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1. Create a new Test Plan in JMeter.

2. Add a Thread Group to the Test Plan.

3. Add a HTTP Request Sampler to the Thread Group.

4. Configure the HTTP Request Sampler to use a website URL that requires authentication.

5. Add an Http Authentication Manager element to the Thread Group.

6. Configure the Http Authentication Manager element to specify the authentication method and credentials.

7. Add a Cookie Manager element to the Thread Group.

8. Configure the Cookie Manager element to handle cookies sent by the website.

9. Add a JSON Extractor Post-Processor to the HTTP Request Sampler.

10. Configure the JSON Extractor Post-Processor to extract data from the response and store it in a variable.

11. Add a Response Assertion element to the HTTP Request Sampler.

12. Configure the Response Assertion element to verify that the response contains specific text or matches a regular expression.

13. Add a Constant Timer element to the HTTP Request Sampler.

14. Configure the Constant Timer element to add a delay between requests.

The JSON Extractor Post-Processor can be used to extract data from responses and use it in subsequent requests. The Response Assertion element can be used to verify that responses meet certain criteria, such as containing specific text or matching a regular expression.