calorie, sugary foods.
- ✓ **Impacts Reward-Related Eating.** GLP-1 medications may also affect the brain's reward system, reducing the pleasure derived from eating, especially high-calorie, high-fat, and sugary foods. This can lead to a preference for healthier food choices and further support weight loss.



Health Benefits of GLP-1 Medications

In addition to blood sugar control and weight loss, GLP-1 medications have been shown to support other health benefits, including:

- Reduced risk of heart attack, stroke, and cardiovascular death in adults with obesity or overweight and cardiovascular disease,
- Reduced blood pressure,
- Reduced inflammation,
- Reduced triglycerides, and
- Possible protection of kidney function in adults with diabetic kidney disease.



Common Side Effects

All drugs, including GLP-1s, can have side effects. Some side effects may diminish over time as your body adjusts to the medication or may be managed with adjustments to your medication dosage. Some of the common side effects experienced while using GLP-1 medications are listed below. It is important to discuss any side effects with your healthcare provider so they can provide guidance on how to minimize or manage side effects to ensure the medication is used safely and effectively.

Common GLP-1 medication side effects include:

- Nausea
- Vomiting
- Diarrhea
- Constipation
- Decreased appetite
- Redness, swelling, itching at the injection site
- Hypoglycemia (low blood sugar)
- Headache
- Dizziness
- Fatigue

Lifestyle Changes to Support GLP-1s



While GLP-1 medications are powerful tools for weight loss, their effectiveness is enhanced when combined with healthy lifestyle choices. Diet and exercise are not just supplementary—they are integral components of a successful weight loss plan.

GLP-1 medications reduce your appetite, which leads you to naturally consume fewer calories each day. This leaves you with fewer opportunities to take in essential nutrients necessary for health and well-being. This is why nutrition is more important than ever when using GLP-1 medications. While using GLP-1s, you will need to make every food choice count to optimize your nutrition! This means including as many nutrient-rich foods choices as you can at meals and snacks. By making nutrition a priority, you help to achieve your daily nutrient needs, minimize the risk of nutrition deficiencies, and manage common side effects of GLP-1 use.

The tables on pages 7 & 8 provide details on important nutrition components to be mindful of while using GLP-1 medications, along with recommended food sources for each nutrition component.

In addition to the nutrients listed in the tables that follow, the following diet and activity tips may help manage common GLP-1 side effects.

- **Eat smaller, more frequent meals.** Choosing more frequent, but smaller portions, may help to manage some of the GI side effects associated with GLP-1 use.
- **Limit spicy foods.** Because GLP-1s slow down gastric emptying, foods stay in the stomach longer, which may increase the risk of heartburn. Including a lot of spicy foods in the diet may intensify heartburn-related side effects.
- **Limit alcoholic drinks.** Alcohol can lower blood sugar levels and can increase your risk of hypoglycemia (low blood sugar) when taking GLP-1 medications. If choosing to drink alcohol, national dietary guidelines recommend intake should be limited to 1 drink/day for women and 2 drinks/day for men.
- **Limit carbonated drinks.** Carbonated beverages can lead to bloating, burping, and abdominal discomfort in some, which may worsen the GI side effects associated with GLP-1 medications.
- **Incorporate resistance training.** Resistance training, along with adequate protein intake, can help support muscle. Current physical activity guidelines recommend doing strength training exercises that work all major muscle groups (legs, hips, back, abs, chest, shoulders, and arms) on at least 2 days a week.

Nutrition Component	Recommended Intake	GLP-1 related Nutrient Concerns	Recommended Sources
CALORIES	<p>Calorie needs vary based on age, gender, body weight, and physical activity levels, which is why calorie goals during weight loss should be personalized.</p> <p>In general, calorie needs should not go below 1,200 calories per day for women and 1,500 calories per day for men, unless under the supervision of a medical provider.</p>	<p>Our body requires calories to function properly.</p> <p>GLP-1 medications decrease your appetite and may lead to consuming inadequate calories, making it difficult to meet your daily nutritional needs by diet alone.</p>	<p>Both quantity and quality of calories should be a priority. Adopt a healthy dietary pattern that prioritizes a variety of nutrient-rich foods including vegetables, fruits, whole-grains, low-fat dairy or dairy alternatives, lean proteins, and healthy fats.</p> <p>Use digital apps or paper-based meal trackers to monitor foods consumed throughout the day to ensure adequate calorie intake.</p>
PROTEIN	<p>Aim for at least 60 grams per day of high-quality protein, or up to 1.5 grams of protein per kilogram of body weight per day.</p> <p>Consume high-protein foods first at each meal to ensure adequate protein intake at meals.</p>	<p>Protein is an important nutrient for muscle health.</p> <p>Weight loss, whether achieved from lifestyle changes or medications, results in a loss of both fat and muscle tissue. Eating adequate amounts of protein, along with resistance exercise, may help to minimize the loss of muscle mass.</p>	<p>Lean meats, poultry, seafood, and fish</p> <p>Low-fat dairy products like milk, Greek yogurt, and cottage cheese</p> <p>Beans, peas, and lentils</p> <p>Nuts and seeds</p> <p>Soy products</p> <p>Protein shakes</p>
FLUIDS (HYDRATION)	<p>Aim to drink 2 – 3 Liters per day (68 – 101 ounces)</p>	<p>Adequate hydration can help with constipation, a common side effect of GLP-1s.</p>	<p>Plain or flavored water</p> <p>Seltzer water</p> <p>Low- or no- calorie beverages (ex. unsweetened tea or coffee)</p>

Nutrition Component	Recommended Intake	GLP-1 related Nutrient Concerns	Recommended Sources
CARBOHYDRATE	<p>45% - 65% of calorie intake (ex. 135 – 195 grams a day for 1200 calories and 169 – 244 grams a day for 1500 calories)</p> <p>Limit added sugars to < 10% of calories (ex. < 30 grams a day for 1200 calories and < 38 grams a day for 1500 calories)</p>	<p>Very low-carbohydrate diets, like the keto diet, may increase the risk of dehydration.</p> <p>Reduced carbohydrate intake may also lead to fewer fiber-rich food choices in the diet including fruits, whole-grains, beans, peas and lentils. Adequate fiber intake helps to prevent constipation, a common side effect of GLP-1s.</p>	<p>Fruits and vegetables</p> <p>Whole grains</p> <p>Beans, peas, lentils</p>
FIBER	<p>Women aim for at least 21 grams a day</p> <p>Men aim for at least 30 grams a day</p>	<p>Fiber is an important nutrient for digestive health, and can help to prevent constipation, a common side effect of GLP-1s.</p>	<p>Whole grains</p> <p>Vegetables and fruits</p> <p>Beans, peas, and lentils</p> <p>Nuts and seeds</p>
FAT	<p>20 – 35% of calorie intake (ex. 27 – 47 grams a day for 1200 calories and 33 – 58 grams a day for 1500 calories)</p> <p>Limit saturated fat to < 10% of calorie intake (ex. < 13 grams a day for 1200 calories and < 17 grams a day for 1500 calories)</p>	<p>Consuming high fat meals may cause GI side effects such as heart burn or diarrhea.</p> <p>Certain vitamins (vitamins A, D, E, and K), known as fat-soluble vitamins, require fat to be used by the body.</p>	<p>Nuts and seeds</p> <p>Avocado</p> <p>Vegetable oils such as olive, canola, corn, soybean, peanut, safflower, sunflower</p> <p>Fatty fish and seafood</p>

Adapted from Almandoz JP, et al. Nutritional considerations with antiobesity medications. *Obesity* (Silver Spring). 2024 Jun 10.

10 Common GLP-1 Myths Debunked

MYTH: GLP-1 Medications Are a Magic Solution for Weight Loss

FACT: While GLP-1 medications can significantly aid in weight loss, they are not a standalone solution. Effective weight loss typically requires a combination of medication, diet changes, physical activity, and behavioral modifications. These medications are most effective when used as part of a comprehensive weight management program.

MYTH: GLP-1 Medications Work the Same for Everyone

FACT: Like most medications, there will be variations in how people respond to GLP-1 medications. While many people experience significant weight loss, others might see more modest results. Factors such as genetics, lifestyle, and adherence to treatment play a role in the medication's effectiveness.

MYTH: You Can Stop the Medication Once Weight is Lost

FACT: These medications are typically intended for long-term use. Current research shows that stopping GLP-1 medications often leads to regaining some of the lost weight. Obesity is a chronic disease and like other chronic diseases may require long-term use of medications to help manage the disease. Consult with your healthcare provider before making any changes to your medication regimen.

MYTH: GLP-1 Medications Are Only for People with Diabetes

FACT: GLP-1 medications were initially developed for managing diabetes, but are also approved for weight management. Medications like liraglutide (Saxenda®) and semaglutide (Wegovy®) are FDA approved specifically for weight loss. Obesity is a chronic and relapsing condition that is associated with numerous health complications, including cardiovascular disease and type 2 diabetes. Use of FDA approved GLP-1 medications can be just as important for improving health outcomes in individuals with obesity as it can for individuals living with diabetes.

MYTH: GLP-1 Medications Suppress Appetite Permanently

FACT: The appetite-suppressing effects of GLP-1 medications can diminish over time for some individuals. Continued use and lifestyle adjustments are often necessary to maintain the benefits.

MYTH: GLP-1 Medications Are Safe for Everyone

FACT: GLP-1 medications are not suitable for everyone. They may not be recommended for individuals with a history of certain medical conditions, such as pancreatitis or thyroid cancer, or those with severe gastrointestinal issues. It's essential to discuss your full medical history with your healthcare provider before starting GLP-1 medications.

MYTH: You Can Eat Anything While Taking GLP-1 Medications

FACT: While GLP-1 medications can help reduce appetite and control cravings, they are most effective when combined with a healthy diet. Eating a balanced diet that includes a variety of nutrient-rich foods will enhance the medication's effectiveness, minimize side effects, and support overall health.

MYTH: GLP-1 Medications Replace the Need for Exercise

FACT: Exercise is a crucial component of a comprehensive weight loss program. While GLP-1 medications help reduce appetite and support weight loss, regular physical activity contributes to overall fitness, cardiovascular health, and long-term weight maintenance. The incorporation of strength training exercises with GLP-1 use is also critical to help support muscle health.

MYTH: You Will Never Gain Weight Back After Stopping GLP-1s

FACT: There is a high likelihood of regaining weight after stopping GLP-1 medications, especially if healthy lifestyle changes are not maintained. Research is still early in determining the best approach to GLP-1 use and weight maintenance but it seems to indicate that long-term success will require continuous use of medication and long-term adherence to healthy habits.

MYTH: You Can't Take GLP-1 with Other Weight Loss Treatments

FACT: GLP-1 medications should be used in combination with a comprehensive weight loss program. Strategies may include lifestyle and behavioral interventions that focus on diet and exercise, other medications, or bariatric surgery. It is important to coordinate all treatments with your healthcare provider.

Getting Started

Diet & Exercise



- **Consult Your Healthcare Provider:** Before making any changes to your diet or exercise routine, consult with your healthcare provider. They can provide personalized recommendations based on your medical history and current health status.
- **Set Realistic Goals:** Start with achievable goals. For diet, this might mean incorporating more vegetables into your meals or replacing sugary beverages with water. For exercise, it could be as simple as a daily 10-minute walk. Start small with your goals. You don't need to overhaul your entire lifestyle to make progress - small steps can add up to some really big results!
- **Create a Plan:** Planning is key to success! Develop a plan that fits your lifestyle. This could include meal planning or scheduling workouts in your calendar. Use the Club Jenny sample menu plans to help guide you on healthy food choices to add to your diet to help meet your daily calorie needs. Plan to keep a few Jenny Craig meals and desserts in your freezer or pantry so you have a convenient, delicious, and nutritionally balanced choice available on days when time is not on your side!
- **Track Your Progress:** Tracking your progress can help you stay motivated and make necessary adjustments. The Club Jenny sample menu plans offer a place for you to record the foods you eat for your meals and snacks. Tracking your food choices throughout the day will help you determine if you are eating a balanced diet, or if you need to make some adjustments to ensure you are including more nutrient-dense choices. Because GLP-1 medications lower your appetite, tracking your food intake will help to ensure you are eating enough calories each day to support your body.
- **Seek Support:** Sharing your journey with others can provide encouragement and accountability. Don't hesitate to seek support from healthcare professionals, support groups, or online communities. With Club Jenny you have access to coaches who can provide you with the support you need when you need it. And, you can tap into the support and ideas of fellow Club Jenny users by joining the [Official Jenny Craig Support Community](#) on Facebook.



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Kitchen & Pantry Essentials

This list of recommended grocery add-ins and Jenny Craig foods is curated specifically for people using GLP-1 medications as part of their weight loss journey. Our dietitians created this list to offer up a variety of healthy food choices that deliver important nutrients to consider when using weight loss medications – such as protein, fiber, and fluids.

These nutritious food choices also deliver a variety of essential vitamins and minerals, including those often inadequate in the diets of individuals with obesity – such as vitamins A, D, E, C, thiamin, folate, calcium, iron, magnesium, and zinc.

For even more grocery add-in ideas, check out the [Club Jenny Grocery Guide](#).

Recommended Grocery Food Categories

It's important to fill up on foods rich in protein, fiber, essential vitamins and minerals. You should minimize foods high in added sugars, saturated fats, and sodium. The key is to choose a variety of foods from each food category - protein, dairy, healthy fat, starch, fruit, and vegetables.

Here's a list of our dietitians top picks from each grocery food category. Check out the Club Jenny Grocery Guide for a full list of healthy food options!

PROTEIN

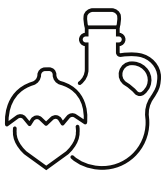
This food category contains high-quality proteins. Protein, along with resistance exercise, may help preserve muscle loss during weight loss. Choose lean proteins sources more often.



Top Protein Picks. Chicken breast, lean beef, pork tenderloin, salmon, tuna, eggs, string cheese sticks, cottage cheese.

HEALTHY FAT

This group contains fat options, which help your body absorb nutrients like Vitamins A, D, E & K. Choose unsaturated fats more often.



Top Healthy Fat Picks. Avocado, almonds, walnuts, chia seeds, flaxseed, olives and olive oil.

STARCH

This group contains complex carbohydrates that provide your body with fiber. Look for whole grain options when adding grains as your starch choice.



Top Starch Picks. Quinoa, brown rice, whole-grain or legume-based pastas, sweet potatoes.

Recommended Grocery Add-Ins

DAIRY

This group contains dairy options that provide your body with calcium & Vitamin D, nutrients important for bone health. Choose no-fat, low-fat or reduced-fat dairy more often.

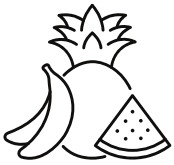


Top Dairy Picks. Greek yogurt, low-fat or fat-free milk.

Expert Tip - Use plain Greek yogurt and top with fresh fruit like berries for natural sweetness!

FRUIT

Include at least 1 fruit serving per day! Fruits provide essential vitamins & minerals, plus fiber. Fruit juices contain very little fiber and should be chosen less often.



Fruits. Raspberries, blueberries, blackberries, strawberries, cherries, oranges, apples (with skin), peaches, pears (with skin).

VEGETABLES

Non-starchy vegetables are packed with nutrients essential for health. We recommend consuming at least 3 servings per day, but you can enjoy them as an unlimited food choice as long as you eat them without added fats. Include a variety of different veggie options into your diet!



Vegetables. Spinach, kale, carrots, beets, carrots, cauliflower, mushrooms, bell peppers, salad greens, sugar snap peas, spaghetti squash.

FLUIDS

Don't forget your drink! Choose plain or flavored water to stay hydrated during your eating window and fasting period. Aim for at least 64 ounces of water each day.



Jenny Craig Foods

to add protein & fiber to your day!

Quick Breakfasts for Busy Mornings

- Cheddar Cheese Omelet
- Farmhouse Breakfast Bowl
- Cheesy Egg & Steak Quesadilla

Perfect for grabbing and going when you're in a rush!



Easy Lunches for Work

- Chicken & Wild Rice Soup
- Chicken Margherita Pasta
- Margherita Pizza

Easy to customize: add all your favorite veggie toppings!



Simple Weeknight Dinners

- Fish & Chips
- Classic Lasagna with Meat Sauce
- Classic Chicken Carbonara

Just heat, eat and enjoy!



Tips to Stay on Track

Strategies for Adherence & Motivation

Set Specific, Measurable & Achievable Goals

- **Goal Setting:** Define clear, specific goals such as "consume 120 grams of protein daily" or "drink at least 64 oz. of water each day". Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** Use quantifiable metrics like grams of protein, meal frequency or weight changes to track progress.

Keep a Food Diary to Monitor Protein Intake & Progress

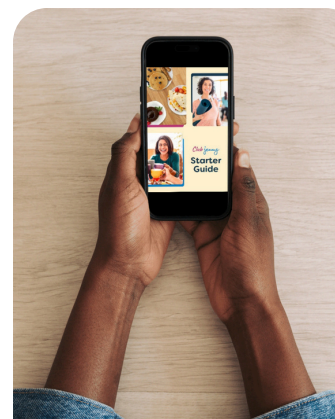
- **Food Logging:** Consistently track your meals and snacks to monitor your protein intake. The Club Jenny Menu Plans are a great resource for tracking your daily menu. These meal plans have been designed to provide balanced nutrition throughout your day.
- **Review and Reflect:** Regularly review your food diary to identify patterns, successes, and areas for improvement.

Experiment with New Recipes

- **Recipe Exploration:** Try new high-protein recipes to keep your meals exciting and diverse. Explore different cuisines and cooking methods. Pick out one new recipe each week to add to your routine!
- **Variety of Sources:** Incorporate a wide range of grocery add-ins to maximize nutrient intake. Try various protein sources like fish, chicken, and plant-based proteins to avoid monotony. Include a variety of colors when choosing fruits & veggies, such as green spinach, red raspberries, purple grapes and yellow squash.

Lean on Club Jenny

- **Jenny Craig Meals:** Take advantage of Jenny foods for added convenience. They'll keep you on track, even when life gets busy!
- **Guides & Resources:** Use the Club Jenny guides and resources to help you structure your day to meet your goals.



Overcoming Challenges & Setbacks

Plan & Prepare Meals in Advance

- **Meal Prep:** Dedicate a day each week to plan and prepare meals. Wash, cut, and portion out veggies like carrots, cucumbers, and bell peppers so you have quick, ready-to-go snacks. Pair them with a high-protein add-in like string cheese, cottage cheese, or Greek yogurt to round out a quick, nutrient packed snack!
- **Freezing and Storing:** Freeze pre-cooked meals to have convenient, ready-to-eat options on hand.

Managing Side Effects

- **Smaller, More Frequent Meals:** GLP-1 medications slow down digestion, which means you may find fewer GI side effects if you aim to eat 6 smaller meals/snacks throughout the day versus 3 larger meals.
- **Consult your healthcare provider:** It is important to discuss any side effects with your healthcare provider so you can better manage them and avoid having them derail your goals.



HOW TO HANDLE DINING OUT & SOCIAL EVENTS

Plan Ahead

Review the menu ahead of time and look for options that prioritize vegetables and lean proteins.

Portion Control

Share a portion with someone, order a healthy option from the appetizer section of the menu as your main meal, or ask your server to put half the portion on your plate and box up the other half to go so you can enjoy it another day.

Choose Lean Proteins

Opt for lean meats, seafood or plant-based proteins. Look for grilled, baked, or steamed protein options instead of fried or breaded dishes.

Enjoy the Experience

Slow down and take time to notice the sights, sounds, and smells of the whole dining experience. Enjoy your company and the conversation!

Reach out to a Jenny coach for additional tips and advice on dining out.

Metrics to Track

WEIGHT & BODY MEASUREMENTS

The frequency that you weigh yourself is a personal preference. Just keep a few things in mind:

- Weigh at the same time of day and with the same amount of clothing.
- The scale can fluctuate drastically from day to day, sometimes even 5 pounds, so you must be conscious of that and not get frustrated.
- Chart your progress and look at the weight loss trend over the month, not just a few days.
- If you're not weighing at all, use other indicators of success, such as body circumferences (waist, hips, arms, etc.) to assess changes in body composition. Track the changes you see in these indicators from week to week.

ENERGY LEVELS

Track daily energy levels, particularly how you feel before and after meals. Tracking your energy levels will allow you to be more mindful of foods that help fuel your day and foods you may want to limit to special occasions.

FOOD INTAKE

GLP-1 medications decrease your appetite and increase feelings of fullness. While you may not feel hungry, it is important to eat enough calories to fuel your body. Keeping a food log is a helpful way to monitor the foods you eat each day to make sure you are eating enough food to support healthy weight loss.

GI SYMPTOMS

GI symptoms are a common side effect of GLP-1 medications. Tracking your symptoms (ex. when they occurred, what and how much you ate before/after, and any other important details) leaves you with a record that you can share with your healthcare provider, who can help you better manage side effects.

Adjustments & Flexibility

Adapting to Individual Needs & Preferences

Adjust Portion Sizes and Protein Sources

- Customize portion sizes to fit your hunger levels, activity levels, and weight loss or maintenance goals.
- Protein intake is important when using GLP-1 medications, so it is important to find the protein options that work best for you. Adjust protein sources to accommodate dietary preferences and restrictions, such as choosing plant-based proteins if you're vegetarian or lactose-free options if you have a dairy intolerance.

Connect With a Jenny Coach for Personalized Advice

- Seek advice from Jenny coaches to tailor the diet to your specific needs and goals.

Addressing Nutritional Gaps

Ensure a Balanced Intake of Vitamins & Minerals by Incorporating a Variety of Food Sources

Add a variety of foods that provide essential vitamins and minerals. Try to include a variety of Protein, Dairy, Healthy Fats Starches, Fruits & Vegetables into your diet. Pick a few new food choices to add to your diet each week to optimize your intake of essential vitamins, minerals and nutrients. Check out our dietitians top picks on pages 13 & 14 and the Club Jenny Grocery Guide for an extensive list of healthy food choices.

Consider Supplements if Certain Nutrients Are Lacking

- If you find it challenging to meet all your nutritional needs through food alone, consider supplements like multivitamins, omega-3 fatty acids, and specific minerals such as calcium or magnesium.
- Consult with your healthcare provider before starting any supplementation to ensure it's appropriate for your individual needs.

A top-down view of a kitchen scene on a white wooden surface. A wooden rolling pin is at the top, a whisk is at the bottom right, and two brown eggs are on the right. Star anise and other spices are scattered around. A spiral-bound notebook is open in the center, with a yellow circular graphic overlaid on its pages.

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Recipes & Hacks

The following pages have links to simple and quick recipes that fit into a healthy lifestyle. Plus, we share our top food hacks to help you add more protein, fiber and fluids - key nutrients to be mindful of when using GLP-1 medications for weight loss.



Simple & Delicious Recipes

Blueberry Pancake Parfait

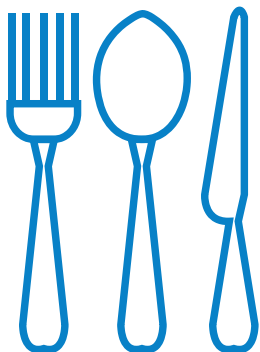
Ingredients

- Jenny Craig Blueberry Pancake and Sausage
- 2/3 cup nonfat plain Greek yogurt
- 1 cup blueberries
- Fresh mint leaves (optional)

SERVINGS: 1
CALORIES PER SERVING: 390
FOOD CATEGORY: 2 STARCH
1 PROTEIN
1 DAIRY
1 FRUIT

Directions

1. Prepare Blueberry Pancakes and Sausage according to package. Set sausage aside to enjoy separately.
2. Tear or cut pancakes into bite-sized pieces.
3. In parfait glass, alternately layer pancake, yogurt, and blueberries. Top each parfait with a mint garnish if desired.



Whether you're preparing a quick breakfast for your busy morning or a light, refreshing dessert for the evening, this Blueberry Pancake Parfait is perfect for any time of day. With just three simple ingredients, this recipe is a breeze to whip up, making it an ideal choice for those hectic days when you need something delicious yet effortless.



Tomato Basil Soup

SERVINGS: 3 (1 SERVING = 1 CUP)

CALORIES PER SERVING: 149

FOOD CATEGORY: 2 1/2 VEGETABLE
2 FAT

Warm up with our Tomato Basil Soup and let its cozy flavors envelop you in a comforting embrace. Imagine juicy, ripe tomatoes simmered to perfection with aromatic spices and creamy coconut milk, creating a rich, velvety texture that's as satisfying as it is delicious.

Ingredients

- 1 Tbsp. olive oil
- 1 small red onion, diced
- 28 oz. can whole peeled tomatoes
- 1 cup water
- Salt, to taste
- 1 tsp. garlic powder
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. smoked paprika
- 1/2 tsp. black pepper
- 1/3 cup light coconut milk



Directions

1. Heat olive oil in a heavy-bottomed pot over medium-low heat. When the pot is hot, add onions and cook for 6 to 8 minutes, until the onions are soft. Stir often to keep the onions from burning.
2. Add the entire can of whole tomatoes, including the liquid, and 1 cup of water.
3. Using the back of a wooden spoon, gently smash the tomatoes.
4. Add dried oregano, dried basil, paprika and a pinch of kosher salt. Raise the heat to medium and bring everything to boil.
5. Let soup simmer for 8-10 minutes.
6. Turn off heat. Let the soup cool off for 5 minutes before transferring to a blender to blend.
7. Return soup to pot. Stir in coconut milk and black pepper.



Fresh Pico de Gallo

SERVINGS: 4

CALORIES PER SERVING: 24

FOOD CATEGORY: 1 VEGETABLE

Ingredients

- 2 small tomatoes, diced
- 1 green pepper, chopped
- 1/4 red onion, diced
- 1/4 cup fresh cilantro, chopped
- 2 small garlic cloves, crushed
- Juice from 1/2 lime
- Pepper, to taste

Directions

1. Mix all ingredients together in a bowl.

This refreshing salsa combines the garden-fresh flavors of juicy tomatoes, crisp green pepper, zesty red onion, fragrant cilantro, pungent garlic, tangy lime, and a hint of pepper to create a symphony of taste and color. Whether you're serving it as a snack, over grilled meats, or as a flavorful addition to tacos, salads or eggs, this pico de gallo is sure to be a hit.

Enjoy this veggie-packed recipe with these Jenny Craig Meals:



Jenny Craig Food Hacks

to Support Your GLP-1 Weight Loss Journey!

Get Creative with Veggies

Vegetables provide essential vitamins, minerals and fiber. Try to add veggies to all of your meals and snacks - add mushrooms & spinach to your breakfast omelet, serve baby carrots with hummus as a snack, top your Jenny Craig Classic Cheeseburger with lettuce & tomato slices. Get creative and see how many different ways you can add veggies to your day!



Use Greek Yogurt as a Protein Packed Base

Greek yogurt doesn't have to be limited to snacks! Use it as a base to build your meals. Crumble Jenny's Cranberry Almond Barscotti over Greek yogurt for a protein-powered breakfast. Or, use yogurt as a base for dips or spreads to add protein to your veggie snacks and sandwiches. Try Greek yogurt as a replacement for sour cream to serve along side your Jenny Craig Chicken Burrito.



Increase Fluids with Fruits & Veggies

Many fruits and veggies have a high water content, which can help you stay hydrated! Cucumbers, lettuce, and celery top the list for the highest water content, but all fruits and veggies are packed with water and can help you meet your daily fluid needs. Add peaches or apple slices as a side to your Jenny Craig breakfast, include a small salad with your lunch, or make a veggie-based soup with low-sodium broth to enjoy with dinner.



Start Your Day with Protein

Americans tend to eat a lot of protein at dinner; however, often are not adding enough at breakfast. Try to start your day with a protein packed breakfast! Make a breakfast sandwich using Jenny Craig Classic Waffles, add cottage cheese as a side to your Jenny Craig Cinnamon Rolls, or layer Jenny Craig's Cinnamon Coffee Cake with yogurt and berries for a protein-packed parfait.





MOVE IT!

Having an active lifestyle is an important part of everyone's weight loss journey. During GLP-1 medication use it's essential to maintain muscle health. Aside from optimal protein intake, the best thing you can do is add some type of strength training to your routine; it is key to maintaining muscle mass. Strength training also helps maintain a healthy metabolism. This does not mean you shouldn't engage in cardiovascular exercise, as it is important to help offset the risk of heart disease.

Consider power walking, biking or swimming, and combine these activities with stretching, weight training, yoga and Pilates. Make exercise fun so you stay motivated by walking or running with a friend, playing pickleball, golfing or hiking.

While regular workouts are critically important, there is more to movement in this increasingly sedentary society. We spend a tremendous amount of time sitting behind screens, whether it be our computers, tablets or phones. You need to be mindful of the importance of non-exercise activity thermogenesis (NEAT).

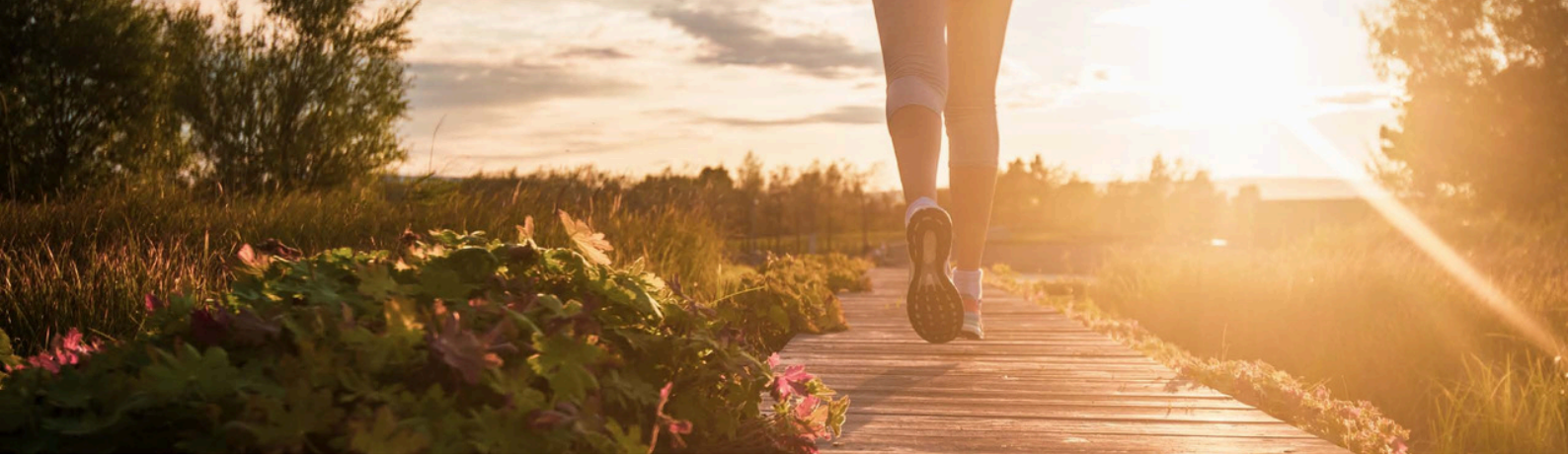
What is NEAT?

Non-exercise activity thermogenesis, referred to as NEAT, includes tasks you might not think of as exercise, like cleaning your home, playing with your children, walking the dog or doing yard work like weeding and raking leaves.

Moving throughout the day will increase your mobility and stability, strengthen your core and increase the amount of calories you burn. In fact, NEAT is one of the most important parts of your metabolic rate and the number of calories you burn.

TIPS FOR MORE NEAT

- Take the stairs instead of the elevator or escalator.
- Park at the end of the parking lot rather than a spot closer to the door.
- Stand up instead of sitting while you are working at your desk.
- Take breaks when you are in the office and walk the hallways for 10 minutes every few hours.
- Take a walk around the block while chatting with friends on the phone.



STRENGTH AND RESISTANCE TRAINING WORKOUTS

Here are two excellent strength-building resistance training workout routines. One of them requires no special equipment and uses your body weight for resistance. You can do it anywhere—in your living room, in your backyard, even in a hotel room while traveling. The other one requires resistance bands.

These workouts consist of five simple exercises each and are designed to strengthen your muscles. (As a side benefit, weight-bearing exercise also builds bone density, protecting you from osteoporosis as you age.) You will do these exercises circuit-style, a basic technique in which you do one exercise after another in order, resting just 20 seconds in between exercises. The quick pace elevates your heart rate, revs your metabolism and burns more calories.

Important Notes:

- Strength training, also called resistance training, typically requires a day of rest to allow your muscles to recover and repair in between workouts. For that reason, plan on alternating between one of these strength workouts and aerobic activities such as walking. In other words, avoid doing strength workouts on consecutive days.
- Always consult your healthcare provider before starting any exercise program.

BEGINNER BODY-WEIGHT STRENGTH CIRCUIT

Do the warm-up first. Then perform each exercise in order for the repetitions indicated, resting 20 seconds before moving on to the second exercise in the circuit and so on. Start with one circuit every other day during week one. During week two, add a second circuit; rest for 1 minute in between circuits. In week three, try to complete three circuits, resting for 1 minute between rounds.

WARM-UP:

HIGH KNEE MARCH IN PLACE WITH ARM CIRCLE

30 REPS

Stand with feet hip-width apart and your arms outstretched at your sides, parallel with the floor and palms facing up. Start marching in place, lifting each knee high so your thigh aligns parallel with the floor on each step. Two steps equal one rep. Simultaneously, rotate your arms in tight circles counterclockwise. After 15 high knees, turn your palms down and circle your arms clockwise for 15 reps.



1 OF 5:

WALL PUSH-UP

8-10 REPS

A. This is an easy way to start toning your arms and building upper-body strength. Stand and place your hands against a wall at shoulder height, arms straight and parallel with the floor. Your feet should be spaced hip-width apart and arms' length from the wall. You will be in a push-up position, but standing.

B. Brace your core and slowly bend your arms until your forehead grazes the wall. Pause, and then straighten your arms to return to the starting position. That's one repetition (rep).

NOTE: Once you master the wall push-up, try a plank. Start in a floor push-up position and bend your elbows to place your forearms on the floor facing forward. Your body should form a straight line from your heels to your head. Brace your core and don't allow your hips to sag. Hold this position for 10 seconds. You're done! Gradually increase the duration of your plank hold.



2 OF 5: WALL SIT

20 SECONDS

A. Stand with your back against a wall and your feet spread shoulder-width apart, toes pointed slightly outward. Now, walk your feet about 18 inches from the wall. Raise your arms in front of you. This is the starting position.

B. Pressing your back into the wall, slowly bend your legs to lower your body toward the floor. Stop when your thighs are parallel with the floor. Sit tall in this position with head back and hips touching the wall. Hold this position with tension in your legs for 10 to 20 seconds and then stand, using your hands against the wall to help you if needed. If you would like, do another 20-second hold or two. Over time, try to work up to holding the wall squat for 60 seconds.



3 OF 5: FLUTTER KICK

8-10 REPS

A. Lie on your back on the floor with your hands under your hips and your toes pointed.

B. Engage your abs to lift your feet (not your head) about a foot off the floor. Keeping your legs rigid, begin quickly kicking your straight legs back and forth as you would while swimming. Every four kicks equals one rep.



OPTIONAL: SUPERMAN

8 REPS

If you find the flutter kick too difficult, try the Superman instead. It's another good exercise to strengthen your core, especially your lower back.

A. Lie face down on the floor with your arms outstretched in front of you and your legs behind, toes pointing.

B. Raise your arms and legs a few inches off the ground while you squeeze your glutes and feel the stretch in your lower back. Hold for 3 seconds, lower, and repeat.



4 OF 5: HIP RAISE

8-10 REPS

A. Lie on your back on the floor with your knees bent and feet flat. Your feet should be about 6 to 8 inches apart, and your heels should be 12 to 14 inches from your hips. Open your arms out to the sides with palms down.

B. Brace your core and press into your heels to lift your hips upward until your body forms a straight line from your shoulders to your knees. Hold this top position for 3 seconds, squeezing your butt muscles. Slowly lower your hips to the floor. That's one rep. Repeat.



5 OF 5: STABILITY LUNGE

8 REPS

A. Stand with your feet shoulder-width apart and your arms at your sides. Lift your left knee until your thigh is parallel with the floor as you raise your arms straight overhead, palms together.

B. Balance for 3 seconds, then slowly drop your left foot into a front lunge so your front leg forms a right angle and your back knee hovers an inch above the floor. Keep your arms above your head. Press your front foot into the floor and bring your right leg forward to stand. Then repeat with the sequence with your right leg. That's one rep. If this exercise is too difficult, try it with your hands on your hips.



RESISTANCE-BAND STRENGTH CIRCUIT

You will need an exercise band for this workout. These rubberized resistance bands are available at most national sporting-goods retailers and online. Choose a band with light to intermediate resistance or purchase bands of varying resistances for use as you become stronger.

Do the warm-up first. Then perform each exercise in order, resting 20 seconds before moving on to the next exercise in the circuit.

Complete one circuit every other day during the first week. Add a second and third circuit during weeks two and three, respectively.

WARM-UP: WALKING KNEE HUG

20 REPS

Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your right foot and lean slightly forward at the hips. Lift your right knee, grasp it with your hands, and pull it toward your chest while standing tall. Let go of the knee and step forward with your right foot. Next, raise your left knee and pull it to your chest. That's one rep. Continue alternating legs.



WARM-UP:

REVERSE LUNGE WITH REACH AND TWIST

20 REPS

Stand with arms at your sides. Step back with your left leg and lower your body until your right and left knees form right angles. Simultaneously twist your torso to the right and raise your right arm behind you. Place the back of your left hand on the outside of your right knee to help you deepen the rotation of your upper body. Then, return to a standing starting position. That's one rep. Repeat the move on the same side. After 10 reps to the right, lunge with your right foot back and rotate to the left for 10.



1 OF 5:

EXERCISE BAND FLY

10-12 REPS

A. Attach the middle of an exercise band securely to a door handle or other stationary object. (Follow the directions that came with the exercise band.) Face away from the door and grasp the handles of the band; bend your elbows. Walk away from the door until the tension pulls your bent arms out to the sides at about shoulder level. Assume a staggered stance, with one foot in front of the other.

B. Without changing the angle of your elbows, pull your hands together in front of your body until your knuckles meet. Slowly return to the starting position. That's one rep.



2 OF 5:

EXERCISE BAND SEATED ROW

10-12 REPS

A. Sit on the floor with your legs extended straight and loop the middle of the exercise band securely around the arches of your feet. Grab the handles (if the band is too long, wrap it around your feet as shown) so that there's tension in the band when your arms are extended in front of you. Your back should be straight.

B. Keeping your elbows close to your sides, pull the band back to each side of your body, squeezing your shoulder blades together. Pause for a second, then slowly return to the starting position. That's one rep.



3 OF 5:

EXERCISE BAND SQUAT WITH SIDE KICK

10-12 REPS

A. Hold the handles of an exercise band and step on the middle of the band with feet hip-width apart. Raise your hands to shoulder height, palms facing forward.

B. Bend your knees and push your hips back as if sitting in a chair until your thighs are parallel with the floor.

C. Press your feet into the floor to stand and immediately lift your right leg out to the side. Return to the starting position and repeat on the opposite side. That's one rep.



4 OF 5:

EXERCISE BAND BICEPS CURL

10-12 REPS

A. Stand on the middle of an exercise band with feet hip-width apart. With arms straight at your sides, grasp the handles of the band (or the band itself) so that there is slight tension in the resistance band.

B. Keeping your upper arms pressed against your sides and stationary, bend your arms to raise your hands to your shoulders. Pause, then slowly release back to the starting position. That's one rep.



5 OF 5: WOOD CHOPPER

20 REPS

A. Step securely on the band with your left foot and step your right foot out so your feet are a little wider than shoulder-width apart. Grasp the handle of the band with both hands by your left thigh. Your left hand should hold the handle with your left palm up, and your right hand should grasp with your right palm down. Keep your arms straight. Be sure that there's a little tension in the band but not so much that you won't be able to pull it across your body.

B. Keeping your arms straight, pull the handle across your body and over your right shoulder as you twist your torso slightly to the right so the band ends up forming a diagonal line from your left foot to above your right shoulder. Pause, then release. Complete 10 reps to the right, then stand on the band with your right foot and do 10 "chops" to the left.

