



# 4-WEEK MENU PLAN



**Time is on your side.** Taking a 14-hour break from consuming calories while you sleep can give an extra boost to your weight loss and may be beneficial to your health and metabolism at the same time!

**Know yourself and plan ahead.** Use the Start/Stop time on your menu to decide the best time to start eating and stop eating. Matching your schedule will remove any stress about when to eat.

*Welcome!* We can't wait to help you reach your goals. With Jenny Craig's proven program, you'll eat better, live healthier and create new habits.

**The #1 key to your success?** Sticking to your menu. Each week, the food you receive will align with your menu plan. Begin with Week 1 and work your way to Week 4.

### Here are a few tips to get started:

- Keep your menu handy! Save or print it for easy access.
- Track your meals and snacks. Mark off each item you enjoy.
- Note your weight to see your progress!

**Questions?** Our Jenny Craig coaches have answers! • **Connect with your coach for motivation, tips and more.**

**WE'RE HERE FOR YOU!** For more tools and info, visit [jennycraig.com](http://jennycraig.com), or call 1.800.JennyCare (or 1.800.536.6922)

## FRESH & FREE

This list includes a variety of non-starchy vegetables that are rich in fiber and water to help keep you feeling full, longer. Add as many as you'd like to your Jenny Craig meals and snacks.

### NON-STARCHY VEGETABLES (WITHOUT ADDED FAT)

Artichoke	Cucumber	Salad Greens ( <i>endive, escarole, lettuce, romaine, spinach</i> )
Asparagus	Eggplant	Sauerkraut
Bamboo Shoots	Greens ( <i>collard, kale, mustard, turnip</i> )	Snap Peas
Beans ( <i>green, wax, Italian</i> )	Hearts of Palm	Spaghetti Squash
Bean Sprouts	Jicama	Summer Squash ( <i>crookneck, yellow</i> )
Bok Choy	Leeks	Tomatoes
Broccoli	Mushrooms	Turnips
Brussels Sprouts	Okra	Vegetable Juice ( <i>low-sodium</i> )
Cabbage	Onions	Zucchini
Carrots	Peppers ( <i>all varieties</i> )	
Cauliflower	Radishes	
Celery	Rutabaga	

### FLAVOR ENHANCERS

Bouillon/Broth ( <i>low-sodium</i> )	Non-stick Cooking Spray
Extracts	Pickles ( <i>dill</i> )
Garlic	Pimiento
Herbs ( <i>fresh or dried</i> )	Spices
Horseradish	Soy Sauce 1Tbsp or less ( <i>low-sodium</i> )
Hot Sauce	Vinegar
Lemon Juice	Worcestershire Sauce
Lime Juice	
Mustard 1Tbsp or less	

### SWEETS (SUGAR-FREE)

Gelatin
Gum
Ice Pop
Sugar Substitute

### BEVERAGES

Carbonated Mineral Water
Club Soda
Coffee
Sugar-free Drink Mix
Tea




# 1200 WEEK 1

## MOTIVATION

This week's plan for success: \_\_\_\_\_ Next appointment: \_\_\_\_\_

\_\_\_\_\_ Total lbs lost: \_\_\_\_\_

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>RECHARGE</b>	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts
<b>BREAKFAST</b>	Apple Cinnamon Oatmeal Jenny Craig Shake	Sunshine Sandwich 1 Milk	Chocolate Muffin Jenny Craig Shake	Egg, Cheese & Turkey Sausage Burrito 1 Milk	Cheddar Cheese Omelet Jenny Craig Shake	Classic Waffles Breakfast Syrup 1 Milk	New York Sesame Bagel Jenny Craig Shake
<b>LUNCH</b>	Spaghetti & Meatballs 1 Vegetable	Pepperoni Pizza 1 Vegetable	Homestyle Turkey & Mashed Potatoes 1 Vegetable	Classic Lasagna with Meat Sauce 1 Vegetable	Ham & Swiss Baguette 1 Vegetable	Three Cheese Macaroni with Broccoli & Carrots 1 Vegetable	Classic Cheeseburger 1 Vegetable
<b>SNACK</b>	1 Fruit	Cheese Curls	1 Fruit	Ranch Snaps	1 Fruit	Blue Corn Tortilla Chips	1 Fruit
<b>DINNER</b>	Margherita Pizza 1 Vegetable Nutty Chocolatey Caramel Bar	Chicken Burrito 1 Vegetable 1 Fruit	Chicken Tortilla Soup 1 Vegetable Vanilla Caramel Swirl Reduced Fat Ice Cream	Risotto with Turkey, Mushroom & Peas 1 Vegetable 1 Fruit	Chicken Marsala 1 Vegetable Lemon Cake	Cauliflower Fried Rice with Chicken & Vegetables 1 Vegetable 1 Fruit	Chicken Fettuccine Alfredo 1 Vegetable Chocolate Chip Cookies
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>ACTIVITY</b>							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							

This week's plan for success: \_\_\_\_\_ Next appointment: \_\_\_\_\_

\_\_\_\_\_ Total lbs lost: \_\_\_\_\_

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>RECHARGE</b>	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts
<b>BREAKFAST</b>	Cinnamon Rolls <i>Jenny Craig Shake</i>	Blueberry Pancakes & Sausage Breakfast Syrup 1 Milk	Cheesy Egg & Bacon Skillet <i>Jenny Craig Shake</i>	Café Latte Protein Shake Mix 1 Milk	Frittata Egg White Sandwich <i>Jenny Craig Shake</i>	Sunshine Sandwich 1 Milk	Cinnamon Coffee Cake <i>Jenny Craig Shake</i>
<b>LUNCH</b>	Classic Salisbury Steak & Vegetables 1 Vegetable	Cauliflower Fried Rice with Chicken & Vegetables 1 Vegetable	Three Cheese Macaroni with Broccoli & Carrots 1 Vegetable	Chicken Ranch Melt 1 Vegetable	Beef Merlot 1 Vegetable	Chicken Cranberry Salad Kit 1 Vegetable	Cheesy Mashed Potatoes & Fried Chicken 1 Vegetable
<b>SNACK</b>	1 Fruit	Cheddar Cheese Crisps	1 Fruit	1 Fruit	BBQ Crisps	1 Fruit	White Cheddar Popcorn
<b>DINNER</b>	Creamy Penne with Vegetables 1 Vegetable Cocoa & Nut Bar	Rotini Pasta & Meat Sauce 1 Vegetable 1 Fruit	Chicken Sandwich 1 Vegetable Triple Chocolate Cheesecake	Romano Pasta with Chicken 1 Vegetable S'mores Bar	Homestyle Turkey & Mashed Potatoes 1 Vegetable 1 Fruit	Margherita Pizza 1 Vegetable Peanut Butter Cookies	Broccoli & Cheese Stuffed Potato 1 Vegetable 1 Fruit
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>ACTIVITY</b>							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							




**1200** **WEEK 3**

**MOTIVATION**

This week's plan for success: \_\_\_\_\_ Next appointment: \_\_\_\_\_  
 \_\_\_\_\_ Total lbs lost: \_\_\_\_\_

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>RECHARGE</b>	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts
<b>BREAKFAST</b>	Chocolate Muffin Jenny Craig Shake	Cheesy Egg & Steak Quesadilla 1 Milk	Maple French Toast Breakfast Syrup Jenny Craig Shake	Cranberry Almond Cereal 1 Milk	Morning Frittata Sandwich Jenny Craig Shake	Mixed Berry Protein Smoothie Mix 1 Milk	Egg, Cheese & Turkey Sausage Burrito Jenny Craig Shake
<b>LUNCH</b>	Classic Chicken Carbonara 1 Vegetable	Three Cheese Tortellini with Chicken 1 Vegetable	Loaded Baked Potato 1 Vegetable	Homestyle Meatloaf & Vegetables 1 Vegetable	Bourbon Steak 1 Vegetable	Chicken Fajita Skillet 1 Vegetable	Spaghetti & Meatballs 1 Vegetable
<b>SNACK</b>	1 Fruit	Kettle Corn	1 Fruit	1 Fruit	1 Fruit	Ranch Snaps	Cheese Curls
<b>DINNER</b>	Tuna Dill Salad Kit 1 Vegetable S'mores Bar	Fiesta Chicken & Rice 1 Vegetable 1 Fruit	Chicken Tortilla Soup 1 Vegetable Nutty Chocolatey Caramel Bar	Ham & Swiss Baguette 1 Vegetable Vanilla Caramel Swirl Reduced Fat Ice Cream	Chicken Ranch Melt 1 Vegetable Chocolate Lava Cake	Pepperoni Pizza 1 Vegetable 1 Fruit	Chicken Marsala 1 Vegetable 1 Fruit
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>ACTIVITY</b>							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							

This week's plan for success: \_\_\_\_\_ Next appointment: \_\_\_\_\_  
 \_\_\_\_\_ Total lbs lost: \_\_\_\_\_

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>RECHARGE</b>	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts	Nut & Honey Bar or Mixed Nuts
<b>BREAKFAST</b>	Apple Cinnamon Oatmeal Jenny Craig Shake	Frittata Egg White Sandwich 1 Milk	New York Sesame Bagel Jenny Craig Shake	Cinnamon Rolls 1 Milk	Cranberry Almond Barscotti Jenny Craig Shake	Blueberry & Oats Square 1 Milk	Cheesy Egg & Bacon Skillet Jenny Craig Shake
<b>LUNCH</b>	Beef Teriyaki 1 Vegetable	Chicken Piccata with Spaghetti 1 Vegetable	Roasted Turkey with Gravy & Cauliflower Mash 1 Vegetable	Turkey Burger Sandwich 1 Vegetable	Chicken Margherita 1 Vegetable	Classic Cheeseburger 1 Vegetable	Cheesy Chicken and Rice Bowl 1 Vegetable
<b>SNACK</b>	1 Fruit	1 Fruit	Cheddar Cheese Crisps	1 Fruit	BBQ Crisps	1 Fruit	1 Fruit
<b>DINNER</b>	Fish & Chips 1 Vegetable Lemon Cookies	Cheese Ravioli 1 Vegetable Chocolate Walnut Brownie	Classic Salisbury Steak & Vegetables 1 Vegetable 1 Fruit	Chicken Burrito 1 Vegetable Chocolate Chip Cookies	Chicken Fettuccine Alfredo 1 Vegetable 1 Fruit	Creamy Penne with Vegetables 1 Vegetable Chocolate Lava Cake	Butternut Squash Ravioli 1 Vegetable Vanilla Buttercream Cupcake
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>ACTIVITY</b>							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/ MEDICATIONS/ OTHER</b>							