



The New Jenny Craig Website Menu Planner

The Menu Planner on our newly launched website has many new and exciting features to help you in your weight loss journey. The new Menu Planner offers an even more personalized approach to preparing for the week(s) ahead.

But how is the new Menu Planner different than the old one? Using the new Menu Planner, you will now be able to:

- Select/change individual grocery food items (i.e. vegetables, fruits, etc.)
- Add extra foods to their menu
- Customize/record specific food items for a Meal On My Own
- Change Anytime Bar flavors
- Choose modular items from a drop-down menu when customizing a Planned Menu
- Modify a previous Planned Menu
- Create/print/email a customized Food Order/Grocery List
- Drag and drop meals from one day to another (i.e. you can switch Monday's breakfast with Thursday's breakfast. This function only allows you to switch breakfasts with breakfasts, lunches with lunches, and dinners with dinners.)
- View a Jenny's Cuisine's picture and nutritional information by clicking on that item on the menu

You must be logged in as a user to have access to the menu planner. Once logged in click on the **eTools** tab at the top of the page. Then click on the **Menu Planner** link.

In the Menu Planner page you can:

- Select a Planned Menu
- Modify a Planned Menu
- Create a Personalized Menu from scratch
- Build from a previously used menu.

To select a Planned Menu, follow these steps:

Step 1: Under the Select a Jenny Craig Planned Menu category, select the appropriate calorie level (i.e. In Centre US 1200, In Centre 1500 or In Centre 1700-2300).

Step 2: Click on the **Make this my menu** link

Step 3: In the Change Menu Settings pop-up screen, select the menu start date and the number of weeks you want the menu to run (1-4 weeks).

Step 4: Then, click on **Update Menu**.

Step 5: Users now have the options of:

- Printing a Menu by clicking on the **Print Menu** link at the top of the page
- See/print/email their Food Order/Grocery List by clicking on the **Show Food Order/Grocery List** link
- Save this menu by clicking on the **Save** button at the top of the page
- Return to the main Menu page by clicking on the **Menus** link at the top of the page



To modify a Planned Menu, follow these steps:

Step 1: Under the Select a Jenny Craig Planned Menu category, select the appropriate calorie level (i.e. In Centre US 1200, In Centre 1500 or In Centre 1700-2300).

Step 2: Click on the **Edit the menu items** link at the top of the page

Step 3: In the Change Menu Settings pop-up screen, select the menu start date and the number of weeks you want the menu to run (1-4 weeks).

Step 4: Then, click on **Update Menu**.

Step 5: Users can now edit this menu by clicking on the **Change** link (located below Jenny's Cuisine, located to the right of all grocery foods) and then selecting a new item from the drop down menu

Step 6: Users now have the options of:

- Printing a Menu by clicking on the **Print Menu** link at the top of the page
- See/print/email their Food Order/Grocery List by clicking on the **Show Food Order/Grocery List** link
- Save this menu by clicking on the **Save** button at the top of the page
- Return to the main Menu page by clicking on the **Menus** link at the top of the page

To create a Personalized Menu from scratch, follow these steps:

Step 1: Under the Create a New Personalized Menu category, click on the **Create a new menu** link

Step 2: In the Change Menu Settings screen, select the menu start date and number of weeks you want the menu to run (1-4 weeks).

Step 3: Then, click on the **Submit** button.

Step 4: Users can now create their menu by clicking on the **Change** link (located below Jenny's Cuisine, located to the right of all grocery foods) and then selecting a new item from the drop down menu

Step 5: Once all selections have been made, users now have the options of:

- Printing a Menu by clicking on the **Print Menu** link at the top of the page
- See/print/email their Food Order/Grocery List by clicking on the **Show Food Order/Grocery List** link
- Save this menu by clicking on the **Save** button at the top of the page
- Return to the main Menu page by clicking on the **Menus** link at the top of the page

To build from a previously used menu, follow these steps:

Step 1: Select any of your previously saved menus (choose from: Your Current Menu, Upcoming and Unscheduled Menus or My Recent Menus) located at the bottom of the page and click on the **Build from this menu** link

Step 2: Then, click on the **Change settings** link

Step 3: In the Change Menu Settings pop-up screen, select the menu start date, type in the new name of the menu, and select the number of weeks you want the menu to run (1-4 weeks).

Step 4: Then, click on **Update Menu**.



Step 5: Users can now edit this menu by clicking on the **Change** link (located below Jenny's Cuisine, located to the right of all grocery foods) and then selecting a new item from the drop down menu

Step 6: Users now have the options of:

- Printing a Menu by clicking on the **Print Menu** link at the top of the page
- See/print/email their Food Order/Grocery List by clicking on the **Show Food Order/Grocery List** link
- Save this menu by clicking on the **Save** button at the top of the page
- Return to the main Menu page by clicking on the **Menus** link at the top of the page