



4-WEEK MENU PLAN

Rapid Results MAX

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, 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) BEVERAGES

Gelatin	Carbonated Mineral Water
Gum	Club Soda
Ice Pop	Coffee
Sugar Substitute	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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
BREAKFAST	Cranberry Almond Barscotti Jenny Craig Shake	Bacon & Egg White Sandwich 1 Milk	Blueberry 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
LUNCH	Chicken Ranch Melt 1 Vegetable	Three Cheese Macaroni with Broccoli & Carrots 1 Vegetable	Spaghetti & Meatballs 1 Vegetable	Classic Lasagna with Meat Sauce 1 Vegetable	Ham & Swiss Baguette 1 Vegetable	Pepperoni Pizza 1 Vegetable	Classic Cheeseburger 1 Vegetable
SNACK	1 Fruit	S'mores Bar	1 Fruit	Ranch Snaps	1 Fruit	Cheese Curls	1 Fruit
DINNER	Margherita Pizza 1 Vegetable Vanilla Buttercream Cupcake	Cauliflower Fried Rice with Chicken & Vegetables 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	Chicken Burrito 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 _____
ACTIVITY							
DAILY WEIGHT							
DAILY SUPPLEMENTS/ MEDICATIONS/ OTHER							



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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
BREAKFAST	Croissant Breakfast Sandwich Jenny Craig Shake	Café Latte Protein Shake Mix 1 Milk	Cheesy Egg & Bacon Skillet Jenny Craig Shake	Cinnamon Rolls 1 Milk	Blueberry Pancakes & Sausage Breakfast Syrup Jenny Craig Shake	Sunshine Sandwich 1 Milk	Cinnamon Coffee Cake Jenny Craig Shake
LUNCH	Beef Merlot 1 Vegetable	Cheesy Chicken & Rice Bowl 1 Vegetable	Butternut Squash Ravioli 1 Vegetable	Classic Salisbury Steak & Vegetables 1 Vegetable	Cheesy Mashed Potatoes & Fried Chicken 1 Vegetable	Chicken Cranberry Salad Kit 1 Vegetable	Homestyle Meatloaf & Vegetables 1 Vegetable
SNACK	BBQ Crisps	1 Fruit	Blue Corn Tortilla Chips	1 Fruit	Cheddar Cheese Crisps	1 Fruit	White Cheddar Popcorn
DINNER	Ham & Swiss Baguette 1 Vegetable 1 Fruit	Broccoli & Cheese Stuffed Potato 1 Vegetable Triple Chocolate Cheesecake	Chicken Sandwich 1 Vegetable 1 Fruit	Creamy Penne with Vegetables 1 Vegetable Cocoa & Nut Bar	Rotini Pasta & Meat Sauce 1 Vegetable 1 Fruit	Margherita Pizza 1 Vegetable Peanut Butter Cookies	Cheese Ravioli 1 Vegetable 1 Fruit
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
ACTIVITY							
DAILY WEIGHT							
DAILY SUPPLEMENTS/ MEDICATIONS/ OTHER							



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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
BREAKFAST	Blueberry Muffin Jenny Craig Shake	Cheesy Egg & Steak Quesadilla 1 Milk	Egg, Cheese & Turkey Sausage Burrito Jenny Craig Shake	Cranberry Almond Cereal 1 Milk	Maple French Toast Breakfast Syrup Jenny Craig Shake	Mixed Berry Protein Smoothie Mix 1 Milk	Morning Frittata Sandwich Jenny Craig Shake
LUNCH	Classic Chicken Carbonara 1 Vegetable	Three Cheese Macaroni with Broccoli & Carrots 1 Vegetable	Spaghetti & Meatballs 1 Vegetable	Three Cheese Tortellini with Chicken 1 Vegetable	Loaded Baked Potato 1 Vegetable	Risotto with Turkey, Mushrooms & Peas 1 Vegetable	Bourbon Steak 1 Vegetable
SNACK	1 Fruit	Kettle Corn	Cheese Curls	1 Fruit	1 Fruit	Ranch Snaps	1 Fruit
DINNER	Tuna Dill Salad Kit 1 Vegetable S'mores Bar	Fiesta Chicken & Rice 1 Vegetable 1 Fruit	Chicken Marsala 1 Vegetable 1 Fruit	Homestyle Turkey & Mashed Potatoes 1 Vegetable Vanilla Caramel Swirl Reduced Fat Ice Cream	Chicken Tortilla Soup 1 Vegetable Nutty Chocolatey Caramel Bar	Pepperoni Pizza 1 Vegetable 1 Fruit	Chicken Ranch Melt 1 Vegetable Chocolate Lava Cake
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
ACTIVITY							
DAILY WEIGHT							
DAILY SUPPLEMENTS/ MEDICATIONS/ OTHER							



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
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
BREAKFAST	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	Chocolate Muffin 1 Milk	Cheesy Egg & Bacon Skillet Jenny Craig Shake
LUNCH	Beef Teriyaki 1 Vegetable	Chicken Piccata with Spaghetti 1 Vegetable	Chicken Margherita 1 Vegetable	Turkey Burger Sandwich 1 Vegetable	Roasted Turkey with Gravy & Cauliflower Mash 1 Vegetable	Classic Cheeseburger 1 Vegetable	Cheesy Chicken & Rice Bowl 1 Vegetable
SNACK	Lemon Cookies	1 Fruit	Cheddar Cheese Crisps	1 Fruit	BBQ Crisps	1 Fruit	1 Fruit
DINNER	Fish & Chips 1 Vegetable 1 Fruit	Classic Salisbury Steak & Vegetables 1 Vegetable Vanilla Buttercream Cupcake	Cheese Ravioli 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 Chocolate Walnut Brownie
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
ACTIVITY							
DAILY WEIGHT							
DAILY SUPPLEMENTS/ MEDICATIONS/ OTHER							