



Welcome to  
**NEW GNC Total Lean®**  
by Jenny Craig

Start your journey off on the right foot.

**GNC**  
TOTAL LEAN®

*jenny*  
CRAIG®

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# Reach Your Goals with NEW GNC Total Lean® by Jenny Craig!

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](#)
- [My Account](#)





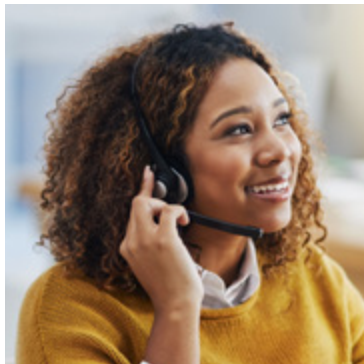
# A Science-Backed Plan

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



## Revolutionary Recharge Bars

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



## Real Support & Personalized Guidance

Includes access to weight loss coaches so you can get real advice about your weight loss. Your Jenny Coach has tips, tricks, and ideas to help you stay on track and reach your goals.

# What to Expect

## 1. You'll follow your menu plan

Your menu plan is 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

Every day, you'll eat 1 Recharge bar, 3 Jenny entrées, 1 Jenny snack and 1 snack of your own. Our meals are pre-made and flash-frozen to lock in nutrients and flavor.

## 3. Convenient access to coaching

Coaching is available 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.

## 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!

# Intermittent Fasting: How It Works



**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 our 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.

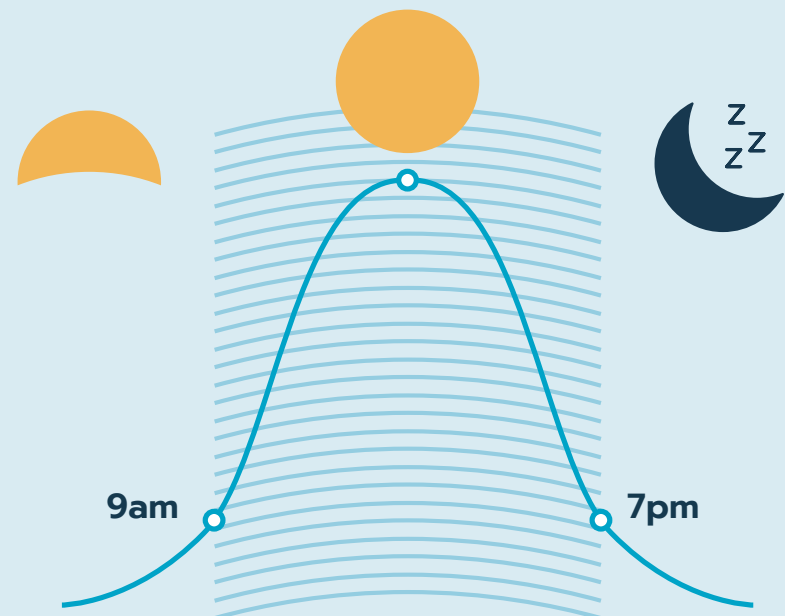
If you don't want to follow an Intermittent Fasting approach, feel free to start your day with a Jenny breakfast and eat your Recharge Bar as a snack.\*

\*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.

# 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 plan aligns your meals with this daily cycle, so you'll eat when your metabolism is optimal.



# 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 menu reflects multiple health organizations' 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*

## Menu and Foods

One of the best parts about GNC Total Lean® by Jenny Craig 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.



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## Navigating Your Menu

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 in [My Account](#).

	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			✓

## Your Menu Plan

Each week is a complete nutritional unit that's balanced in calories, carbohydrates, fat and protein.

Your menu plan includes **6 eating occasions** every day – Recharge Bar, Breakfast, Lunch, Afternoon Snack, Dinner and Dessert.

Each day you will enjoy your Jenny Craig meals, Recharge bar 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!

## 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 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 at the start of each week. Write down your meals, snacks and grocery store add-ins you will have each day to stay on track!

## 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 coffees and teas*

## Vegetables, Fruits and Protein

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. Check your menu 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*
- *2/3 cup or 6 oz. nonfat plain Greek yogurt*

### Non-Starchy Vegetables such as...

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



# 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.

## 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 feel more satisfied after eating!
- 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.



# Grocery Guide

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

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