



Jenny Craig Program Guide



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serving suggestion

Reach Your Goals with Jenny!

Reaching a healthy weight isn't just about the number on the scale. It's about developing healthy habits you will practice for a lifetime. It's about becoming the best version of yourself each day!

Learn More About Coaching

Check out these resources for real-time support and motivation. For additional guidance, book an online appointment with one of our Jenny Craig coaches today!

- [Schedule with a Coach](#)
- [Facebook Community](#)
- [My Account](#)



Download the new Jenny Craig app today and take control of your weight loss journey like never before. With everything you need at your fingertips, success has never been closer. Stay motivated, stay connected and get ready to see results.

Download the Jenny Craig app on your smartphone's [App Store](#) or [Google Play](#)!



Welcome to Jenny Craig

Whether you want to lose a lot of weight or just get a little healthier, Jenny Craig plans are dietitian-designed to provide the right nutrition, right from the start. Once you reach your goal, you'll transition to a healthy lifestyle you can manage on your own or with our help! It starts with weight loss but doesn't end there:

Active Weight Loss

- Expect to lose an avg. of 1-2 lbs. a week.
- Eat 6 times a day.
- Be active and aim for at least 8,000 steps per day.
- Achieve your goal weight!

Maintenance

- Manage your new weight.
- Eat 5-6 times a day.
- Be active for 60+ minutes a day.
- Aim for a steady energy balance!

What does a typical day on Jenny Craig look like?

This is just an example of the plan with Recharge Bars. Plans will vary. Check out our Jenny Craig® app for your personalized menu plan.

Recharge
Jenny Craig Recharge Bar

Breakfast
Jenny Craig Breakfast

Lunch
Jenny Craig Entree

Snack
Fresh and healthy!

Dinner
Jenny Craig Entree

Dessert
Jenny Craig Snack/Dessert

Quick tips for getting started:

- **Know the name of your plan.** You can find it in "My Account". Remember: You need to follow the guidelines for your specific plan.
- **Download Jenny Craig App.** Follow your meal plan, track progress and so much more with our FREE top-rated smart app.
- **Join the Official Jenny Craig Facebook Community.** Make meaningful connections while sharing fresh ideas. <https://www.facebook.com/groups/1427834181114690>
- **Bookmark our go-to guides.** Scan the codes on the back!

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It's important to get the right lifestyle, to get the most out of below to find the menu you want

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	



Learn more:
Check out the Jenny Craig more information and to download

The #1 key to your success?
Sticking to your menu. The food on your menu plan to help get you started your Jenny Craig meals and your own makings for a truly balanced (and healthy) diet.

Hydration helps!
Water is essential to weight loss. Give your metabolism a boost, give your metabolism a boost.

 **Drink at least 64 oz** of water a day. 1 drink counts as water.

Step up activity
If you're new to activity, start with these recommendations:
1. As a baseline, we recommend 30 minutes of activity 5 days a week.
2. Aim for 30 minutes of activity 5 days a week. It's important to listen to your body.



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...

A Science-Backed Plan

There's a reason why Jenny has been around for 40 years: Our plans are highly effective at delivering **weight loss results!**

With Jenny Craig, you get to choose the plan that works best for your goals & lifestyle. All of our meals are under 300 calories and nutrient-dense to support fasting, portion control or low-carb lifestyles.



Recharge Bar Plan

A 14-day plan that incorporates the science of intermittent fasting and our prepared meals. Maintain your fast and help curb your hunger with a daily Recharge Bar as part of your plan. It's designed for easier fasting and optimal results!



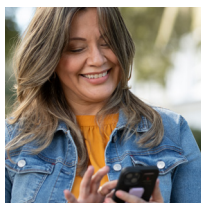
Anytime Bar Plan

A 14-day plan featuring the convenience of calorie-conscious, portion-controlled meals delivered to your door. Enjoy sweet and satisfying Anytime Bars as a perfect on-the-go snack and a quick source of protein. This is a non-fasting plan and is not required to stay on an intermittent fasting schedule.



Low Carb Plan

Enjoy all the convenience and deliciousness of Jenny Craig meals in a low carb, easy-to-follow plan that allows you to live your best low carb life. Our low carb menu offers a 2-week curation of meals with 10 days of breakfasts, lunches & dinners, plus Recharge Bars. This plan incorporates the science of intermittent fasting.



Meal Plan with Club Jenny

A simple yet flexible plan that includes 14 breakfasts and 14 entrees, plus FREE access to Club Jenny. You can find more information on following this meal plan on the [Club Jenny Guides and Resources page](#).

What to Expect on Jenny

1. You'll follow your menu plan

Download your menu plan on the [Jenny Craig Guides and Resources page](#)! It's designed to provide you with optimal nutrition while helping you lose weight. Make sure to follow each day carefully to see the results you want.

2. You'll enjoy great-tasting food

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.

3. Convenient access to coaching

With your plan, you have access to real support and personalized guidance. Coaching is available online or over the phone to help guide you along your journey, answer your questions, keep you motivated and give you the tools you need to succeed. They have tips, tricks and ideas to help you stay on track and reach your goals.

4. You'll create healthy habits to help you reach your goals

Every day is a chance to create lifelong, healthy habits and we're going to show you the way. You've got this!

Eat Well

You don't have to give up your favorite foods to lose weight! However, it's important to consume a variety of nutrient-rich foods in proper portion sizes. Your Jenny Craig menu 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 foods that will support your goals.



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 [Jenny Craig Guides and 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, lean proteins and lots of non-starchy vegetables to your plan using our [Grocery Guide](#). Check your menu plan or ask a coach 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 and 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 and 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.

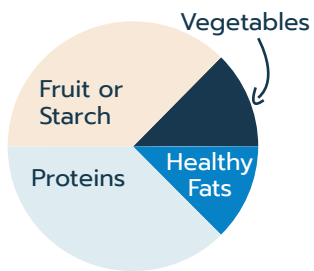
Tips for Success

- **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



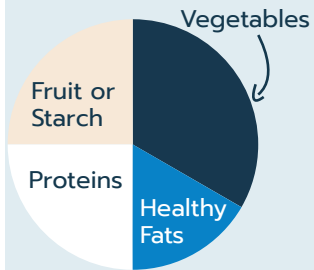
250 - 300 calories

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



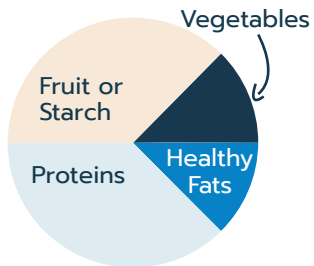
300 - 400 calories

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 you chose our Recharge Bar plan or Low Carb Plan, 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: 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.

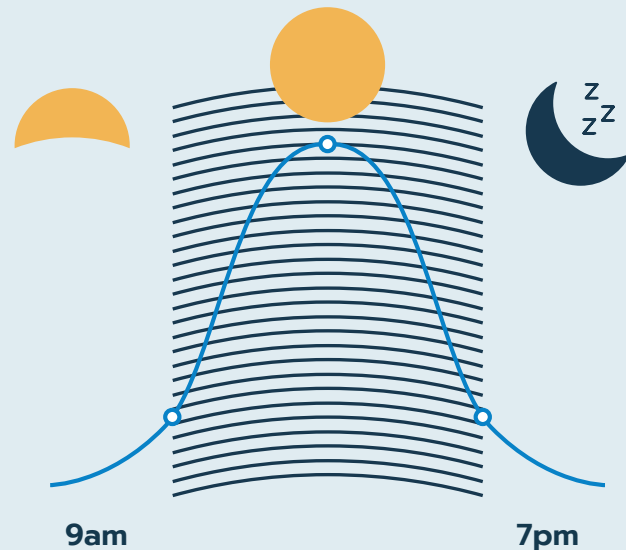
Recharge: Treat yourself with our **Recharge Bar**. Enjoy this bar 1-2 hours before the end of your 14-hour rejuvenation period. Then, for the remaining 10 hours, nourish your body with Jenny Craig's chef-crafted meals and snacks.

Repeat: Stick to the plan and experience the best results! Connect with a weight loss coach for personalized feedback and meal planning.

The Power of Intermittent Fasting for 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 plan 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 and fluid 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 sounder.

- 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.*

Mindfulness

Being mindful is a practice that may help improve your life and enhance your weight loss efforts by helping you become more aware of your choices. It involves maintaining a moment-by-moment awareness of your bodily sensations, thoughts, feelings and environment.

Here are a few ways to practice being in the present moment:

- 1. Practice mindful eating.** *Take time to savor every bite and recognize when you're tempted to eat for reasons other than hunger. Being mindful can allow you to focus on your meal, helping you enjoy your food even more!*
- 2. Find acceptance.** *Sometimes we can forget about our unique gifts – what makes you, you! Focus on what you like about yourself – and surround yourself with people who accept and share your values.*
- 3. Visualize success.** *Your mind is a powerful tool. Even when your aspirations seem out of reach, visualizing them can help you refocus and may bring you one step closer to accomplishing them.*



Helpful Resources

Use the links below for easy access to all the guidance and support you need:

Jenny Craig Guides & Resources

[Learn more about your plan!](#)



Grocery Guide

For expert tips and the ultimate guide to complete your Jenny meals, please see our exclusive **[Grocery Guide.](#)**

My Account

Manage your order and more at **jennycraig.com/account**

Download the App



The Official Jenny Craig app!



Jenny Inspirations Blog

Daily recipes, expert tips and more **blog.jennycraig.com/**

Have a question? Contact us via phone, email or chat:



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