

Can You Afford the Jenny Craig Diet Expenses?

Once you realize that you are overweight, you'll want to know what your diet options are. Jenny Craig might offer one affordable option for many people.

Dec. 18, 2009 - [PRLog](#) -- When you realize that you don't already have a teensy tiny tummy, you might wish to go on a diet. The first things that come into your mind are how to start and the cost of your diet adventure. If you are in that state of mind Jenny Craig Diet might be right for you.

Jenny Craig is a diet service that markets a plan of meals based on its own foods that are prepared and packaged for the customer. For the most part, these are frozen breakfasts, lunches, dinners, and even desserts. The company also provides motivational help.

There is certainly a cost for Jenny Craig Diet. According to Barbara, a Jenny Craig representative, "the cost of the program is about 20 pounds for \$20 program. The range of it is 10 week program and \$20 includes meeting expenses for the weight loss professional but does not include meal costs".

Jenny Craig has its prepared meal plan with meals cost flanked by \$12 and \$18 per day. This includes three meals, dessert, snacks and vitamin bars. Meals consist of frozen entrees that are developed by Jenny Craig through years of research and most people find them tasty, filling and quite serviceable. At the end of 10 weeks if you haven't reached your weight loss goals you can sign up for additional meal plans but you may incur an additional cost.

The other diet option that was described by a Jenny Craig representative is known as the Jenny Craig rewards plan. This is a one-year program that costs \$359 per year plus your food costs. This plan includes weekly meetings with the consultant. The rewards aspect of this plan is as follows: during the first 10 weeks you will receive a 10% discount on meals, during the next 10 weeks you will receive a 20% discount on food, and during the remaining 32 weeks you will receive a 35% discount on all meals.

When asked about the Jenny Craig diet a writer for <http://www.thediet.org/> said, "I think that the Jenny Craig diet plan is reasonably priced and seems to work for some people. The structure of the diet is good for people who lack focus or need that extra push to stick to the diet."

Jenny Craig is a well-supported and sensible diet program that you can enroll into and many people choose the one-year program (\$359). As you can see you will be spending some money, but the program is similar to your everyday food costs and the statistic quoted by Jenny Craig that you'll only be spending one dollar more per day on food seems reasonable.

For more information about the Jenny Craig Diet, visit the website <http://www.thediet.org/>.

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