



# 4-WEEK MENU PLAN

**Time is on your side.** Taking a break from consuming calories - also known as intermittent fasting - can help support your weight loss and may be beneficial to your health and metabolism!

**Know yourself and plan ahead.** Use the "Start/Stop Your Fast" feature on your Jenny app to decide the best time to start eating and stop eating. Aligning your schedule will remove the guesswork of planning when to eat.

**Welcome!** We can't wait to help you reach your goals. With Jenny's most effective and holistic weight loss plan ever, you'll eat better, live healthier and create new, long-lasting 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:

- Open your Jenny app to instantly view your menu and track your meals and snacks!
- Stay hydrated throughout the day.
- Plan your weekly activity and strength training with your coach.
- Step on your Hey Max! Scale daily to track your transformation.
- 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)

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

## GROCERY GUIDE

Your ultimate guide to complement your Jenny meals. Add these to your meals or enjoy them as snacks. You'll see them listed on your menu. Find the full guide and more info in the app!

### PLANTPOWER

Enjoy as many as you'd like!

- Asparagus
- Bell Peppers
- Broccoli
- Carrots
- Green Beans
- Mushrooms
- Onion
- Salad Greens
- Zucchini

### HEALTHYFUEL

Enjoy as directed on your menu.

- Lean meat, 2 oz
- Cheese, ¼ cup
- Egg, 1 large
- Fish, 2 oz
- Greek Yogurt, unsweetened, 1 cup
- Nonfat Milk, 8 oz
- Nuts, 2 tbsp
- Soy Milk, 8 oz
- String Cheese, 1 piece

### HEALTHYCARB

Enjoy as directed on your menu.

- Apple, 1 medium
- Beans ½ cup
- Berries, 1 cup
- Brown rice, ½ cup
- Corn, ½ cup
- Grapes, 1 cup
- Hummus, ¼ cup
- Oatmeal, ½ cup
- Orange, 1 medium

### FLAVOR ENHANCERS

Enjoy as many as you'd like!

- Carbonated Mineral Water
- Coffee, black
- Garlic
- Ginger
- Hot Sauce
- Lemon or Lime Juice
- Salsa
- Tea, unsweetened
- Sweeteners, natural, calorie-free

### FLAVOR BOOSTERS

Enjoy up to 3 per day.

- Butter, 1 tsp
- Jenny Craig Dressing (2)
- Jenny Craig Breakfast Syrup
- Oil (canola, olive, avocado, corn, peanut, safflower), 1 tsp
- Parmesan or Feta, low-fat, 1 tbsp
- Salad Dressing, 1 tsp
- Seeds, any, 1 tsp
- Sour Cream, 1 tbsp



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>	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*
<b>BREAKFAST</b>	Classic Waffles Breakfast Syrup <i>Jenny Craig Shake</i>	Bacon & Egg White Sandwich 1 HealthyFuel	Chocolate Muffin <i>Jenny Craig Shake</i>	Egg, Cheese, & Turkey Sausage Burrito 1 HealthyFuel	Cinnamon Rolls <i>Jenny Craig Shake</i>	Cheesy Egg & Bacon Skillet 1 HealthyFuel	Cheesy Egg & Steak Quesadilla <i>Jenny Craig Shake</i>
<b>LUNCH</b>	Orange Chicken 1 PlantPower	Margherita Pizza 1 PlantPower	Chicken Ranch Melt 1 PlantPower	Classic Cheeseburger 1 PlantPower	Ham & Swiss Baguette 1 PlantPower	Pepperoni Pizza 1 PlantPower	Loaded Baked Potato 1 PlantPower
<b>SNACK</b>	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb
<b>DINNER</b>	Three Cheese Macaroni with Broccoli & Carrots 1 PlantPower Chocolate Chip Cookies	Beef Stir Fry Bowl 1 PlantPower S'mores Bar	Classic Lasagna with Meat Sauce 1 PlantPower Chocolate Fudge Reduced Fat Ice Cream	Chicken Fettuccine Alfredo 1 PlantPower BBQ Crisps	Spaghetti & Meatballs 1 PlantPower Carrot Cake	Chicken Burrito 1 PlantPower White Cheddar Popcorn	Cheesy Mashed Potatoes & Fried Chicken 1 PlantPower Cheese Curls
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>HYDRATION</b> 							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							

Keep track of your plan on this menu or on the Jenny Craig Mobile App. Your actual calorie level may vary based on your food selections and number of Flavor Enhancer and Flavor Booster choices. Items that are bold and italicized are add-ons to complement your menu. Please speak with your coach for options.  
 \*Box of 7, offered in a variety of decadent flavors



1200



WEEK 2

MOTIVATION

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>	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*
<b>BREAKFAST</b>	New York Sesame Bagel <i>Jenny Craig Shake</i>	Cheddar Cheese Omelet 1 HealthyFuel	Egg, Cheese, & Turkey Sausage Burrito <i>Jenny Craig Shake</i>	Café Latte Protein Shake Mix 1 HealthyFuel	Blueberry Pancakes & Sausage Breakfast Syrup <i>Jenny Craig Shake</i>	Sunshine Sandwich 1 HealthyFuel	Cinnamon Coffee Cake <i>Jenny Craig Shake</i>
<b>LUNCH</b>	Beef Merlot 1 PlantPower	Cheesy Chicken & Rice Bowl 1 PlantPower	Butternut Squash Ravioli 1 PlantPower	Classic Salisbury Steak & Vegetables 1 PlantPower	Chicken Cranberry Salad Kit 1 PlantPower	Chicken Burrito 1 PlantPower	Homestyle Meatloaf & Vegetables 1 PlantPower
<b>SNACK</b>	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb
<b>DINNER</b>	Chicken Sandwich 1 PlantPower Lemon Cake	Broccoli & Cheese Stuffed Potato 1 PlantPower Blue Corn Tortilla Chips	Chicken Piccata with Spaghetti 1 PlantPower Cocoa & Nut Bar	Roasted Turkey with Gravy & Cauliflower Mash 1 PlantPower Kettle Corn	Creamy Penne with Vegetables 1 PlantPower Cheddar Cheese Crisps	Loaded Baked Potato 1 PlantPower Vanilla Caramel Swirl Reduced Fat Ice Cream	Cauliflower Fried Rice with Chicken & Vegetables 1 PlantPower Chocolate Lava Cake
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>HYDRATION</b> 							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							

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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>	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*
<b>BREAKFAST</b>	Egg, Cheese, & Turkey Sausage Burrito <i>Jenny Craig Shake</i>	Blueberry Muffin 1 HealthyFuel	Cheesy Egg & Steak Quesadilla <i>Jenny Craig Shake</i>	Cinnamon Rolls 1 HealthyFuel	Maple French Toast Breakfast Syrup <i>Jenny Craig Shake</i>	Cranberry Almond Cereal 1 HealthyFuel	Frittata Egg White Sandwich <i>Jenny Craig Shake</i>
<b>LUNCH</b>	Classic Chicken Carbonara 1 PlantPower	Orange Chicken 1 PlantPower	Three Cheese Macaroni with Broccoli & Carrots 1 PlantPower	Beef Teriyaki 1 PlantPower	Chicken Ranch Melt 1 PlantPower	Three Cheese Tortellini with Chicken 1 PlantPower	Bourbon Steak 1 PlantPower
<b>SNACK</b>	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb
<b>DINNER</b>	Margherita Pizza 1 PlantPower White Cheddar Popcorn	Risotto with Turkey, Mushrooms & Peas 1 PlantPower Triple Chocolate Cheesecake	Tuna Dill Salad Kit 1 PlantPower Cheese Curls	Chicken Marsala 1 PlantPower Chocolate Walnut Brownie	Pepperoni Pizza 1 PlantPower Nutty Chocolatey Caramel Bar	Homestyle Turkey & Mashed Potatoes 1 PlantPower Chocolate Fudge Reduced Fat Ice Cream	Romano Pasta with Chicken 1 PlantPower Chocolate Chip Cookies
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>HYDRATION</b> 							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							

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1200



WEEK 4

MOTIVATION

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>	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*	Recharge Bar*
<b>BREAKFAST</b>	Cranberry Almond Barscotti <i>Jenny Craig Shake</i>	Egg, Cheese, & Turkey Sausage Burrito 1 HealthyFuel	Croissant Breakfast Sandwich <i>Jenny Craig Shake</i>	New York Sesame Bagel 1 HealthyFuel	Cheesy Egg & Bacon Skillet <i>Jenny Craig Shake</i>	Mixed Berry Protein Smoothie Mix 1 HealthyFuel	Apple Cinnamon Oatmeal <i>Jenny Craig Shake</i>
<b>LUNCH</b>	Classic Lasagna with Meat Sauce 1 PlantPower	Beef Teriyaki 1 PlantPower	Chicken Margherita 1 PlantPower	Classic Salisbury Steak & Vegetables 1 PlantPower	Ham & Swiss Baguette 1 PlantPower	Beef Stir Fry Bowl 1 PlantPower	Chicken Fettuccine Alfredo 1 PlantPower
<b>SNACK</b>	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb	1 HealthyCarb
<b>DINNER</b>	Cheesy Chicken & Rice Bowl 1 PlantPower Carrot Cake	Cheese Ravioli 1 PlantPower BBQ Crisps	Classic Cheeseburger 1 PlantPower Cocoa & Nut Bar	Chicken Burrito 1 PlantPower Vanilla Caramel Swirl Reduced Fat Ice Cream	Cheesy Mashed Potatoes & Fried Chicken 1 PlantPower Ranch Snaps	Broccoli & Cheese Stuffed Potato 1 PlantPower Chocolate Lava Cake	Butternut Squash Ravioli 1 PlantPower Vanilla Buttercream Cupcake
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
<b>HYDRATION</b> 							
<b>DAILY WEIGHT</b>							
<b>DAILY SUPPLEMENTS/MEDICATIONS/ OTHER</b>							

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