

**GNC**  
TOTAL LEAN®

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*jenny*  
CRAIG®

1200 Calorie Menu Plan



# 1200 Calorie Menu Plan

This week's plan for success .....

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Recharge</b>	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
<b>Breakfast</b>	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy
<b>Lunch</b>	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable
<b>Snack</b>	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch
<b>Dinner</b>	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable
<b>Dessert</b>	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert
<b>Time</b>	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....	Start ..... Stop .....
<b>Hydration</b>	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.

You can replace the Jenny Craig Recharge Bar, Jenny Craig Snack/Dessert, or your mid-afternoon snack and Breakfast add-in with a GNC Total Lean Bar or Lean Shake

## Intermittent Fasting Plan

The 14:10 time-restricted intermittent fasting plan consists of a 14-hour rejuvenation (fasting) period followed by a 10-hour recharge (eating) that includes Jenny Craig's chef-crafted meals and snacks.

### How it works:

#### 1. 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

#### 2. Recharge

Break your hunger 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.

#### 3. Repeat

Stick to the plan and take your results to the Max! **Connect with a weight loss coach** for personalized feedback and meal planning.

If you don't want to follow an Intermittent Fasting approach, feel free to start your day with a Jenny breakfast and eat your Recharge Bar as a snack.\*

\*Losing up to 24 lbs in 8 weeks is based on the Jenny Craig Intermittent Fasting approach.

First 8 weeks only, average weight loss in a study was 22 lbs for those who completed the program.

## Activity & Movement

Start small and work your way up!

### Daily

30 minutes of activity or  
8,000 steps per day

### Weekly

30 minutes of strength  
training three times a week

## Hydration

We recommend **64 ounces** of water per day

### Recommended drinks include:

Water  
Naturally Flavored Water  
Unsweetened Sparkling Water  
Unsweetened Coffee or Tea

### Drinks to avoid:

Alcohol  
Soda  
Energy Drinks  
Sweetened Coffees & Teas