



# Quick Start Guide

For Amazon Kits



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# Welcome to Jenny Craig

Congratulations on taking the first step toward reaching your weight loss goals! Your journey to better health starts today – and we'll be by your side every step of the way.

*Note: Always consult your physician or health care provider before beginning a weight loss or exercise program.*



## Tell Us Your Personal Motivation

What's your reason for starting this journey? Be as specific as possible. Return to your reason to remind yourself why reaching a healthy weight is important to you.

*I want to lose weight because...*

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# Eat Well

It's important to consume a variety of nutrient-rich foods in proper portion sizes. Your Jenny Craig menu plan is designed to provide you with optimal nutrition while helping you lose weight. In fact, it reflects multiple health organization's recommendations:

- ✓ *Fruits, vegetables, whole grains and reduced-fat or low-fat dairy*
- ✓ *Lean proteins, including beans, fish, poultry and low-fat cuts of meat*
- ✓ *Heart healthy oils and nuts*

## Jenny Menu and Foods

One of the best parts about Jenny is that we do all the meal planning for you. By following your plan, you'll learn proper portion sizes and how to choose healthy options that will support your goals. And you don't have to give up your favorite foods! Eat something delicious every day with Jenny while still working toward your goals. Our meals are pre-made and flash-frozen to lock in nutrients and flavor.



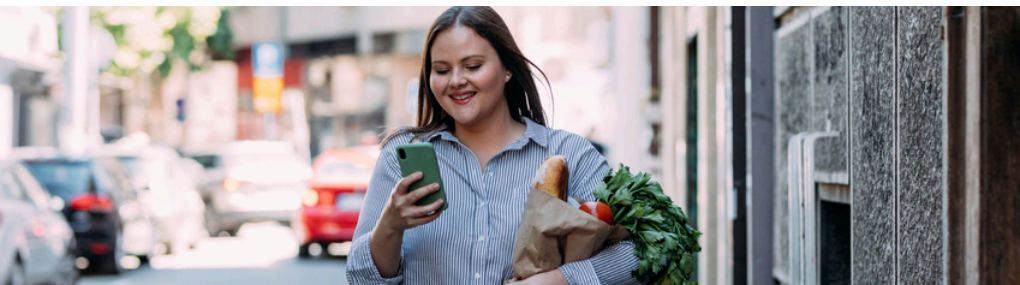
# Your Menu Plan

Follow your menu to set yourself up for success. Make sure you're choosing the right menu plan to support your daily calorie needs. See the chart below for reference and remember you can download your menu plan on the [Retail Guides & Resources](#) page.

	1200 Calorie	1500 Calorie	1700 Calorie
Women	✓		
Women with 100+ lbs to lose		✓	
Women exercising 60+ minutes a day		✓	
Men		✓	
Men with 100+ lbs to lose			✓
Men exercising 60+ minutes a day			✓

## Navigating Your Menu

Each week is a complete nutritional unit that's balanced in calories, carbohydrates, fat and protein. Each day you will enjoy your Jenny Craig meals and snacks. You will also add in some of your favorite nutrient-rich foods from the store like veggies, fruits, starches, proteins, dairy and healthy fats. Refer to your menu plan to see what foods to eat at each eating occasion and access the [Grocery Guide](#) for some options to load in your cart!



# Grocery Additions

Beyond your Jenny meals and snacks, you will add fruit, nonfat and reduced-fat dairy, and lots of non-starchy vegetables to your plan using our [Grocery Guide](#). Check your menu for the recommended servings per day.

## Fruits such as...

- *Apples*
- *Bananas*
- *Grapes*
- *Oranges*

## Protein or dairy such as...

- *1 oz. lean meat, poultry, or fish*
- *1 cup nonfat milk or dairy alternative*
- *1 cup nonfat plain Greek yogurt*

## Non-Starchy Vegetables such as...

- *Asparagus*
- *Broccoli*
- *Mushrooms*
- *Tomatoes*

# Beverages

## Drinks to Enjoy

Thirsty? Check out our top picks that will keep you on track.

- *Water*
- *Naturally flavored water*
- *Unsweetened sparkling water*
- *Unsweetened coffee/tea*

## Drinks to Avoid

Sugar bomb alert! These beverages are full of empty calories and can contribute to weight gain. Try to avoid the following:

- *Alcohol*
- *Soda and energy drinks*
- *Sweetened coffee/tea*



## Meals on Your Own

Following your Jenny menu is a key contributor to weight loss success. However, there may be times when you choose to eat meals on your own. When making meals on your own, it's important to include balanced nutrition and calorie-control to support your weight loss goals.

Use the guidance on the next page to set up a healthy meal or snack. The Food Group Exchanges help to ensure nutritional balance. Use the [Grocery Guide](#) and the portion control visual cues for serving sizes.

And, adopt some of these tips below to help keep you on track with your goals.

### Tips for Success

- **Plan your meals.** Decide where and what you'll eat. Using either exchanges or calories, plan your meal ahead of time. Having a plan sets you up for success!
- **Track your choices.** Record what you had and review your choices if you find your weight loss hits a plateau. Being mindful of what you choose to eat will allow you to make adjustments as needed if you find your meals are not balanced or outside of your calorie goals.
- **Start meals with a nutritional boost.** Start lunch or dinner with a big, colorful salad or a light broth-based soup to help you fill up on fewer calories.



# Meals on Your Own

## BREAKFAST



**250 - 300 calories**

- 1 Fruit or Starch
- 1-2 Protein or Dairy
- 1 Healthy Fat
- Optional Items:*
  - Vegetables

**Example:**

- 1 hard-boiled egg (1 Protein + 1 Healthy Fat)
- 1 cup strawberries (1 Fruit)
- 6 oz. low-fat Greek yogurt (1 Dairy)

## LUNCH/DINNER



**300 - 400 calories**

- 1-2 Fruit or Starch
- 2-4 Protein or Dairy
- 1 Healthy Fat
- 2+ Vegetables

**Example:**

- 3 oz. grilled chicken breast (3 Protein)
- 1/2 cup whole-grain pasta (1 Starch) topped with 1 tsp. olive oil (1 Healthy Fat)
- 1 cup roasted broccoli (2 Vegetables)

## SNACK OR DESSERT



**200 - 250 calories**

- 1 Fruit or Starch
- 1 Protein or Dairy
- Optional Items:*
  - 1 Healthy Fat
  - Vegetables

**Example:**

- 1 small apple (1 Fruit) and 1 low-fat cheese stick (1 Protein)



# Intermittent Fasting

If the meal kit you purchased includes our Revolutionary Recharge Bars, your meal plan is designed to incorporate intermittent fasting.



## How It Works

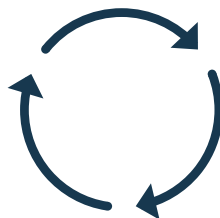
Experience the incredible benefits of intermittent fasting and enjoy our delicious Recharge Bars to help curb hunger while you fast.



**Rest.**



**Recharge.**



**Repeat.**

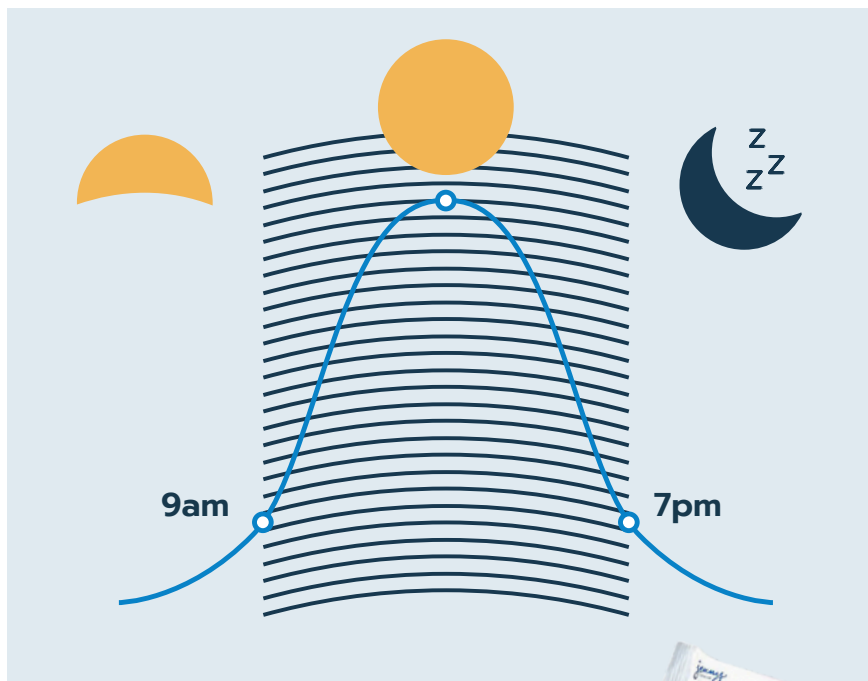
**Rest:** During this 14-hour rejuvenation period, you'll take a break from food and caloric beverages - most of this time is spent sleeping! This is when the body generally switches to fat-burning mode.

**Recharge:** Treat yourself with our **Recharge Bar**. Enjoy this bar 1-2 hours before the end of your 14-hour rejuvenation period. Then, for the remaining 10 hours, nourish your body with Jenny Craig's chef-crafted meals and snacks.

**Repeat:** Stick to the plan and experience the best results!

# Intermittent Fasting & Weight Loss

We leverage the powerful science of intermittent fasting – eating smart during the day and taking a break at night – to help promote incredible weight loss benefits. Your metabolism isn't constant: It's most efficient in the day and tapers off at night. Your Jenny Craig plan aligns your meals with this daily cycle, so you'll eat when your metabolism is optimal.



## Got Anytime Bars?

If your meal kit includes our Anytime Bars, we recommend them as an afternoon snack; however, you can enjoy them on your schedule, any time of the day if you prefer. Your meal plan does not incorporate intermittent fasting. (However, you can try it out if you want to!)

# Daily Check-Ins

One of the best ways to monitor your progress is with daily check-ins. We recommend keeping track of the following:

- ✓ *Your food intake*
- ✓ *Your activity*
- ✓ *Your weight*

This way you can recognize your wins, identify challenges and reflect on how far you've come!

**Pro Tip:** Plan out your menu plan at the start of each week. Write down the Jenny Craig meals, snacks and grocery store add-ins you will have each day for the week ahead to stay on track!



# Your Activity Plan

No matter where you're at, getting started with your activity plan is simple and fun! We've included a quick guide to help you get started. Connect with a coach for more tips and support on how to incorporate daily activity into your routine.

*Note: Please consult with your health care provider before starting any activity plan.*

## Activity Recommendations

If you're still new to activity, start small and work your way up to these recommendations:

- 1. As a baseline, we recommend aiming for 8,000 steps per day.*
- 2. Aim for 30 minutes of strength training, three times per week. It's important to listen to your body – if something doesn't feel right, rest!*

## Types of Physical Activity & Health Benefits

### Cardiovascular exercise

Examples: Walking, swimming, dancing, bicycling

Regular cardiovascular activity can benefit your health by:

- ✓ *Reducing inflammation*
- ✓ *Boosting your mood*
- ✓ *Increasing your ability to burn fat*



## Strength training exercise

Examples: Lifting weights, climbing stairs, bodyweight exercises, resistance bands

Regular strength training exercise can benefit your health by:

- ✓ *Increasing your bone density*
- ✓ *Improving your balance*
- ✓ *Helping with weight management*

**Jenny's Tip:** Carry a reusable water bottle with you to help stay hydrated throughout the day! Fill it with cut fruits like lemons or limes for a flavor boost!



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4142018/>

<https://www.cancer.org/latest-news/five-benefits-of-strength-training.html>

# Healthy Living

Beyond what you eat and how much activity you get, other factors can impact your weight loss.

## Sleep

Regularly skimping on sleep won't just make you feel tired – research indicates it could contribute to weight gain and other health issues.

If you're struggling to get enough rest, use these tips to help you sleep better.

1. **Cut off caffeine before bed.** Because caffeine is a stimulant, it may prevent you from falling asleep at night. Try to avoid caffeinated beverages for 4-6 hours before you hit the hay.
2. **Set a sleep schedule.** Try to set a sleep schedule that's around the same time each day – and stick to it as closely as possible – even on weekends.
3. **Wind down.** Before you turn off the lights, try reading a book or practicing meditation to help you relax. Avoid checking your phone right before bed.





## Self-Care

Two words: Treat yourself (in a healthy way, of course!). Taking care of your physical and emotional well-being is an important part of your overall health. Try a few of these tips:

1. **Dedicate 15 minutes.** Whether you wake up a few minutes early or take an extended lunch break, carve out some time to do something you enjoy.
2. **Listen to a podcast.** Want to learn more about a hobby or get lost in an unsolved mystery? There's probably a podcast for that. Tune in and get lost!
3. **Get outdoors.** Spending time surrounded by nature can be incredibly relaxing – and it's a great way to unplug.



## Enrich Your Wellness with Jenny Inspirations!

Check out the new Jenny Craig blog for helpful articles, recipes and expert nutrition guides.

**[Click here to check it out!](#)**

## Club jenny

### A New Way to Support Weight Loss!

Complement your approach with your choice of Jenny meals and favorite food bundles.



**[Click here to learn more!](#)**