



Club jenny

**Eat with Intention:
A Step-by-Step Guide
to Mindful Eating**

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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 the practice of mindful eating. Inside, you'll find valuable information on the benefits of mindful eating, 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 and practices, like mindful eating. They offer convenient, properly portioned options to help you stay on track and achieve your goals.

Adopting the practice of mindful eating 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.

A top-down view of a white bowl filled with a thick, pink smoothie. The smoothie is topped with sliced banana, fresh raspberries, and cranberries. A wooden spoon is visible on the right side of the bowl. The bowl is placed on a white, textured surface.

What is Mindful Eating?

Mindful eating is the practice of deliberately paying attention, without judgment, to the process of eating and enjoying food. Mindful eating allows you to better understand how food choices influence the way your body feels inside and out. By practicing mindful eating, you develop a healthier relationship with food, enhance your enjoyment of eating, and make intentional choices that contribute to your long-term health and well-being.

Key Principles of Mindful Eating



Remove Judgement. Approach eating with a non-judgmental attitude and avoid labeling foods as “good” or “bad”.



Increase Awareness. Recognize how your body feels before, during, and after eating. Engage all your senses when eating, taking notice of the colors, smells, textures, flavors, temperatures, and sounds of your foods.



Recognize Hunger and Fullness. Learn to recognize your hunger and satiety (fullness) cues. Listen to and trust your body so you become aware of the differences between physical and emotional hunger. This will allow you to eat when you feel hungry and stop eating when you are comfortably full.



Be Present. Focus on the present moment when cooking and eating. Eat slowly and savor every bite. Engage fully in your meals without any distractions - try putting away your phone and turning off the TV during meal times!



Show Appreciation. Cultivate an appreciation for your body and your food. Respect your body by honoring your body’s needs and signals. Nurture gratitude for the food you have that is feeding your body.



Conscious Choices. Make deliberate food choices that promote health and well-being and reflect your personal values.



How & Why It Works

Mindful eating is rooted in the sciences of psychology, neuroscience, and nutrition. It works through mechanisms of increased awareness, emotional regulation, and intentional food choices. Mindful eating has been shown to support:



Enhanced Diet Quality. A study in the journal *Nutrients* found that higher mindfulness was associated with higher diet quality, including greater intakes of fruits, vegetables and whole-grains and lower intake of added sugars.



Increased Awareness of Hunger and Fullness Cues which reduces automatic eating and promotes healthier food choices.



Improved Digestion: Slowing down and savoring each bite can support better digestive health and can enhance nutrient absorption.

Health & Nutrition Benefits

Mindful eating encourages greater awareness of food choices and eating behaviors. Increasing awareness may lead to health and nutrition benefits including:

- Improve diet quality
- Balance portion sizes
- Reduce overeating
- A better relationship with food
- Better digestion
- Reduce emotional and stress-related eating



Mindful Eating Myths Debunked

MYTH: Mindful eating is the same as dieting.

FACT: Unlike dieting, mindful eating does not involve eliminating foods or require rigid rules. Instead, it focuses on developing a healthy, balanced relationship with food through awareness and self-regulation.

MYTH: Mindful eating is only for weight loss.

FACT: While mindful eating can aid in weight management, its primary goal is to promote overall well-being and a positive relationship with food, regardless of weight loss.

MYTH: You must always eat mindfully.

FACT: It's unrealistic to expect mindful eating at every meal. Mindful eating encourages flexibility and self-compassion, recognizing that perfection is not the goal.

MYTH: Mindful eating takes too much time.

FACT: Mindful eating can be integrated into any lifestyle, and even brief moments of mindfulness during meals can be beneficial. It's about quality, not quantity.

MYTH: Mindful eating means never eating for emotional reasons.

FACT: Mindful eating helps individuals become aware of emotional eating patterns and make conscious choices. It doesn't eliminate emotional eating but encourages a balanced approach.

MYTH: Mindful eating requires meditation.

FACT: While mindfulness meditation can support mindful eating, the practice of mindful eating itself doesn't require formal meditation. It simply involves being present and attentive during meals.

Getting Started



PREPARE YOURSELF

- **Learn Mindful Eating Principles:** Understanding the main concepts of mindful eating gives you a solid foundation for your practice. Learn about the benefits of mindful eating, such as improved digestion, support for weight management, and enhanced diet quality. Knowing the scientific backing can reinforce your commitment to the practice. For a refresher on the key principles and scientific background of mindful eating, check out pages 4 - 5.
- **Familiarize Yourself with Mindfulness Practices:** Deep breathing, meditation, and body scans are techniques that can help you become more aware of your thoughts, feelings, and bodily sensations, which can be helpful for mindful eating. They are not a requirement for mindful eating, but you may find that some of these techniques work well for your practice. Search for videos or tutorials online to learn how to do these various techniques - this will give you a better idea of which ones are best for you.
- **Tune into Hunger and Fullness Signals:** Physical hunger comes on gradually and can be satisfied with any type of food, whereas emotional hunger is sudden and often specific to certain foods. Begin to assess your hunger level before, during, and after meals. Understanding these signals helps you eat more in tune with your body's needs.
- **Check Emotions:** Explore how emotions influence your eating habits. Stress, boredom, and other emotions can lead to mindless eating or overeating. Understanding your emotional triggers can help you address them in healthier ways, allowing you to make more mindful food choices.

- **Recognize Distractions:** TVs, smartphones, and multitasking can wreak havoc on your eating habits. Distractions like these can lead to overeating and decreased satisfaction from meals. Prepare a distraction-free eating environment by removing distractions from the places you are more likely to sit down to eat your meals.
- **Enhance Nutritional Awareness:** While mindful eating is not a diet, having a basic understanding of nutrition can help you make healthier food choices. Learn about the nutritional value of different foods and how they impact your body and well-being. This knowledge can guide you in selecting nourishing foods that support your health. Check out our **Grocery Guide in your account** for an extensive list of nourishing food choices!
- **Set Goals.** Establish clear, achievable goals for your mindful eating practice. These could be specific (ex., turning off the TV and my phone for two of my daily meals) or broader (ex., increase my awareness of emotional eating).

BEGIN MINDFUL EATING TODAY!

Getting started with mindful eating is easy because it doesn't require any special foods, equipment, or strict rules. Instead of focusing on what you eat, you focus on how you eat. This makes it easier to integrate into daily life compared to other diet approaches that may involve complex guidelines and food rules.

So, what are you waiting for? Get started today – even better, start practicing mindful eating at your next meal! Check out our 5 Essential Steps to Mindful Eating on the next page, and add these practices to your next meal.

5 Essential Steps to Mindful Eating

01

START WITH A MOMENT OF REFLECTION

Before you begin eating, take a moment to pause and reflect. Take a few deep breaths, expressing gratitude for your meal. This helps set the tone for a mindful eating experience.

02

ENGAGE YOUR SENSES

Pay attention to the sensory details of your food. Notice the colors, textures, aromas, and flavors. Take small bites and chew slowly, allowing yourself to fully experience the taste and texture of each mouthful. Engaging your senses helps you stay present and enjoy your meal more fully.

03

EAT SLOWLY & WITHOUT DISTRACTIONS

Put your utensils down between bites and savor each mouthful. Avoid distractions such as TV, smartphones, or reading materials. Eating slowly allows you to better tune into your body's hunger and fullness signals, preventing overeating.

04

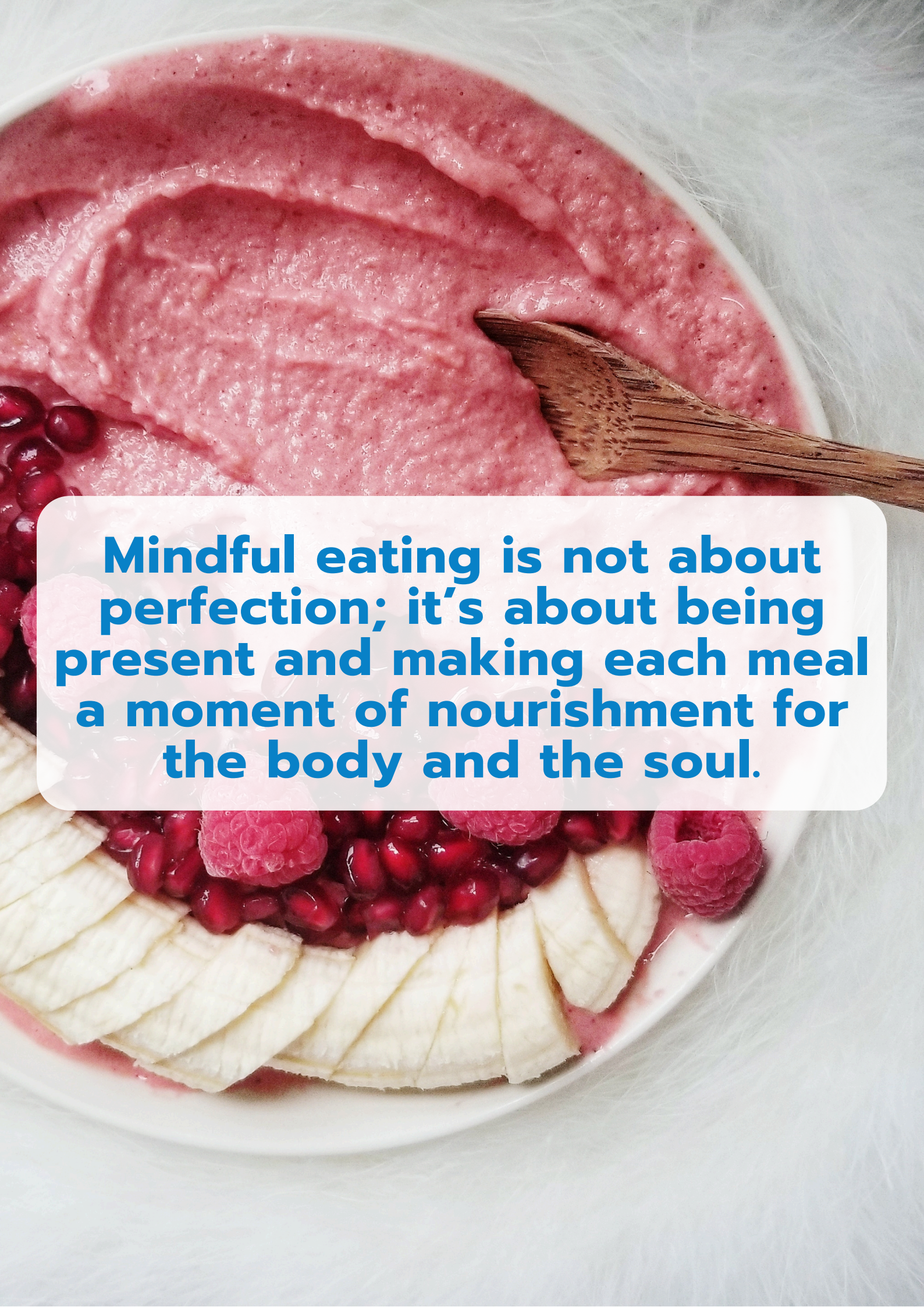
LISTEN TO YOUR BODY

Pay attention to your body's hunger and satiety (fullness) cues. Eat when you are truly hungry and stop when you feel satisfied, but not overly full. This requires tuning into your body's signals and distinguishing between physical hunger and emotional eating triggers.

05

REFLECT ON YOUR EATING EXPERIENCE

After your meal, take a moment to reflect on the experience. Consider how you feel physically and emotionally. Did you enjoy the meal? Did you eat just enough to feel satisfied? Reflecting on your eating experience helps reinforce mindful eating habits and improve your relationship with food over time.

A top-down view of a white bowl filled with a thick, pink smoothie. The smoothie is garnished with fresh raspberries, red currants, and sliced banana. A wooden spoon is partially submerged in the smoothie. The bowl sits on a white, textured surface.

Mindful eating is not about perfection; it's about being present and making each meal a moment of nourishment for the body and the soul.

The logo for Club Jenny, featuring the word "Club" in a pink, cursive font and "jenny" in a blue, cursive font.

Kitchen & Pantry Essentials

A supportive environment is key to successfully practicing mindful eating. Optimize your kitchen by stocking up on nutrient-rich foods and ingredients. This section provides a list of recommended grocery add-ins and Jenny foods specially curated by our dietitians to make your mindful eating practice satisfying and nutritious! For even more grocery add-in ideas, check out our Grocery Guide in your account.

Recommended Grocery Add-Ins

PROTEIN OR DAIRY

This group contains a list of proteins and dairy. Choose from the lean proteins and low- or reduced-fat dairy lists more often. See serving size and serving choice of each item below to choose options that work best for you. Check out your Cub Jenny Grocery Guide for more comprehensive list.

LEAN PROTEIN

Each serving = 1 Protein

Approx. 45 calories, 7g protein, 2g fat.
Choose from this list more often.

- Poultry, 1 oz. cooked
- Deli Meats, 1 oz., low- or reduced-sodium
- Lean Beef, 1 oz. cooked
- Pork, lean cuts, 1 oz. cooked
- Egg whites, 2
- Fish, fresh or frozen, 1 oz

PLANT-BASED PROTEINS

Each serving = 1 Protein + 1/2 Starch

Calories will vary.

- Edamame, shelled (soybeans), 1/2 cup
- Tempeh, plain, unflavored, 1/4 cup
- Tofu, 1/2 cup or 4 oz.

LOW-FAT MILKS (DAIRY)

Each serving = 1 Dairy

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

Choose: Nonfat/Skim/Low-fat 1% Milks/Reduced-fat 2%
Choose from this list more often.

- Milk, All (dairy, lactose-free, buttermilk, etc.) 1 cup or 8 oz.
- Yogurt, plain, regular or Greek, 2/3 cup or 6 oz.
- Evaporated milk, 1/2 cup or 4 oz.

MEDIUM & HIGH-FAT PROTEIN

Each serving = Protein + 1 Fat

Approx. 75-100 calories, 7g protein, 5-8g fat.
Choose from this list less often.

- Cheese, reduced-fat cheeses, feta, mozzarella, process cheese spread, 1 oz
- Cheese, regular (American, blue, brie, cheddar, hard goat, Monterey Jack, parmesan, queso, swiss), 1 oz.
- Ground meats: beef: $\geq 85\%$, lean turkey: $\geq 85\%$ lean, 1 oz.
- Pork (cutlet, ground, shoulder, spareribs), 1 oz.

PLANT-BASED MILKS/YOGURTS

Each serving = 1 Dairy + 1/2 Starch

Calories will vary.

- Almond milk, unsweetened, 1 cup or 8 oz.
- Oat Milk, unsweetened, plain, 1 cup or 8 oz.
- Yogurt, nondairy, unsweetened, plain, 1 cup serving

HIGH-FAT/WHOLE MILK (DAIRY)

Each serving counts as 1 Dairy + 1 Fat

Approximately 160 calories, 12g carbohydrates, 8g protein, 8g fat.

Choose from this list less often.

- Buttermilk, 1 cup or 8 oz.
- Chocolate milk, 1 cup or 8 oz.
- Evaporated milk, 1/2 cup or 4 oz.
- Goat's milk, 1 cup or 8 oz.
- Milk, 1 cup or 8 oz.
- Yogurt, plain, regular or Greek, 1 cup or 8 oz.

Recommended Grocery Add-Ins

FRUIT OR STARCH

This group contains a list of fruits and various starches. We **recommend at least 1 fruit serving per day!** See serving size and serving choices of each item below to choose options that work best for you. Check out your Club Jenny Grocery Guide for more comprehensive list.

These options are around 60-80 calories and 15g carbohydrates.

In general: 1 fruit = 1 small or ½ large piece

FRUIT

- Apple, 1 small
- Banana, 1/2 large
- Berries, fresh or frozen, 1 cup Grapes, 1 cup
- Cherries, fresh or frozen, 1 cup
- Cantaloupe, cubed 1 cup
- Grapes, 1 cup
- Grapefruit, 1/2 large
- Watermelon, cubed, 1 cup

STARCH

- Beans, all varieties, cooked or canned, 1/2 cup
- Bread, whole-grain, 1 slice
- Crackers, whole-grain, about 1/4 cup
- Hummus, 1/4 cup
- Pasta, whole-grain, cooked al dente, 1/2 cup
- Plain Oatmeal, prepared with water, 1/2 cup
- Potatoes (ex. red, white, sweet), cooked with skin, 1/2 cup or 1 small
- Tortilla, whole-grain or corn, 6-inch

VEGETABLES

These non-starchy vegetables are unlimited, so long as you eat them without added fat. We recommend consuming at least 3 servings per day. Check out your Club Jenny Grocery Guide for more comprehensive list.

Non-Starchy Vegetables (with no added fat) are approx. 25 calories, 5g carbohydrate and 2-3g fiber & 2g protein per serving.

1 Serving = 1 cup raw vegetables, 3 cups salad or leafy greens, ½ cup cooked vegetables, ½ cup (4 oz) vegetable juice.

Note: Starchy Veggies can be found under Fruit or Starch

- Artichoke, Artichoke Hearts
- Arugula
- Asparagus
- Bell Peppers, any variety
- Broccoli, Broccoli Rabe, Broccolini
- Brussels Sprouts
- Carrots
- Cauliflower
- Cucumber
- Green Beans
- Lettuce, all varieties (ex. green or red leaf, iceberg, Romaine, spring mix, etc.)
- Mushrooms, all varieties (ex. white button, portobella, shiitake, etc.)
- Tomatoes, Tomato Sauce, Tomato Juice
- Zucchini

Recommended Grocery Add-Ins

HEALTHY FATS

Healthy fats contain approx. 45 calories and 5g of fat per serving. See serving size of each item below to choose options that work best for you. Each serving can also count as 1 Flavor Limited for the day, if needed. Check out your Club Jenny Grocery Guide for more comprehensive list.

UNSATURATED FATS: MONO AND POLY

1 Serving = 1 Fat

Choose from this list more often.

- Avocado, medium, 1/8 fruit or 2 Tbsp.
- Margarine, reduced-fat/light (trans fat-free), 1 Tbsp.
- Mayonnaise, regular, 1 tsp.
- Oils, 1 tsp.
- Olives, black, 8
- Salad dressing, reduced-fat, 2 Tbsp.
- Almonds, 6 nuts
- Peanuts, 10 nuts

OTHER FATS

1 Serving = 1 Fat

Choose from this list less often.

- Butter, regular, stick, 1 tsp. or whipped, 2 tsp.
- Cream cheese, regular, 1 Tbsp.
- Coconut, sweetened, shredded, 2 Tbsp.
- Oils, (coconut, palm, palm kernel), 1 tsp.
- Sour cream, reduced-fat/light, 3 Tbsp.
- Half and Half, 2 Tbsp.
- Whipped, 2 Tbsp.

FLAVOR LIMITED

These are completely optional add-ons and condiments to add additional flavor! Check out your Club Jenny Grocery Guide for more comprehensive list.

These are approximately 10-35 calories, enjoy up to 3 servings listed per day to stay on your plan.

- Avocado, 1/8 fruit or 2 Tbsp.
- Diet beverages, 1 (12 oz.)
- Popcorn, air-popped, 1 cup
- Salad dressing, regular, 1 tsp.
- Sauces & Condiments Barbecue sauce, Ketchup, Relish, Sour Cream, Teriyaki sauce, Tomato paste, 1 Tbsp.

FLAVOR UNLIMITED

These are optional add-ons and condiments that can be used to spice up your meals. Check out your Club Jenny Grocery Guide for more comprehensive list.

Enjoy as many as you'd like! 1 serving = less than 10 calories per serving.

- Coffee
- Tea
- Sparkling Water
- Sweeteners (natural, calorie-free)
- Bouillon or broths (low-sodium)
- Herbs and Spices
- Non-stick cooking spray
- Pickles, Peppers, Lemon, Lime, Hot sauce

MY GROCERY LIST

Use this space to write down your favorite Jenny grocery add-ins.
Take it with you the next time you head to the grocery store!

PROTEIN OR DAIRY

LEAN MEATS, POULTRY, FISH, SEAFOOD

- _____
- _____
- _____
- _____

EGGS & DAIRY

- _____
- _____
- _____
- _____

PLANT-BASED PROTEINS

- _____
- _____
- _____
- _____

PROTEIN BARS/SHAKES

- _____
- _____

HEALTHY FATS

NUTS, SEEDS & HEALTHY FATS

- _____
- _____
- _____
- _____

FRUIT OR STARCH

BREAD, PASTA & GRAINS

- _____
- _____
- _____
- _____

BEANS & LEGUMES

- _____
- _____
- _____
- _____

FRUITS & STARCHY VEGETABLES

- _____
- _____
- _____
- _____

VEGETABLES

- _____
- _____
- _____
- _____
- _____
- _____

Jenny Craig Foods

to add convenience to your day!



Quick Breakfasts for Busy Mornings

- Blueberry Pancakes & Sausage
- Sunrise Sandwich
- Cinnamon Coffee Cake



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



Easy Lunches for Work

- Margherita Pizza
- Classic Cheeseburger
- Chicken Burrito



Easy to customize: add all your favorite burger toppings!

Carb Conscious options available!

Simple Weeknight Dinners

- Chicken Fettuccine Alfredo
- Chicken and Shrimp Quinoa Bowl
- Creamy Dill Salmon with Asparagus



Crave-worthy Snacks & Desserts

- Chocolate Lava Cake
- Baked Cheese Puffs
- Vanilla Buttercream Cupcake
- Anytime Bars



Perfect to for on-the-go snacking



Metrics to Track

WEIGHT AND 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. 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

Track daily energy levels, particularly how you feel before and after meals. Tracking your energy levels will allow you to be more mindful of foods that help fuel your day and foods you may want to limit to special occasions.

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 AND 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 how your food and beverage choices may impact your sleep patterns.

Tips to Stay on Track

Strategies for Adherence & Motivation



SET SPECIFIC, MEASURABLE & ACHIEVABLE GOALS

- **Goal Setting:** Define clear, specific goals such as "Eat at least 2 meals each day without any electronics (TV, phone, etc.)" or "Enjoy lunch away from my desk three times per week". Make sure these goals are realistic and attainable within your lifestyle.
- **Measurable Outcomes:** Use quantifiable metrics like meal frequency, meal timing, or hunger rating (ex. Rate your hunger on a scale from 0 – 10, where 0 is painfully hungry, 5 is neutral, and 10 is painfully full).

TRACK HUNGER, FULLNESS, AND EMOTIONS

Keep a mindful eating journal to track your progress, noting your thoughts, feelings, and any challenges you encounter. By recording your thoughts and experiences, you can gain deeper insights into your relationship with food, identify patterns, and recognize emotional triggers. Include the following in your journal:

- **Meal Details:** Note what you ate, including the type of food, portion size, and time of day.
- **Hunger and Fullness Cues:** Record your hunger level before, during and after eating, using a scale from 0 (painfully hungry/not full at all) to 10 (painfully full/not hungry at all).
- **Emotional State:** Write down any emotions you felt before, during, and after the meal, such as stress, boredom, happiness, or contentment.
- **Eating Environment:** Describe the setting where you ate, noting whether you were at the dining table, in front of the TV, or on the go, and write down any distractions.

Tips to Stay on Track



Strategies for Adherence & Motivation

TRACK HUNGER, FULLNESS, AND EMOTIONS, CONT'D

- **Sensory Experience:** Reflect on the sensory aspects of the meal, including the taste, texture, aroma, and appearance of the food.
- **Mindfulness Practices:** Detail any mindful eating techniques you used, such as deep breathing before eating, chewing slowly, or expressing gratitude.
- **Physical Sensations:** Note any physical sensations you experienced, such as digestive comfort or discomfort or energy levels.
- **Overall Experience:** Summarize your overall eating experience, considering what went well and what could be improved for next time.

LEAN ON CLUB JENNY

- **Jenny Meals:** Take advantage of Jenny foods for added convenience. They'll keep you on track, even when life gets busy.
- **Meal Plans:** Use the Club Jenny Meal Plans as a place to jot down your hunger, emotions and eating environment before, during, and after your meals.

Addressing Nutritional Gaps

ENSURE A BALANCED INTAKE OF VITAMINS & MINERALS BY INCORPORATING A VARIETY OF FOOD SOURCES

Focus on nutrient-dense foods when making balanced meals and you can help your body get the essential vitamins and minerals it needs to thrive! Keep in mind, the more colors you add to your meal means better nutrition! Include a variety of colors when choosing foods - try leafy greens, black, red, or brown rice, and a rainbow of fruits and vegetables!

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.

Overcoming Challenges & Setbacks

PLAN AND PREPARE

Plan your meals and snacks ahead of time to avoid impulsive eating. Having a variety of healthy, satisfying options readily available can support your mindful eating goals. Prepare your environment to help stay on track and minimize setbacks. Reduce distractions by turning off the TV, putting away your phone, and creating a calm eating space. A supportive environment encourages mindful eating practices. Check out pages 8 - 9 for more tips on getting prepared.

BE PATIENT WITH YOURSELF

Recognize that building new habits takes time. If you encounter setbacks, treat yourself with kindness and view them as opportunities for learning rather than failures.

IDENTIFY TRIGGERS

Pay attention to what triggers mindless eating, whether it's stress, boredom, or specific environments. Understanding your triggers can help you develop strategies to address so you can get back on track.

DEVELOP COPING STRATEGIES

Find non-food related activities that help you cope with emotions, such as walking, reading, or meditating. Write down your list of coping strategies so you have a list of ideas handy when you feel the urge to eat because of your emotions, not true hunger.

SEEK SUPPORT

Share your goals with friends, family, or a support group. Having someone to talk to about your experiences can provide encouragement and accountability.



Adapting to Individual Needs & Preferences

STAY FLEXIBLE

Personalizing the practice of mindful eating to be more flexible and tailored to your needs and lifestyle can make it more sustainable and effective. Here are several strategies to make your practice more personal:

- **Identify Specific Needs:** Consider any dietary restrictions, health conditions, or lifestyle factors that might influence your approach. Adjust as necessary to accommodate these needs.
- **Adapt to Your Routine:** Incorporate mindful eating into your existing meal times rather than creating new ones. For example, if you usually eat lunch at your desk, find ways to make that experience more mindful rather than changing the location of your meal.
- **Adapt to Social Settings:** In social situations, be flexible with mindful eating practices, understanding that perfection is not the goal. Check out our tips for handling dining out in the box to the right.
- **Regular Reflection:** Periodically reflect on your mindful eating practice. What is working? What challenges are you facing? Adjust your strategies accordingly.

TIPS FOR DINING OUT

Set an Intention

Decide that you will eat mindfully and savor your meal. This mental preparation can set the tone for a mindful eating experience.

Listen to Your Body

At the restaurant, check in with your hunger and fullness levels before ordering. Order an appropriate portion size based on your hunger cues.

Chew Thoroughly

Take smaller bites and chew slowly to fully experience the flavors and textures. This aids digestion and allows you to enjoy each mouthful.

Stay Present

Focus on your meal and the company you're with. Minimize distractions by putting away your phone or avoiding TV screens in the restaurant.

Practice Self-Compassion

If you overeat or make less mindful choices, be kind to yourself. Acknowledge the experience without judgment and consider what you might do differently next time.

CONSULT A JENNY COACH FOR PERSONALIZED ADVICE

Reach out to a Jenny coach to help tailor your mindful eating practice to your specific needs and goals, including additional tips and advice on dining out!



Club jenny

Recipes & Hacks

Healthy eating doesn't have to mean boring and bland flavors. These easy, mouthwatering recipes will leave you craving for more during your eating window!

Plus, we share our top food hacks to make the practice of mindful eating more practical and enjoyable, leading to better eating habits and overall well-being



Blueberry Parfait Pancake

Servings: 1 Serving size: 1

This healthy yogurt parfait uses a surprising breakfast ingredient: Pancakes! Layered between rich and creamy Greek yogurt and sweet blueberries, this parfait is a delicious way to break your fast!

INGREDIENTS

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

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.

Nutrition Info: 390 Calories, 8 g fat, 30 g protein
53 g carbohydrate, 7 g fiber

Count As: 2 Starch, 1 Protein, 1 Dairy, 1 Fruit



Loaded Chicken Nachos

Servings: 1 Serving size: 1

This recipe is all about getting creative in the kitchen! For a fresh take on a chicken burrito, turn it into an oh-so-satisfying plate of nachos.

INGREDIENTS

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

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.

Nutrition Info: 265 Calories, 8 g fat, 15 g protein
37 g carbohydrate, 6 g fiber

Count As: 2 Starch, 1 Protein, 1 Fat, 1/2 Vegetable

Mediterranean White Bean Salad

Servings: 8 Serving Size: 1 cup

This recipe is not just a salad; it's a lively dance of flavors and textures that promises to transport your taste buds to the sun-drenched coasts of the Mediterranean. Enjoy as a hearty side dish or top it with a protein like grilled salmon or chicken to make it a filling main dish.

INGREDIENTS

- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- ½ tsp. Italian seasoning
- 1 clove garlic, minced
- Black pepper, to taste
- 1 can (15.5 oz.) white beans, no salt added
- 1 can (15.5 oz.) chickpeas, no salt added
- 1 cup cherry tomatoes, halved
- 3 Persian cucumbers, halved and sliced
- 1 bell pepper, diced
- ¼ red onion, thinly sliced
- ½ cup black olives, halved
- ¼ cup fresh parsley chopped
- ½ cup feta cheese, crumbled



DIRECTIONS

1. In a mixing bowl, whisk together oil, vinegar, Italian seasoning, garlic and pepper.
2. Add in beans, chickpeas, tomatoes, cucumber, bell pepper, onion, olives and parsley. Toss to combine.
3. Add feta cheese and toss gently.

Nutrition Info: 176 Calories, 7 g fat, 8 g protein, 21 g carbohydrate, 6 g fiber

Count As: 1 Starch, 1 Fat, 1/2 Vegetable, 1 Flavor Limited



Club Jenny Meal Hacks

to Support Your Mindful Eating Practice!

Pre-Portion Snacks

Divide your favorite snacks like nuts, fruits, or veggies into small containers so you have easy grab n' go options at the ready. This helps you eat only what you need and prevents mindless munching. Check out the Club Jenny selection of pre-portioned snacks for even greater convenience!

Use Smaller Plates

Invest in smaller dishware. Eating from smaller plates can make portions look larger and help you feel satisfied with less food, encouraging mindful portion control.

Drink Water Before Meals

Drinking a glass of water before eating can help you better gauge your hunger and avoid overeating. Often, you may think you are hungry, but it is really hydration your body are craving.

Batch Cook & Plan Meals

Set aside some time in your schedule to prepare meals in advance. This will help avoid rushed and less mindful eating decisions. Having healthy, portion-controlled meals ready can help you stay on track. No time to prepare and plan ahead? No problem! Keep your freezer stocked with Jenny perfectly-portioned meals to help you stay on track during those busy days!

Add Visual Appeal

Don't underestimate the value of plate presentation! A visually pleasing plate can enhance your eating experience and encourage mindful eating. Arrange your food attractively. When enjoying Jenny meals, try plating them on your dishware to elevate your dining experience!