

Rapid Results Max

Member FAQs



What is Rapid Results Max?

Rapid Results Max is Jenny Craig's new weight loss plan that leverages the powerful science of intermittent fasting and pairs it with our revolutionary new Recharge Bar, dietitian designed meals and personal support to help you take your weight loss to the Max!

The Rapid Results Max Weight Loss Plan is based around Circadian Rhythm and intermittent fasting - in other words, eating within specific times of the day. The Rapid Results Max Weight Loss Plan uses the 14:10 regime. This means eating within a 10-hour nourishment period or 'window' and then avoiding food and drinks (which provide your body with kilojoules and therefore energy) during the 14-hour rejuvenation period, when your body needs to focus on resting.

How does Rapid Results Max work?

Research suggests that having a longer break between when you stop eating in the evening and when you start eating again in the morning may help to improve your weight loss results. On Rapid Results Max, you'll have a 10-hour period of nourishment during the day, in which you'll enjoy your Jenny Craig menu. Followed by a 14-hour period of rejuvenation, which gives your body the rest it needs to prepare for the next day. The Rapid Results Max Weight Loss Plan also includes our new unique Recharge Bar to help support your intermittent fasting regime.

What is the Recharge Bar?

Our revolutionary Recharge Bar is specially formulated to be high in fat to support your 14-hour rejuvenation period allowing you to follow the menu on the Jenny Craig Rapid Results Max Weight Loss Plan during the 10-hour nourishment period. The Recharge Bar is made with a combination of almonds, macadamias and pecans with a touch of honey. Nuts, as part of a balanced diet provide many health benefits. The Bar has no artificial colours, sweeteners or flavours.

What is the Circadian Rhythm?

Every organ and every cell in our body has an internally generated circadian 24-hour clock. These clocks work in coordination to maintain a healthy balance of the processes involved in controlling our bodily functions. Science has found that the body's natural clocks are influenced by light and dark. This is also known as the sleep/wake cycle. Certain behaviours, such as eating and being active are naturally better adapted to daytime when the sun is present. While during the night when it's dark, our bodies are more readily primed for sleeping, relaxing and resting. Our body works most effectively when we follow the cycle of our natural Circadian Rhythm., most importantly, we're eating at a time when our body burns kilojoules most effectively.

What do I need to do?

Record what time you start eating in the morning and what time you stop eating in the evening on your menu - this will help you to develop your new routine and keep you on track. Follow your menu plan, consuming your meals and snacks in the order indicated and enjoy the variety of delicious Jenny Craig meals. Remember to check in with your Consultant as they are there to support you every step of the way towards your goals!

Can I consume the Recharge Bar at another time of the day?

If you choose not to consume the bar 12 hours after your last meal, that's fine. For instance, you may sleep in and awaken just as the 14-hour fasting time has ended. If this happens, just have your breakfast and then have the bar at a later time in the day. You may just not feel like eating the bar and can wait for the 14-hour fast to end. However, for best results the Recharge Bar should be consumed at least 12 hours after the last meal the day before.

Am I allowed to eat my meals out of sequence? For example, can I swap lunches with dinners?

The Rapid Results MAX Planned Menu follows a form of intermittent fasting called time specific eating, in which energy (kilojoules) is consumed during the day (the nourishment period) when our bodies are utilising food more readily. While we would encourage you to follow the menu as it has been designed, you may consume the food in the order that best suits you. Remember, the Recharge Bar is ideally consumed 12-14 hours after the last meal during the rejuvenation period for best weight loss results.

What beverages are allowed during the 14-hour Rejuvenation Period?

We want you to stay hydrated. You may consume unsweetened beverages such as still or sparkling water, herbal teas, black tea, and black coffee during the fasting period. Beverages with any energy or kilojoules (sugars, etc.) are best avoided during the rejuvenation period.

Are Free Foods allowed during the 14-hour Rejuvenation Period?

During the Rejuvenation Period, we do not want to distract your body cells with having to metabolise food. Therefore, try to avoid consuming foods, including Free Foods, during the 14-hour Rejuvenation Period.

Can I have sugar free gum or mints during the Rejuvenation Period?

Yes, you can enjoy sugar free gum or mints during the Rejuvenation Period.

Is it okay if my eating start and stop times change during the week?

The goal is to avoid having wide radical changes. What we found worked best for our members was to start the Rejuvenation Period and not consume food or drinks with energy after 8PM. Therefore, you can end eating anywhere in the range of 6-8PM and just adjust the morning Nourishment Period. The earlier you end dinner, the earlier you can start the Nourishment Period in the morning. The key is to try to stay as consistent as possible with the 14-hour Rejuvenation Period, whether it's 7pm-9am or 8pm-10am.

What do I do if I have an event on the weekend and need to change my times or can't fast for 12-14 hours?

For best results, we encourage you to maintain a regular pattern. However, if you have a day where your schedule changes, continue to eat all the food on your menu and return to your 14:10 schedule the next day.

We wish you all the very best success on your new menu. If you have any questions, please don't hesitate to contact us. We are here for you, every step of the way!