



Club jenny

**Your Guide to
Eating Low Carb
and Losing Weight!**

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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 and successfully implement a low-carb diet. Inside, you'll find valuable information on the benefits of eating low-carb, 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 low-carb diets. They offer convenient, nutritionally balanced options to help you stay on track and achieve your goals.

Embarking on a low-carb 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 Low-Carb Diet?

A low-carb diet focuses on reducing carbohydrate intake while maintaining overall nutritional balance. This diet emphasizes consuming fewer high-carb foods like bread, pasta and sugary snacks, while increasing the intake of proteins, healthy fats and non-starchy vegetables. Commonly adopted for weight management, blood sugar control and enhancing feelings of fullness (satiety), it includes foods such as lean meats, fish, eggs, dairy, nuts, seeds and low-carb vegetables.

Typically, a low-carb diet involves consuming less than 40% of your calories from carbs. On a 1,500-calorie diet, this is about 150g of carbs per day. Some diets, like keto, are even stricter and limit to 20-50g of net carbs per day. **If you're following a low-carb diet, we recommend keeping your intake to less than 40% of calories from carbs.**



What are net carbs?

Net carbs are the total carbohydrates in food minus the fiber, representing the carbs that impact blood sugar.

How & Why it Works

The primary scientific principle behind a low-carb diet is its impact on insulin levels. Carbohydrates are broken down into glucose, leading to a rise in blood sugar and subsequently, insulin levels. By reducing carb intake, the body enters a state called ketosis, where it burns fat for energy instead of glucose. This metabolic shift can lead to weight loss, improved blood sugar control and other metabolic benefits.



Metabolic Advantage: Some studies suggest that low-carb diets can lead to a higher metabolic rate, meaning you burn more calories at rest. This could be due to the increased energy required to process protein and fats compared to carbohydrates.



Increased Fat Burning: With fewer carbs, the body turns to stored fat for energy, leading to fat loss. This process is called ketosis, where the liver produces ketones from fat, providing an alternative energy source for the body.



Research on Satiety: Low-carb diets often lead to a more stable blood sugar level and reduced appetite. Proteins and fats are more satiating than carbohydrates, meaning people may naturally eat fewer calories without feeling hungry. Low-carb diets can favorably impact hormones that regulate hunger and satiety, such as ghrelin and leptin. This can help control appetite and reduce overall calorie intake.

Health & Nutrition Benefits

A low-carb diet is often touted as a powerful tool for improving health—and for good reason. By significantly reducing carbohydrate intake, this type of diet can have numerous beneficial effects on the body, including:

- Weight management and improved metabolism
- Blood sugar regulation
- Increased energy levels
- Mental clarity and focus
- Heart health



Low-Carb Diet Myths Debunked

MYTH: Low-carb diets cause nutrient deficiencies.

FACT: With careful planning, low-carb diets can be nutritionally balanced.

MYTH: All carbs are bad.

FACT: Not all carbs are created equal; complex carbs from vegetables and whole grains can be beneficial.

MYTH: Low-carb diets lack variety and are only about eating meat.

FACT: Low-carb diets can include a variety of foods, including plant-based proteins, nuts, seeds and low-carb vegetables. There are countless low-carb recipes and food options available that can keep meals interesting and diverse.

MYTH: You can't exercise on a low-carb diet.

FACT: Many people successfully engage in various forms of exercise, including high-intensity workouts, on a low-carb diet.

MYTH: Low-carb diets are expensive.

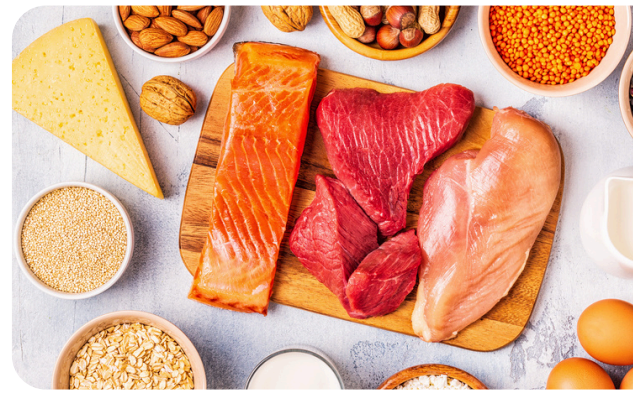
FACT: With smart shopping and meal planning, low-carb diets can be affordable and cost-effective.

MYTH: You'll be hungry all the time on a low-carb diet.

FACT: Low-carb diets can be very satiating due to the higher intake of proteins and healthy fats.

Getting Started

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.
- **Reading Labels:** Get accustomed to reading nutrition labels to identify low-carb foods and understand their carbohydrate content per serving. This will help you make informed choices and stay within your carb limits.
- **Goal Setting:** Establish clear, achievable goals for your low-carb diet. These could be specific (e.g., consuming less than 50 grams of carbs per day) or broader (e.g., losing weight, improving blood sugar control, or increasing energy levels).

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:** While reducing carbs is key, ensure you're also consuming adequate amounts of proteins, healthy fats and vegetables. A well-rounded diet supports overall health and energy levels.
- **Include Fiber:** Low-carb diets can sometimes lack fiber. Incorporate fiber-rich foods like non-starchy vegetables, nuts and seeds to maintain digestive health.
- **Mindset:** Adopting a low-carb diet 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 low-carb diet to your specific needs.

5 Essential Steps to Begin

01

ASSESS YOUR CURRENT HABITS

Begin by analyzing your current eating patterns to understand your typical carbohydrate intake. Keep a food diary for a week to track what you eat and identify areas for improvement.

02

IDENTIFY LOW-CARB FOODS YOU ENJOY

Make a list of low-carb foods you enjoy from the options in the next section. These can include non-starchy vegetables, lean meats, fish, eggs, dairy products, nuts and seeds. Research and explore new low-carb foods to add variety to your diet.

03

GRADUALLY REDUCE CARB INTAKE

Start by reducing your intake of high-carb foods. For example, replace sugary snacks with nuts, swap bread with lettuce wraps, or use cauliflower rice instead of regular rice. Gradually decrease your carb portions over a few weeks.

04

LISTEN TO YOUR BODY

Pay attention to how your body reacts to the reduced carbohydrate intake. Adjust portions and frequency based on your energy levels, digestive comfort and overall satisfaction.

05

PLAN MEALS AND SNACKS AHEAD

Take time each week to plan your meals, ensuring each one is balanced and includes a source of protein, healthy fats and low-carb vegetables. Prepare low-carb snacks and meals in advance. Cook larger portions of protein (e.g., chicken, tofu) and store them for quick meal assembly during the week.



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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 following a low-carb diet. We also provide a list of foods from our menu that fit into a low-carb lifestyle. Stock up on them so you always have convenient options on hand!

Recommended Grocery Add-Ins

PROTEIN

This group contains a list of proteins. Choose from the lean proteins list more often. See serving size and food choices of each item below to choose options that work best for you.

LEAN PROTEIN

Each Serving = 1 Protein

Approx. 45 calories, 7g protein, 2g fat

Beef, select, good or choice grades, trimmed of fat: Chipped, Ground round, Roast (chuck, rump), Round, Sirloin, Steak (cubed, flank, porterhouse, T-bone), Tenderloin: 1 oz.

Cheese, fat-free or low-fat: 1 oz., 1/4 cup shredded, single 1 1/4" cube

Hot dog, fat-free or low-fat: 1 hot dog or 1 3/4 oz.

Cheese, ricotta, fat-free or low-fat: 1/4 cup

Jerky (turkey, pork or beef): 1/2 oz.

Cottage cheese, fat-free or low-fat: 1/4 cup

Lamb (chop, leg, roast): 1 oz.

Deli meats, low-fat (ex. turkey, ham): 1 oz.

Oysters: 6 medium

Egg substitute: 1/4 cup

Pork, lean (Canadian bacon, chop, ham, tenderloin): 1 oz.

Egg whites: 2 whites

Poultry, skinless: 1 oz.

Fish, fresh or frozen: 1 oz.

Shellfish, fresh or canned in water (ex. clams, crab, lobster, scallops, shrimp): 1 oz.

Game (buffalo, ostrich, rabbit, venison): 1 oz.

String cheese, light: 1 item

Ground meats: 1 oz.
Beef ≥ 90% lean
Chicken, Turkey ≥ 93% lean

Tuna, canned in water: 1 oz. or 1/4 cup

MEDIUM & HIGH FAT PROTEIN

Each Serving = 1 Protein + 1 Fat

Approx. 75-100 calories, 7g protein, 5-8g fat

Bacon, pork: 2 slices

Fish, fried: 1 oz.

Bacon, turkey: 3 slices

Ground meats: 1 oz.
Beef ≥ 85% lean
Turkey ≥ 85% lean

Beef, prime grades trimmed of fat: Corned beef, Meatloaf, Prime rib, Rib roast, Short ribs: 1 oz.

Hot dog*, regular, beef/pork/turkey/chicken or combination: 1 hot dog

Cheese, reduced-fat (ex. feta, mozzarella, pasteurized processed cheese): 1 oz.

Lamb, rib roast, ground: 1 oz.

Cheese, regular (ex. American, blue, brie, cheddar, hard goat, Monterey Jack, parmesan, queso, Swiss): 1 oz.

Pork cutlet/ground/shoulder/spareribs/sausage: 1 oz.

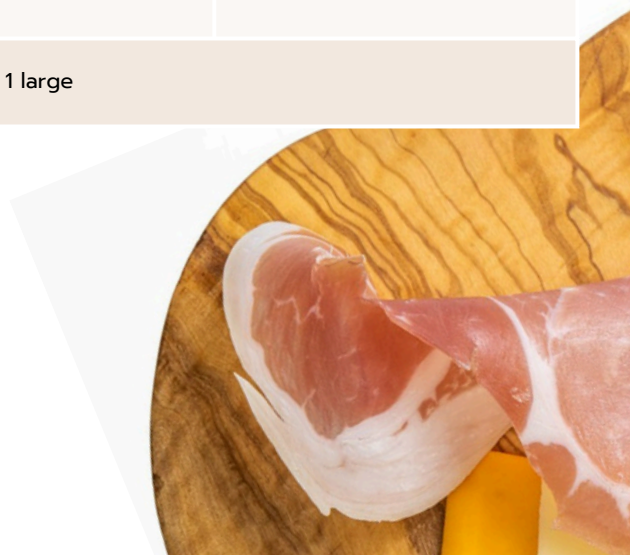
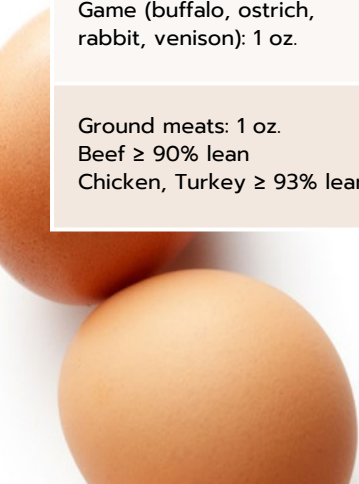
Cheese, ricotta, regular or part skim: 1/4 cup or 2 oz.

Poultry, with skin or fried: 1 oz.

Deli meats, bologna, hard salami, pastrami, pepperoni: 1 oz.

Sausage, pork/bratwurst/chorizo/Italian/Polish/smoked/summer: 1 oz.

Egg, whole: 1 large



HEALTHY FAT

This group contains fat options. Choose from the unsaturated fats list more often. See serving size and food choices of each item below to choose options that work best for you.

UNSATURATED FATS Mono- & Polyunsaturated

Each Serving = 1 Fat
Approx. 45 calories, 5g fat

Avocado, medium: 1/8 or 2 Tbsp.	Oils: 1 tsp.
Margarine, reduced-fat/light, trans fat-free: 1 Tbsp.	Olives, black: 8 olives
Margarine, soft, regular, trans-fat free: 1 tsp.	Olives, green, stuffed: 10 large olives
Mayonnaise, reduced fat/light: 1 Tbsp.	Salad dressing, reduced fat: 2 Tbsp.
Mayonnaise, regular: 1 tsp.	Salad dressing, regular: 1 Tbsp.
Nuts & Seeds	
Almonds: 6 nuts	Pine nuts: 1 Tbsp.
Cashews: 6 nuts	Pistachios: 16 nuts
Macadamia: 3 nuts	Seeds, flaxseed, ground: 1 1/2 Tbsp.
Mixed, 50% peanuts: 6 nuts	Seeds, pumpkin/sesame/sunflower: 1 Tbsp.
Nut butters: 1 1/2 tsp.	Tahini or sesame paste: 2 tsp.
Pecans: 4 halves	Walnuts: 4 halves
Peanuts: 10 nuts	

OTHER FATS

Each Serving = 1 Fat
Approx. 45 calories, 5g fat

Saturated Fats	
Butter, reduced fat/light: 1 Tbsp.	Cream cheese, reduced fat/light: 1 1/2 Tbsp.
Butter, regular, stick: 1 tsp.	Cream cheese, regular: 1 Tbsp.
Butter, whipped: 2 tsp.	Oils, coconut/palm/palm kernel: 1 tsp.
Coconut, sweetened, shredded: 2 Tbsp.	Sour cream, reduced fat/light: 3 Tbsp.
Coconut milk, canned, thick, regular: 1 1/2 Tbsp. or light: 1/3 cup	Sour cream, regular: 2 Tbsp.
Creams	
Half and half: 2 Tbsp.	Light and/or No Added Sugar: 1 1/2 Tbsp.
Heavy: 1 Tbsp.	Whipped: 2 Tbsp.



DAIRY

This group contains a list of dairy options. Choose from the low-fat dairy list more often. See serving size and food choices of each item below to choose options that work best for you.

LOW-FAT MILKS (DAIRY)

(see 2nd column for FOOD CHOICE equivalent)

Approx. 100-120 calories, 12g carbs, 8g protein, 0-5g fat

Choose non-fat/skim/low-fat 1%/reduced-fat 2%

Dry non-fat milk: 1/3 cup	1 Dairy
Evaporated milk: 1/2 cup or 4 fl. oz.	1 Dairy
Milk, all, dairy/lactose-free/buttermilk, etc.: 1 cup or 8 fl. oz.	1 Dairy
Yogurt, plain/regular/Greek: 2/3 cup or 6 oz.	1 Dairy

HIGH-FAT/WHOLE MILK (DAIRY)

(see 2nd column for FOOD CHOICE equivalent)

Approx. 160 calories, 12g carbs, 8g protein, 8g fat

Buttermilk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat
Evaporated milk: 1/2 cup or 4 fl. oz.	1 Dairy + 1 Fat
Goat milk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat
Milk: 1 cup or 8 fl. oz.	1 Dairy + 1 Fat
Yogurt, plain/regular/Greek: 2/3 cup or 6 oz.	1 Dairy + 1 Fat

FLAVOR LIMITED

These are optional add-ons and condiments to add additional flavor! Many of these items cross over into other food choice lists. The serving size determines if it's a Flavor Limited or another category. Flavor Limited foods are approximately 10-35 calories. Enjoy up to 3 servings listed per day.

FLAVOR LIMITED

Approx. 10-35 calories per serving

Avocado: 1/8 fruit or 2 Tbsp.	Nonfat plain Greek yogurt: 2 Tbsp.
Butter: 1 tsp.	Olives, black or green: 8 olives
Coffee creamer, fat-free: 1 Tbsp.	Parmesan or feta, low-fat: 1 Tbsp.
Cream cheese, reduced-fat/fat-free: 1 Tbsp.	Pickles, sweet: 2 slices
Flaxseed: 1 tsp.	Salad dressing, light: 1 Tbsp., regular: 1 tsp.

FLAVOR UNLIMITED

These are optional add-ons and condiments that can be used to spice up your meals. Enjoy as many as you'd like! Unlimited (1 serving = less than 10 calories per serving).

FLAVOR UNLIMITED

Less than 10 calories per serving

Beverages: Coffee, tea, sparkling water, mineral water (plain/unsweetened/no added sugar)
Sweets, sugar-free: Gelatin, gum, ice pops, sweeteners (natural, calorie-free)
Flavor Enhancers: Bouillon or broths (low sodium), extracts, garlic, ginger, chilis, green onions, herbs, spices, horseradish, hot sauce, lemon, lime, mustard, non-stick cooking spray, peppers, dill pickles, pimiento, salsa, low-sodium soy sauce, vinegars, Worcestershire sauce

VEGETABLES

These non-starchy vegetables are unlimited, as long as you eat them without added fat. We recommend consuming at least 3 servings per day. Fill up on your favorite below! These options are part of your menu and packed with nutrients that your body needs.

VEGETABLES

1 serving = approx. 25 calories, 5g carbs,
2-3g fiber & 2g protein

Raw vegetables: 1 cup

Salad or leafy greens: 3 cups

Cooked vegetables: 1/2 cup

Vegetable juice/sauce: 1/2 cup or 4 fl oz.

- Artichoke (1/2 medium) / Artichoke hearts (packed in water)
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beans (green beans, wax beans, Italian beans)
- Beets
- Bell Peppers, all varieties
- Bok choy
- Broccoli
- Broccolini / Chinese Broccoli
- Broccoli Rabe
- Brussels sprouts
- Cabbage, all varieties
- Carrots
- Cauliflower / Cauliflower rice
- Celery
- Cucumber
- Daikon radish
- Eggplant
- Fennel
- Green onions / Scallions / Chives
- Greens, all varieties (ex: collard, mustard, turnip)
- Hearts of Palm
- Jicama
- Kale
- Kohlrabi
- Leeks
- Mixed vegetables (without corn, peas or pasta)
- Mushrooms, all varieties (ex: white button, portobella, shitake)
- Nopales
- Okra
- Onions, all varieties (ex: red, white, sweet, shallots)
- Radish
- Rhubarb (stewed, no sugar added)
- Rutabaga
- Salad or Mixed Greens, all varieties (ex: arugula, baby spinach, chicory, endive, escarole, lettuce, radicchio, romaine, watercress)
- Sauerkraut
- Seaweed
- Snap Peas
- Snow Peas
- Spaghetti squash
- Spinach / Chinese Spinach
- Summer Squash (crookneck, yellow)
- Swiss chard
- Tomato (1 large)
- Tomato Juice (low-sodium or no salt added)
- Tomato Sauce (sugar-free, no salt added)
- Turnip
- Vegetable Juice (low-sodium or no salt added)
- Water chestnuts (canned, 1/2 cup)
- Zucchini

Jenny Craig Foods

that fit into a low-carb lifestyle!



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
- Chicken Fajita
- Chicken & Shrimp Quinoa Bowl



Easy to customize: add all your favorite fajita toppings!



Just heat, eat and enjoy!



Simple Weeknight Dinners

- Meatloaf & Vegetable Medley
- Seasoned Steak
- Riced Cauliflower Grilled Chicken Bowl



Grab-and-Go Snacks

- Nut & Honey Recharge Bars

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



Tips to Stay on Track

Strategies for Adherence & Motivation

Set Specific, Measurable & Achievable Goals

- **Goal Setting:** Define clear, specific goals such as "consume no more than 50 grams of carbs daily" or "prepare three low-carb meals per week." Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** Use quantifiable metrics like grams of carbs, meal frequency or weight changes to track progress.

Keep a Food Diary to Monitor Carb Intake & Progress

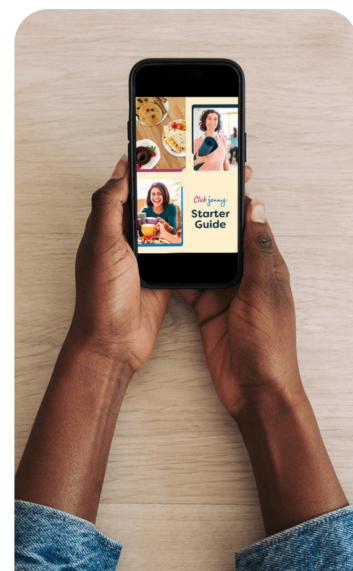
- **Food Logging:** Consistently track your meals and snacks to monitor your carb intake.
- **Review and Reflect:** Regularly review your food diary to identify patterns, successes and areas for improvement.

Experiment with New Recipes & Low-Carb Food Options

- **Recipe Exploration:** Try new low-carb recipes to keep your meals exciting and diverse. Explore different cuisines and cooking methods.
- **Variety of Sources:** Incorporate a wide range of low-carb food options like different types of vegetables, meats and dairy to avoid monotony.

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

- **Meal Prep:** Dedicate a day each week to plan and prepare low-carb meals. Cook in bulk and portion out meals to ensure you stay within your carb limits.
- **Freezing and Storing:** Freeze pre-cooked meals or proteins to have convenient, ready-to-eat options on hand.

Keep Healthy, Low-Carb Snacks on Hand for Busy Days

- **Snack Preparation:** Stock up on portable, low-carb snacks like nuts, cheese sticks, boiled eggs, chopped veggies, avocado and beef jerky.
- **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

- **Protein Tips:** Opt for grilled, baked or steamed protein dishes instead of fried or breaded options. Look for dishes with lean meats or seafood as the main course.
- **Low-Carb Sides:** Ask for extra low-carb sides or toppings, such as adding avocado or cheese to salads, or substituting vegetables for starchy sides.
- **Sauces and Dressings:** Request sauces and dressings on the side to manage portion sizes and reduce hidden carbs. Choose healthier alternatives like olive oil and vinegar instead of sugary or creamy dressings.



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.

Adjustments & Flexibility

Adapting to Individual Needs & Preferences

Adjust Portion Sizes and Low-Carb Food Sources

- Customize portion sizes to fit your hunger levels, activity levels, and weight loss or maintenance goals.
- Choose low-carb food sources that 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 advice from Jenny Craig coaches to tailor the low-carb diet to your specific needs and goals.

Addressing Nutritional Gaps

Ensure a Balanced Intake of Vitamins & Minerals by Incorporating a Variety of Low-Carb Foods

- Incorporate a variety of low-carb foods that also provide essential vitamins and minerals, such as leafy greens, nuts, seeds and low-carb vegetables.
- Include low-carb superfoods that are rich in nutrients, like chia seeds, avocados 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.



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Recipes & Hacks

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



Simple & Delicious Recipes

Blueberry Pancake Parfait

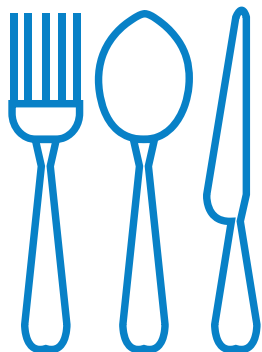
Ingredients

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.



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 low-carb recipe
with these Jenny Craig Meals:**





Club Jenny Meal Hacks

Eating a healthy, low-carb 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 low-carb 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 or carbs. 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.