

Club jenny

# MENU PLAN OVERVIEW

## FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 7 per day
- ☐ **STARCHES** / 6 per day
- ☐ **FATS** / 4 per day
- ☐ **DAIRY** / 3 per day
- ☐ **FRUITS** / 2 per day
- ☐ **VEGETABLES** / 5+ per day



## SUGGESTED MENU PLAN

### **BREAKFAST**

Jenny Craig Cinnamon Rolls (2 Starches)  
1 large, hard-boiled egg (1 Protein + 1 Fat)  
¼ cup low-fat cottage cheese (1 Protein)  
8 oz. fat-free milk (1 Dairy)

### **SNACK**

1 small apple (1 Fruit)

### **LUNCH**

Jenny Craig Chicken Street Tacos  
(1 Protein + 2 Starches + 1 Fat)  
1 string cheese (1 Protein)  
1 cup roasted broccoli (2 Vegetables)  
8 oz. fat-free milk (1 Dairy)

### **SNACK**

1 cup blueberries (1 Fruit)  
6 oz. plain, low-fat Greek yogurt (1 Dairy)

### **DINNER**

3 oz. baked salmon (3 Proteins)  
1 cup baked sweet potato (2 Starches)  
Side salad made with:  
3 cups lettuce (1 Vegetable)  
2 cups mixed non-starchy vegetables  
(ex. cucumbers, carrots, tomatoes)  
(2 Vegetables)  
2 Tbsp. salad dressing (2 Fats)



# DAY 1

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 2

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 3

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 4

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

# DAY 5

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

**Breakfast**

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**Snack**

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**Lunch**

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**Snack**

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**Dinner**

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**Snack**

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# DAY 6

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

**Breakfast**

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**Snack**

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**Lunch**

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**Snack**

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**Dinner**

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**Snack**

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# DAY 7

7 Proteins □□□□□□□ 3 Dairy □□□  
4 Healthy Fats □□□□ 6 Starches □□□□□□□  
2 Fruits □□ 5+ Vegetables □□□□□

**Breakfast**

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**Snack**

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**Lunch**

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**Snack**

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**Dinner**

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**Snack**

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