



*Club jenny*

**Balanced Nutrition:  
Your Guide to  
Portion Control for  
Weight Loss**

# Table Of Contents

<b>WELCOME</b>	02
<b>WHAT IS A BALANCED DIET?</b>	03
Components of a Balanced Diet	04
How & Why it Works	05
Health & Nutrition Benefits	05
Portion Control & Balanced Diet Myths Debunked	06
<b>GETTING STARTED</b>	07
Prepare Yourself	08
Determine Your Calorie Goal	09
10 Steps to Master Portion Control for Weight Loss	10
<b>KITCHEN &amp; PANTRY ESSENTIALS</b>	12
Recommended Grocery Add-ins	13
Jenny Craig Foods	14
Become a Portion Size Pro	16
<b>TIPS TO STAY ON TRACK</b>	17
Strategies for Adherence & Motivation	18
Overcoming Challenges & Setbacks	19
Metrics to Track	20
Adapting to Individual Needs & Preferences	21
Addressing Nutritional Gaps	21
<b>RECIPES &amp; HACKS</b>	22
Simple and Delicious Recipes	23
Club Jenny Food Hacks	27

# Welcome!

Congratulations on starting your journey to health and happiness! As a member of Club Jenny, you're now part of a community dedicated to supporting your goals.

No matter what your schedule is, no matter what your cravings are, no matter how much time you can spare, you can use Club Jenny to your advantage. It flexes to your taste and style, so it's totally, personally yours, with our full support.

Choosing the right diet is crucial for achieving sustainable weight loss and overall health improvement. A diet that fits your lifestyle and preferences increases the likelihood of long-term adherence and success. It should align with your health goals, whether it's weight management, muscle building or improving overall wellness.

This guide was created to help you understand balanced nutrition and portion control. Inside, you'll find valuable information on the benefits of eating a balanced diet, how to get started, essential tips for staying on track, and delicious recipes to keep you motivated.

Our goal is to provide you with all the tools and knowledge you need to be successful.

The best diet for you is one that you can consistently follow and enjoy. Club Jenny offers a variety of resources and meal options to make it easier for you to stick to your chosen diet and achieve your goals.

Jenny Craig products are designed to fit seamlessly into various diet plans, including a balanced diet. They offer convenient, nutritionally balanced options to help you stay on track and achieve your goals.

Embarking on a balanced diet is a positive step towards better health and wellness. Remember, every small change you make brings you closer to your goals. Stay motivated, be patient with yourself, and celebrate your progress along the way.

**You have the power to create a healthier, happier you, and Club Jenny is here to support you every step of the way.**



## What is a Balanced Diet?

A balanced diet provides the nutrients your body needs to function correctly. It includes a variety of foods in the right proportions to ensure you're getting a mix of carbohydrates, proteins, fats, vitamins and minerals. Key components of a balanced diet are fruits, vegetables, whole grains, lean proteins and healthy fats. By consuming these in appropriate amounts, you can maintain a healthy weight, support overall health and reduce the risk of chronic diseases. Hydration is also an important aspect of a balanced diet.

### What Does Portion Control Have to Do with Balanced Nutrition?

Incorporating portion control into a balanced diet can aid in weight management by ensuring you consume the right amount of calories without overeating. By being mindful of portion sizes, you can enjoy a variety of foods while still maintaining a calorie goal necessary for weight loss or maintenance.

# Components of a Balanced Diet

## Protein

Protein is an essential macronutrient that plays a crucial role in building and repairing tissues, producing enzymes and hormones, and supporting immune function. They are composed of amino acids, which are the building blocks of the body. Common sources of protein include meat, fish, eggs, dairy products, legumes and nuts.

## Carbohydrates

Carbohydrates are the body's primary source of energy. They are broken down into glucose, which fuels bodily functions and physical activity. Carbohydrates can be classified into simple (sugars) and complex (starches and fiber). Foods rich in carbohydrates include bread, pasta, rice, fruits, vegetables and cereals.

## Fats

Fats are a concentrated source of energy and are essential for absorbing fat-soluble vitamins (A, D, E and K), protecting vital organs and maintaining cell membranes. They can be classified into saturated, unsaturated and trans fats. Healthy fat sources include avocados, nuts, seeds, olive oil and fatty fish.

## Vitamins & Minerals

Vitamins and minerals are micronutrients vital for maintaining overall health and supporting various bodily functions. Vitamins, such as A, C, D, E and K, are necessary for processes like immune function, vision and skin health. Minerals, such as calcium, potassium and iron, are crucial for bone health, fluid balance and oxygen transport. These nutrients are found in a wide variety of foods, including fruits, vegetables, dairy products, meats and whole grains.



## How & Why it Works

Balanced nutrition combined with portion control is a powerful strategy for achieving and maintaining a healthy weight. Here's how they work together to promote weight loss and overall health:



**Nutrient Density:** Balanced nutrition ensures that you get a variety of nutrients from different food groups. By combining this with portion control, you can enjoy nutrient-rich foods without consuming excess calories, leading to better health and weight management.



**Caloric Balance:** Portion control helps manage the number of calories you consume, preventing overeating. When paired with a balanced diet, it ensures you're not only controlling calories but also getting the right mix of nutrients.



**Mindful Eating:** Focusing on both portion sizes and balanced nutrition encourages mindful eating. This means paying attention to the quality and quantity of food, helping you make healthier choices and avoid overeating.



**Enhanced Satiety:** Balanced meals with appropriate portions of proteins, fats and carbohydrates can help you feel full and satisfied. This prevents hunger pangs and reduces the temptation to snack on unhealthy foods.

## Health & Nutrition Benefits

A balanced diet with portion control is often touted as a powerful tool for improving health—and for good reason. By consuming a variety of nutrient-rich foods in appropriate portions, this approach can have numerous beneficial effects on the body, including:

- Optimal nutrient intake
- Calorie and weight management
- Blood sugar regulation
- Enhanced satiety and satisfaction
- Increased energy levels
- Reduced risk of chronic diseases
- Healthier eating habits



# Portion Control & Balanced Diet Myths Debunked

**MYTH:** Healthy foods don't need portion control.

**FACT:** Even healthy foods can lead to weight gain if consumed in large quantities. Balance and moderation are key.

**MYTH:** Portion control means eating tiny amounts of food.

**FACT:** Portion control is about eating balanced amounts of various foods to meet nutritional needs without overeating.

**MYTH:** All calories are created equal.

**FACT:** The source of calories matters. 100 calories from vegetables provide more nutrients and benefits than 100 calories from sugary snacks.

**MYTH:** You can't dine out and maintain portion control.

**FACT:** You can ask for smaller portions, share meals or take leftovers home to manage portion sizes when dining out.

**MYTH:** Skipping meals is a good way to lose weight.

**FACT:** Skipping meals can lead to overeating later and disrupts metabolism. Eating regular, balanced meals is more effective for weight management.

**MYTH:** Supplements can replace a balanced diet.

**FACT:** Supplements can help fill nutritional gaps, but they can't replicate all the benefits of whole foods, including fiber and phytochemicals.



# Getting Started

Embarking on your journey to balanced nutrition and portion control is an exciting step towards better health and fitness. In this section, you'll find essential tips for preparing yourself both physically and mentally, including goal-setting and proper hydration. Plus, we'll guide you through 10 simple steps to balance your diet effectively for weight loss. By following these steps, you'll be well on your way to mastering portion control and achieving your health and wellness goals!



# Prepare Yourself

## Educate Yourself & Set Goals

- **Learn About Food Groups:** Understand the different types of food groups and their impact on your body. Familiarize yourself with portion sizes to ensure you are consuming the appropriate amount for your goals. The Club Jenny Grocery Guide can help with both of these things!
- **Reading Labels:** Get accustomed to reading nutrition labels to identify different foods and understand their nutritional content per serving. This will help you make informed choices.
- **Goal Setting:** Establish clear, achievable goals for your healthy, balanced diet. These could be specific or broad.

*Transform your life, one balanced plate at a time.  
Embrace portion control, fuel your body with the  
right nutrients, and watch as your health and  
happiness soar!*

## Stay Hydrated & Maintain a Balanced Diet

- **Hydration:** As with any weight loss plan, it's important to drink water to stay hydrated and support overall health. Aim for at least 64 ounces of water a day.
- **Balanced Diet:** Ensure you're consuming adequate amounts of proteins, fats and carbohydrates. A well-rounded diet supports overall health and energy levels.
- **Include Fiber:** Not all carbs are created equal. Make sure to incorporate fiber-rich foods like vegetables, fruits and whole grains to maintain digestive health.
- **Mindset:** Adopting a balanced diet and practicing portion control requires a shift in mindset. Embrace the change by focusing on the positive health benefits and how it aligns with your goals.
- **Support System:** Share your dietary goals with family and friends. Having a support system can provide encouragement and accountability. Consider joining online communities (such as the [Jenny Craig Facebook Community](#)) for additional support and ideas.
- **Expert Guidance:** If needed, consult with a Jenny coach to tailor your diet to your specific needs.

# Determine Your Calorie Goal

Setting an appropriate calorie goal is essential for an effective balanced diet, as it lays the groundwork for achieving your desired results. By identifying the correct calorie intake, you ensure your body receives the necessary energy to support your weight loss or maintenance goals.

Calorie needs vary based on your weight management objectives, gender and activity level. The right calorie goal provides the energy needed to sustain your daily activities and exercise routine while still promoting weight loss or maintenance.

There are 4 different Club Jenny menu plans available based on calorie needs – 1200, 1500, 1700 and 2000. Refer to the charts below to select the plan that best aligns with your objectives and supports your weight loss journey. Each meal plan is designed to provide balanced nutrition in the right portions to support your goals!

Goal: Weight Loss	1,200	1,500	1,700	2,000
Women	✓			
Women with 100+ lbs. to lose		✓		
Women exercising 60+ min. per day		✓		
Men		✓		
Men with 100+ lbs. to lose			✓	
Men exercising 60+ min. per day			✓	
Goal: Weight Maintenance	1,200	1,500	1,700	2,000
Women		✓		
Women exercising 60+ min. per day			✓	
Men			✓	
Men exercising 60+ min. per day				✓

# 10 Steps to Master Portion Control for Weight Loss

01

## UNDERSTAND SERVING SIZES

Get familiar with standard serving sizes by reading nutrition labels and using measuring cups or a kitchen scale. This helps you accurately gauge how much you're eating.

02

## USE SMALLER PLATES AND BOWLS

Switching to smaller dinnerware can help you naturally reduce the amount of food you eat. It tricks your mind into feeling satisfied with less food.

03

## FILL HALF YOUR PLATE WITH VEGETABLES

Vegetables are low in calories and high in fiber, making them an excellent choice to fill up on. Aim to fill half your plate with a variety of colorful vegetables.

04

## PRACTICE MINDFUL EATING

Eat slowly, savor each bite, and pay attention to your hunger and fullness cues. This helps prevent overeating and makes meals more enjoyable.

05

## PRE-PORTION SNACKS

Instead of eating directly from large packages, portion out snacks into small, single-serving containers. This prevents mindless eating and keeps portions in check.

06

### DRINK WATER BEFORE MEALS

Drinking a glass of water before eating can help you feel fuller and reduce the amount of food you consume during meals. It will also keep you hydrated!

07

### AVOID EATING STRAIGHT FROM THE PACKAGE

When you eat directly from a package, it's easy to lose track of how much you've consumed. Always portion out servings onto a plate or bowl.

08

### BALANCE YOUR PLATE

Ensure your meals are balanced with appropriate portions of protein, carbs and fats. This helps maintain energy levels and keeps you satisfied. Use Club Jenny meal plans for guidance!

09

### PLAN YOUR MEALS

Planning your meals in advance helps control portions and ensures you're eating a balanced diet. It also reduces the temptation to overeat or choose unhealthy options.

10

### LISTEN TO YOUR BODY

Pay attention to your body's signals. Eat when you're hungry and stop when you're satisfied, not when you're overly full. This helps you stay in tune with your body's needs.



*Club jenny*

## **Kitchen & Pantry Essentials**

Optimize your kitchen by stocking up on nutrient-rich foods and ingredients. This list of recommended grocery add-ins is curated specifically for those eating a balanced diet. We also provided a list of foods from our menu that fit into a balanced diet. Stock up on them so you always have convenient options on hand!

# Recommended Grocery Add-Ins

When following a balanced diet, no foods are off limits. However, it is important to fill up on foods rich in protein, fiber, essential vitamins and minerals. You should also minimize foods high in added sugars, saturated fats and sodium. The key is to choose a variety of foods from each food category - protein, dairy, healthy fat, starch, fruit and vegetables.

Foods come in a rainbow of colors, and these colors often indicate different nutrients. Try to include a variety of colors in your meals and snacks so you can maximize the variety of nutrients in your diet. Check out our Club Jenny dietitians' favorite healthy food picks below. Include these choices in your diet regularly! **For a full list of food ideas with recommended portion sizes, check out the Club Jenny Grocery Guide.**

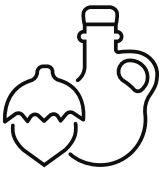


**Protein.** Chicken breast, lean beef, pork tenderloin, salmon, tuna, eggs, cottage cheese.



**Dairy.** Greek yogurt, low-fat or fat-free milk.

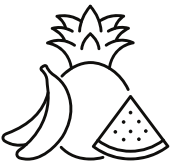
*Expert Tip - Use plain Greek yogurt and top with fresh fruit like berries for natural sweetness!*



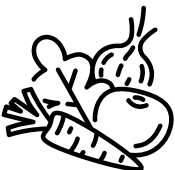
**Healthy Fats.** Avocado, almonds, walnuts, chia seeds, flaxseed, olives and olive oil.



**Starches.** Quinoa, brown rice, whole-grain or legume-based pastas, sweet potatoes.



**Fruits.** Raspberries, blueberries, blackberries, cherries, oranges.



**Vegetables.** Spinach, kale, broccoli, beets, carrots, cauliflower, mushrooms, bell peppers.

**Don't forget your drink!** Choose plain or flavored water to stay hydrated.

# Jenny Craig Foods

that fit into a balanced diet!



## Quick Breakfasts for Busy Mornings

- Cheddar Cheese Omelet
- Farmhouse Breakfast Bowl
- Cheesy Egg & Steak Quesadilla

Perfect for grabbing and going when you're in a rush!



## Easy Lunches for Work

- Chicken & Wild Rice Soup
- Classic Cheeseburger
- Chicken Burrito

Easy to customize: add all your favorite burger toppings!



Just heat, eat and enjoy!



## Simple Weeknight Dinners

- Chicken Street Tacos
- Classic Lasagna with Meat Sauce
- Orange Chicken



## Grab-and-Go Snacks

- Nut & Honey Recharge Bars

Made with simple ingredients like **macadamia nuts, honey, almond flour, pecans, coconut and almond butter.**





# Become a Portion Size Pro



**1 oz.**

1 oz. = 1 thumb or 3 dice

Portion control is key for achieving weight loss. By managing portions, you consume the right balance of nutrients without overeating.

You can perfect portion sizes without cumbersome tools. Use these visual aids for easy comparisons when adding fresh items to your plan.



**2-3 oz.**

2 oz. = about 2/3 palm of hand or deck of cards  
3 oz. = 1 palm of hand or deck of cards



**1 teaspoon**

1 tsp. = 1 fingertip or 1 dice



**1 Tablespoon**

1 Tbsp. = 1 thumb or 1 poker chip



**1/4 cup**

1/4 cup = 1/2 cupped hand or 1 egg



**1/2 cup**

1/2 cup = 1 cupped hand or computer mouse



**1 cup**

1 cup = 1 clenched fist or baseball





## Tips to Stay on Track

Achieving your weight loss goals is within reach with the right guidance. Explore proven methods for adherence and maintaining motivation throughout your journey. Learn how to navigate obstacles and turn them into opportunities for growth. Plus, discover the most important metrics to monitor and celebrate your progress. These comprehensive tips and tricks will keep you on track, ensuring your path to weight loss success is both rewarding and sustainable.

# Strategies for Adherence & Motivation

## Set Specific, Measurable & Achievable Goals

- **Goal Setting:** Define clear, specific goals such as “meet daily carbohydrate and fat targets” or “prepare three balanced meals per week.” Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** To track progress, use quantifiable metrics like calories or grams of protein, carbohydrates and fats, as well as meal frequency or weight changes.

## Keep a Food Diary to Monitor Intake & Progress

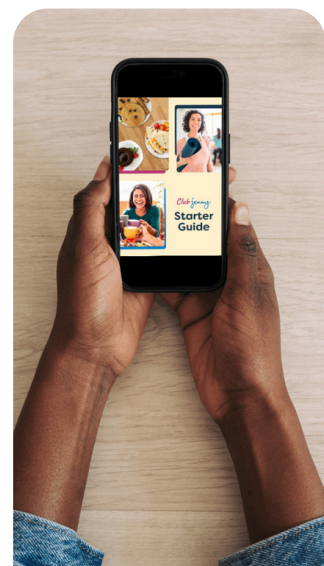
- **Food Logging:** Consistently track your meals and snacks to monitor your calorie intake and portions. The Club Jenny sample menu plans are a great resource for tracking your daily menu.
- **Review and Reflect:** Regularly review your food diary to identify patterns, successes and areas for improvement.

## Experiment with New Recipes & Foods

- **Recipe Exploration:** Try new recipes that balance proteins, carbohydrates and fats to keep your meals exciting and diverse. Explore different cuisines and cooking methods.
- **Ingredient Variety:** Incorporate a wide range of foods from each food group to avoid monotony and ensure you get a variety of nutrients.

## Lean on Club Jenny

- **Jenny Craig Meals:** Take advantage of Jenny foods for added convenience. They’ll keep you on track, even when life gets busy!
- **Guides & Resources:** Use the Club Jenny guides and resources to help you structure your day and ensure it aligns with your goals.



# Overcoming Challenges & Setbacks

## Plan & Prepare Meals in Advance to Stay on Track

- **Meal Prep:** Dedicate a day each week to plan and prepare meals. Cook in bulk and portion out meals to ensure you meet your nutrition and calorie goals.
- **Freezing and Storing:** Freeze pre-cooked meals or ingredients to have convenient, ready-to-eat options on hand.

## Keep Balanced Snacks on Hand for Busy Days

- **Snack Preparation:** Stock up on portable, balanced snack combos:
  - Greek yogurt and berries
  - Cottage cheese with pineapple
  - Apple slices with peanut butter
  - Hummus with veggies
  - Trail mix
  - Protein bars
  - String cheese with whole grain crackers
  - Cheese and apple slices
  - Banana with almond butter
  - Mixed nuts and dried fruits
  - Fruit and protein/yogurt smoothies
- **Emergency Stash:** Keep snacks in your bag, car or office to avoid reaching for unhealthy options when you're on the go.



## HOW TO HANDLE DINING OUT & SOCIAL EVENTS

**Plan Ahead:** Check the menu online before heading out. Many restaurants provide nutritional information on their websites, allowing you to choose healthier options in advance.

**Watch Your Portions:** Restaurants often serve large portions. Consider sharing a meal with a friend, ordering a half-portion, or boxing up half of your meal to take home.

**Choose Water or Unsweetened Beverages:** Stick with water, sparkling water or unsweetened tea. If you choose to drink alcohol, do so in moderation and opt for lower-calorie options like wine or spirits with soda water.

**Practice Mindful Eating:** Pay attention to what you're eating and how it makes you feel. Eat slowly, savor each bite and stop when you feel satisfied, not overly full. Check out our Mindful Eating Guide to learn more.

**Reach out to a Jenny Craig coach for additional tips and advice on dining out.**

# Metrics to Track

## WEIGHT & BODY MEASUREMENTS

The frequency that you weigh yourself is a personal preference. Just keep a few things in mind:

- Weigh at the same time of day and with the same amount of clothing.
- The scale can fluctuate drastically from day to day, sometimes even 5 pounds, so you must be conscious of that and not get frustrated.
- Chart your progress and look at the weight loss trend over the month, not just a few days.
- If you're not weighing at all, use other indicators of success, such as body circumferences (waist, hips, arms, etc.) to assess changes in body composition. Track the changes you see in these indicators from week to week.

## ENERGY LEVELS & PHYSICAL PERFORMANCE

Track your daily energy levels, particularly how you feel before and after meals and workouts. Track improvements in physical activities, such as lifting heavier weights, running longer distances or increased endurance.

## HUNGER & FULLNESS LEVELS

Track your hunger level before, during and after meals. Being mindful of this can help you see trends in how foods may impact your hunger and cravings. This will allow you to choose foods that help curb your hunger and cravings and minimize those that leave you feeling less satisfied.

## SLEEP QUALITY & DURATION

Keep a log of your sleep patterns, noting the duration and quality of sleep each night. Use apps or devices that monitor sleep quality to gain insights into your sleep patterns.

# Adapting to Individual Needs & Preferences

## Adjust Portion Sizes and Ingredients

- Customize portion sizes to fit your hunger levels, activity levels, and weight loss or maintenance goals.
- Adjust foods to accommodate dietary preferences and restrictions, such as plant-based proteins for vegetarians or lactose-free options for those with dairy intolerance.

## Consult a Jenny Craig Coach for Personalized Advice

- Seek personalized advice from Jenny Craig coaches to tailor your balanced diet to your specific needs and goals.

# Addressing Nutritional Gaps

## Ensure a Balanced Intake of Vitamins & Minerals by Incorporating a Variety of Foods

- Incorporate a variety of foods that also provide essential vitamins and minerals, such as leafy greens, nuts, seeds and whole grains.
- Include superfoods that are rich in nutrients, like chia seeds, quinoa and kale, to enhance your diet's nutritional profile.

## Consider Supplements if Certain Nutrients Are Lacking

- If you find it challenging to meet all your nutritional needs through food alone, consider supplements like multivitamins, omega-3 fatty acids, and specific minerals such as calcium or magnesium.
- Consult with your healthcare provider before starting any supplementation to ensure it's appropriate for your individual needs.



*Club jenny*

## Recipes & Hacks

Healthy eating doesn't have to mean boring and bland flavors. The following pages have simple and quick recipes that fit into a balanced diet. Plus, we've included some of our top food hacks!



# Simple & Delicious Recipes

## Blueberry Pancake Parfait

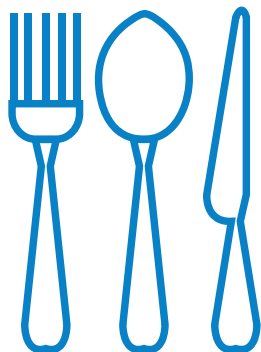
### Ingredients

Jenny Craig Blueberry Pancake and Sausage  
2/3 cup nonfat plain Greek yogurt  
1 cup blueberries  
Fresh mint leaves (optional)

SERVINGS: 1  
CALORIES PER SERVING: 390  
FOOD CATEGORY: 2 STARCH  
1 PROTEIN  
1 DAIRY  
1 FRUIT

### Directions

1. Prepare Blueberry Pancakes and Sausage according to package. Set sausage aside to enjoy separately.
2. Tear or cut pancakes into bite-sized pieces.
3. In parfait glass, alternately layer pancake, yogurt, and blueberries. Top each parfait with a mint garnish if desired.



*Whether you're preparing a quick breakfast for your busy morning or a light, refreshing dessert for the evening, this Blueberry Pancake Parfait is perfect for any time of day. With just three simple ingredients, this recipe is a breeze to whip up, making it an ideal choice for those hectic days when you need something delicious yet effortless.*





# Tomato Basil Soup

SERVINGS: 3 (1 SERVING = 1 CUP)

CALORIES PER SERVING: 149

FOOD CATEGORY: 2 1/2 VEGETABLE  
2 FAT

*Warm up with our Tomato Basil Soup and let its cozy flavors envelop you in a comforting embrace. Imagine juicy, ripe tomatoes simmered to perfection with aromatic spices and creamy coconut milk, creating a rich, velvety texture that's as satisfying as it is delicious.*

## Ingredients

- 1 Tbsp. olive oil
- 1 small red onion, diced
- 28 oz. can whole peeled tomatoes
- 1 cup water
- Salt, to taste
- 1 tsp. garlic powder
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. smoked paprika
- 1/2 tsp. black pepper
- 1/3 cup light coconut milk



## Directions

1. Heat olive oil in a heavy-bottomed pot over medium-low heat. When the pot is hot, add onions and cook for 6 to 8 minutes, until the onions are soft. Stir often to keep the onions from burning.
2. Add the entire can of whole tomatoes, including the liquid, and 1 cup of water.
3. Using the back of a wooden spoon, gently smash the tomatoes.
4. Add dried oregano, dried basil, paprika and a pinch of kosher salt. Raise the heat to medium and bring everything to boil.
5. Let soup simmer for 8-10 minutes.
6. Turn off heat. Let the soup cool off for 5 minutes before transferring to a blender to blend.
7. Return soup to pot. Stir in coconut milk and black pepper.



# Loaded Chicken Nachos

## Ingredients

Jenny Craig Chicken Burrito  
1/4 cup onion, chopped  
1/4 cup tomato, chopped  
Cilantro, to taste

SERVINGS: 1  
CALORIES PER SERVING: 265  
FOOD CATEGORY: 2 STARCH  
1 PROTEIN  
1 FAT  
1/2 VEGETABLE

## Directions

1. Preheat air fryer to 350°F. If using an oven, preheat to 375°F.
2. Prepare chicken burrito according to instructions on package. Unwrap burrito and scoop chicken into small bowl. Set aside.
3. Slice tortilla to chip-sized pieces and transfer pieces into air fryer basket. Fry for 3-4 minutes, or until crisp. If using an oven, bake for 3-4 minutes, or until crisp.
4. Top tortilla chips with chicken burrito filling, onion, tomato and cilantro.

*This Loaded Chicken Nachos recipe is all about getting creative in the kitchen! For a fresh take on a Jenny Craig Chicken Burrito, turn it into an oh-so-satisfying plate of nachos. A soft tortilla transforms into crisp chips with a quick trip to the air fryer or oven, providing the perfect base for this delicious dish.*





# Fresh Pico de Gallo

SERVINGS: 4

CALORIES PER SERVING: 24

FOOD CATEGORY: 1 VEGETABLE

## Ingredients

- 2 small tomatoes, diced
- 1 green pepper, chopped
- 1/4 red onion, diced
- 1/4 cup fresh cilantro, chopped
- 2 small garlic cloves, crushed
- Juice from 1/2 lime
- Pepper, to taste

## Directions

1. Mix all ingredients together in a bowl.

*This refreshing salsa combines the garden-fresh flavors of juicy tomatoes, crisp green pepper, zesty red onion, fragrant cilantro, pungent garlic, tangy lime, and a hint of pepper to create a symphony of taste and color. Whether you're serving it as a snack, over grilled meats, or as a flavorful addition to tacos, salads or eggs, this pico de gallo is sure to be a hit.*

**Enjoy this simple recipe with these Jenny Craig Meals:**





## Club Jenny Meal Hacks

Eating a healthy, balanced diet doesn't have to be hard or mean that you need to spend hours in the kitchen. These quick and easy meal hacks will make healthy eating a breeze.

- **Cook Once, Eat Twice:** When it comes to meal prep work smarter, not harder. Cook an extra serving of your protein and side dishes at dinner and set them aside to use for tomorrow's lunch. You can enjoy the same meal, or if you are craving more variety, try topping a salad with the protein or toss your leftover side dish with a new herb or spice to create a different flavor profile.
- **Produce Prep:** Don't let fresh veggies go to the refrigerator graveyard! Take a few minutes at the start of each week to wash and cut fresh produce like cucumbers, bell peppers, broccoli, cauliflower and lettuce. Store them in a dry, airtight container so they are ready to go when you need them for recipes or are looking for a quick snack to munch on.
- **Stock Your Freezer:** Meal prep some of your favorite meals and freeze them for later. And don't forget - Jenny is here to help you stock your freezer too! Jenny meals offer the convenience of portion and calorie-controlled meals that heat up in minutes. So, be sure to keep your favorite Jenny meals on hand for those busy nights!
- **Flavor Enhancements:** Herbs and spices can make meals more enjoyable without adding extra calories. Skip chopping and grinding fresh herbs and spices. For added convenience, stock up on frozen varieties like garlic, ginger or basil. Keep a selection of your favorite dried herbs and spices in a cool, dark place in your pantry to easily add to your meals.