



1 EAT YOUR VEGGIES

Vegetables are packed with antioxidants, vitamins, enzymes and iron—and can help with between-meal hunger.



2 INCORPORATE PROTEIN INTO EVERY MEAL

Protein helps you feel fuller longer and slows down digestion.

3 STAY HYDRATED

Many people confuse thirst for hunger. Drink water to take the edge off hunger between meals.



4 EAT MINDFULLY

People who eat slowly, disconnect from technology and savor every bite tend to weigh less.¹

DON'T SKIP BREAKFAST

5 With Jenny Craig's Rapid Results, you'll eat more of your calories in the morning, helping to burn fat.²



6 AVOID EATING LATE

By following your circadian rhythm and taking a rejuvenation break, you can optimize your metabolism and may see additional health benefits too!³



MOVE MORE

While it's hard to find time for physical activity, something as simple as taking the stairs can add up over time.



8 TUCK IN EARLY

Those who get 8.5 hours of sleep tend to drop more weight than their sleep-deprived friends.⁴



10 WATCH YOUR PORTION SIZES

Jenny Craig teaches you what your portions should look like to help you reach your weight loss goals.

9 AVOID ALCOHOL



Alcohol consumption can considerably slow down weight loss. Try flavored water or iced tea instead.