

GNC
TOTAL LEAN®

jenny
CRAIG®

1500 Calorie Menu Plan



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This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Recharge	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
Breakfast	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Breakfast 1 Protein or Dairy 1 Fruit or Starch
Lunch	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat	Jenny Craig Lunch/Dinner 2 Vegetables 1 Healthy Fat
Snack	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch
Dinner	Jenny Craig Lunch/Dinner 3 Vegetables	Jenny Craig Lunch/Dinner 3 Vegetables	Jenny Craig Lunch/Dinner 3 Vegetables	Jenny Craig Lunch/Dinner 3 Vegetables	Jenny Craig Lunch/Dinner 3 Vegetables	Jenny Craig Lunch/Dinner 3 Vegetables	Jenny Craig Lunch/Dinner 3 Vegetables
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	Jenny Craig Snack/Dessert
Time	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop
Hydration	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