



Grocery Guide

jenny
CRAIG®



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.

Grocery Guide

The Grocery Guide is the ultimate complement to your menu! Together with your Jenny Craig meals and your own fresh ingredients, you have the makings for a truly balanced (and delicious) routine! This guide is your go-to for nutrient-rich foods like fresh fruits and vegetables that give you the vitamins and minerals your body needs, the proteins that help build a strong body, and healthy fats to nourish your brain and nervous system.

These foods are split into 6 different categories:

- Vegetables (non-starchy)
- Protein or Dairy
- Fruit or Starch
- Healthy Fats
- Flavor Unlimited (Free foods!)
- Flavor Limited.

We recommend the majority of these grocery foods come from whole, minimally processed sources (these can be fresh, frozen or canned) and that you include a variety of Vegetables, Protein or Dairy, Fruit or Starch and Healthy Fats throughout the week.

Note: This list does not include all foods available. This is simply an example of foods within each category. If you cannot figure out which category a food fits in, connect with a Coach for help!

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. Fill up on your favorites from the list provided! These options are part of your menu and packed with nutrients that your body needs. Non-Starchy Vegetables (with no added fat) are approximately 25 calories, 5g carbohydrate and 2g protein per serving.

Artichoke, Artichoke Hearts	Endive	Radish
Arugula	Escarole	Rhubarb
Asparagus	Fennel	Rutabaga
Bamboo Shoots	Green Beans	Sauerkraut, canned, reduced-or low-sodium
Bean Sprouts	Green Onions, Scallions, Chives	Seaweed
Beans, wax, Italian	Greens, all varieties (ex. collard, chicory, dandelion, mustard, beet, Swiss Chard, turnip, etc.)	Snap Peas, sugar or yellow
Beets	Hearts of Palm	Snow Pea Pods
Bell Peppers, any variety	Jicama	Spinach
Bok Choy, Chinese Chard, White mustard	Kale	Squash, spaghetti, yellow or summer
Broccoli, Broccoli Rabe, Broccolini	Kohlrabi	Tomatillos
Brussels Sprouts	Leeks	Tomatoes, Tomato Sauce, Tomato Juice
Cabbage, all varieties	Lettuce, all varieties (ex. green or red leaf, iceberg, Romaine, spring mix, etc.)	Turnips
Carrots	Mixed Greens	Vegetable Juice (low-sodium)
Cauliflower	Mixed Vegetables (without corn, peas or pasta)	Water Chestnuts, canned, 1/2 cup
Celery	Mushrooms, all varieties (ex. white button, portobella, shiitake, etc.)	Watercress
Cucumber	Nopales	Zucchini
Daikon (Chinese Radish)	Okra	
Eggplant	Onions, all varieties (ex. red, white, sweet, shallots, etc.)	

Fruit or Starch

This group contains a list of fruits and various starches. Consume as directed on your menu. **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. These options are around 60-80 calories and 15g carbohydrates.

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

Note: When consuming packaged goods, note the serving size and stick to around 80 calories.

Apple, 1 small	Crackers, whole-grain, about 1/4 cup
Apple Slices, dried, 4 rings or 1/4 cup	Cranberries, dried, 2 Tbsp.
Applesauce, unsweetened, 1/2 cup	English Muffins, whole grain, 1 muffin
Apricots, dried, 8 pieces or 1/4 cup	Figs, dried, 3 or 1/4 cup
Bagel Thins, whole-grain, 1 bagel	Figs, fresh, 2 medium
Banana, 1/2 large	Fruit, canned, packed in water or 100% juice, 1/2 cup
Beans, all varieties (ex. black, white, pinto, chickpeas/Garbanzo, kidney, Great Northern, navy, etc.) cooked or canned, 1/2 cup	Goji Berries, dried, 2 Tbsp.
Black-eyed Peas, cooked or canned, 1/2 cup	Grapefruit, 1/2 large
Blackberries, fresh or frozen, 1 cup	Grapes, 1 cup
Blueberries, fresh or frozen, 1 cup	Guava, 1 cup
Bread, sourdough, 1 slice	Honeydew Melon, cubed 1 cup
Bread, whole-grain, 1 slice	Hummus, 1/4 cup
Bulgur, cooked, 1/2 cup	Lentils, cooked, 1/2 cup
Cantaloupe, cubed 1 cup	Lima beans, cooked, 1/2 cup
Cherries, fresh or frozen, 1 cup	Lychee, 1 cup
Clementine, 2 small	Mandarin Oranges, 2 medium
Corn, yellow or white, cooked, 1/2 cup	Mango, 1/2 cup
Couscous, whole-wheat, cooked, 1/2 cup	Nectarine, 1 medium

Oat Milk, 1 cup (8 fl. oz.)	Raisins, 2 Tbsp.
Papaya, raw, cubed 1 cup	Raspberries, fresh or frozen, 1 cup
Parsnips, cooked, 1 cup	Rice Cakes, brown rice, approx. 1-2 cakes
Pasta, whole-grain, cooked al dente, 1/2 cup	Rice, brown or wild, cooked, 1/2 cup
Peach, fresh, 1 medium	Roll, whole-grain, rye or sourdough, 1 small
Pear, fresh, with skin, 1 medium	Sandwich Thins, whole-grain, 1 roll
Peas, green, cooked, 1/2 cup	Split Peas, cooked, 1/2 cup
Persimmons, 1 small	Squash, Acorn, cooked, 1 cup
Pineapple, fresh, 1 cup	Squash, Butternut, cooked, 1 cup
Pita Bread, 6-inch whole-wheat, 1 pita	Squash, Winter, cooked, 1 cup
Plain Oatmeal, prepared with water, 1/2 cup	Strawberries, fresh or frozen, whole, 1 cup
Plantains, cooked, 1/2 cup	Sweet Potato, cooked, with skin, 1/2 cup or 1 small
Plums, 2 small	Tangelos, 1 medium
Pomegranate seeds, 1/2 cup	Tangerines, 2 medium
Potatoes (ex. red, white, sweet), cooked with skin, 1/2 cup or 1 small	Tortilla, whole-grain or corn, 6-inch
Prickly Pear, 1 cup	Watermelon, cubed, 1 cup
Prunes, 3 or 1/4 cup	Yam, cooked, with skin, 1/2 cup or 1 small
Pumpkin, cooked, 1 cup or canned puree (no sugar added)	Yucca or Cassava, cooked, 1/4 cup
100% Fruit Juice, all varieties, 1/2 cup (4 fl. oz., Limit to no more than one serving per day.)	



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. Consume as directed on your menu. You can replace any 1/2 Starch or 1 Healthy Fat with 1 Flavor Limited, if needed.

Lean Protein Each serving counts as 1 Protein Approximately 45 calories, 7g protein, 2g fat. Choose from this list more often.	Medium & High-Fat Protein Each serving counts as 1 Protein + 1 Fat Approximately 75-100 calories, 7g protein, 5-8g fat. Choose from this list more often
Beef, (select or choice grades trimmed of fat) ground round, roast (chuck, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin, 1 oz.	Bacon, turkey, 3 slices
Cheese, fat-free or low-fat, 1/4 cup shredded, 1 oz., or 1 1/4 in. cube	Beef, corned beef, meatloaf, (prime grades trimmed of fat) prime rib, rib roast, short ribs, 1 oz.
Cottage cheese, fat-free or low-fat, 1/4 cup	Cheese, reduced-fat cheeses, feta, mozzarella, pasteurized process cheese spread, 1 oz.
Deli meats, low-fat, turkey, ham, 1 oz.	Cheese, regular (American, blue, brie, cheddar, hard goat, Monterey Jack, parmesan, queso, swiss), 1 oz.
Egg substitute, 1/4 cup	Cheese, ricotta (regular or part skim), 1/4 cup or 2 oz.
Egg whites, 2	Deli Meats, bologna, hard salami, pastrami, pepperoni, 1 oz.
Fish, fresh or frozen, 1 oz.	Egg, whole, 1 large
Game (buffalo, ostrich, rabbit, venison), 1 oz.	Fish, fried, 1 oz.
Ground meats: Beef, ≥ 90% lean, Chicken, Turkey, ≥ 93% lean, 1 oz.	Ground meats: beef: ≥ 85%, lean turkey: ≥ 85% lean, 1 oz.
Hot dog, fat-free or low-fat, 1 hot dog or 1 3/4 oz.	Hot dog, regular, beef, pork, turkey, chicken or combination, 1 hot dog
Jerky (turkey, pork or beef), 1/2 oz	Lamb (rib roast, ground), 1 oz.
Lamb (chop, leg, roast), 1 oz.	Pork (cutlet, ground, shoulder, spareribs), 1 oz.
Pork, lean (Canadian bacon, chop, ham, tenderloin) 1 oz.	Pork, sausage, spareribs, 1 oz.
Poultry, skinless, 1 oz.	Poultry, with skin or fried, 1 oz.
Shellfish (clams, oysters, crab, lobster, scallops, shrimp), 1 oz.	Sausage, bratwurst, chorizo, Italian, Polish, smoked, summer, 1 oz.
Tuna, canned in water, 1 oz.	Sausage, 1 oz.

Plant-Based Proteins

Each serving counts as 1 Protein + 1/2 Starch
Contains both Carbs and Proteins.
Approximately 75-100 calories, 7g protein

"Bacon" strips, soy-based, 2 strips
Beans, all variety, cooked, 1/2 cup
"Beef" or "Sausage" crumbles, meatless, 1 oz.
"Chicken" nuggets, soy-based, 2 nuggets
Edamame, shelled (soybeans), 1/2 cup
Falafel, 3 patties (small)
Hot dog, meatless, 1 hot dog
Hummus, 1/3 cup
Lentils, cooked, 1/2 cup
Meatless burger, soy-based, 3 oz.
Meatless burger, vegetable and starch based, 1 patty
Meatless deli slices, 1 oz.
Mycoprotein ("chicken" tenders), meatless, 2 oz.
Nut spreads/butters: almond, cashew, peanut, soy, 1 Tbsp. or 8 oz.
Peas (black-eyed and split peas), cooked, 1/2 cup serving
Refried Beans, canned, 1/2 cup
"Sausage" breakfast type patties, meatless, 1
Soy nuts, unsalted, 3/4 oz.
Tempeh, plain, unflavored, 1/4 cup
Tofu, 1/2 cup or 4 oz.
Tofu, light, 1/2 cup or 4 oz.

Milks (Dairy)

Each serving counts as 1 Dairy
(Nonfat/Skim/Low-fat 1% Milks/Reduced-fat 2%) Approximately 100-120 calories, 12g oz. carbohydrates, 8g protein, 0-5g fat. Choose from this list more often.

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

Plant-Based Milk/Yogurts

Each serving counts as 1 Dairy + 1/2 Starch
Contains both Carbs and Proteins. Approximately 130-160 calories, 8g protein

Almond milk, unsweetened, 1 cup or 8 oz.
Almond milk, sweetened, flavored, 1 cup or 8 oz.
Almond milk, sweetened, regular/original, 1 cup or 8 oz.
Coconut milk, unsweetened, 1 cup or 8 oz.
Rice milk, 1 cup or 8 oz.
Soy milk, unsweetened, plain, light or low-fat, 1 cup or 8 oz.
Soy milk, unsweetened, plain, regular, 1 cup or 8 oz.
Oat Milk, unsweetened, plain, 1 cup or 8 oz.
Hemp Milk, unsweetened, plain, 1 cup or 8 oz.
Flax Milk, unsweetened, plain, 1 cup or 8 oz.
Cashew Milk, unsweetened, plain, 1 cup or 8 oz.
Yogurt, nondairy, unsweetened, plain, 1 cup serving

High-Fat / Whole Milk

Each serving counts as 1 Dairy + 1 Fat
Approximately 145-165 calories, 12g carbohydrates, 8g protein, 5-8g fat. Choose from this list more 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.

Healthy Fats

Healthy fats contain approximately 45 calories and 5g of fat per serving. Choose from the unsaturated fats list more often. Consume as directed on your menu. 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.

Unsaturated Fats: Mono and Polyunsaturated Choose from this list more often.	Other Fats Choose from this list less often.
Avocado, medium, 1/8 fruit or 2 Tbsp.	Saturated Fats
Margarine, reduced-fat/light (trans fat-free), 1 Tbsp.	Butter, reduced-fat/light, 1 Tbsp.
Margarine, soft, regular (trans fat-free), 1 tsp.	Butter, regular, stick, 1 tsp. or whipped, 2 tsp.
Mayonnaise, regular, 1 tsp.	Coconut, sweetened, shredded, 2 Tbsp.
Oils, 1 tsp.	Coconut milk, canned, thick, light, 1/3 cup
Olives, black, 8	Cream cheese, reduced-fat/light, 1 1/2 Tbsp.
Olives, green, stuffed, 10 large	Cream cheese, regular, 1 Tbsp.
Salad dressing, reduced-fat, 2 Tbsp.	Oils, (coconut, palm, palm kernel), 1 tsp.
Salad dressing, regular, 1 Tbsp.	Sour cream, reduced-fat/light, 3 Tbsp.
Nuts & Seeds	Sour cream, regular, 2 Tbsp.
Almonds, 6 nuts	Creams
Cashews, 6 nuts	Half and Half, 2 Tbsp.
Macadamia, 3 nuts	Heavy, 1 Tbsp.
Mixed (50%) peanuts, 6 nuts	Light, 1 1/2 Tbsp.
Nut butters (smaller amounts) 1 1/2 tsp.	Whipped, 2 Tbsp.
Pecans, 4 halves	
Peanuts, 10 nuts	
Pine Nuts, 1 Tbsp.	
Pistachios, 16 nuts	
Seeds, flaxseed, ground, 1 1/2 Tbsp.	
Seeds, pumpkin, sesame, sunflower, 1 Tbsp.	
Tahini or sesame paste, 2 tsp.	
Walnuts, 4 halves	



Flavor Unlimited

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

Reminder: during the fasting period, only Recharge Bar, water, unsweetened tea and black coffee can be consumed.

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, Green Chilis, Green onions, Herbs, Spices, Horseradish, Hot sauce, Lemon, Lime, Mustard, Non-stick cooking spray, Peppers, Pickles (dill), Pimiento, Salsa, Soy sauce (low-sodium), Vinegars, Worcestershire sauce

Flavor Limited

These are completely optional add-ons and condiments for your meal plan to add additional flavor! These are approximately 10-35 calories, enjoy up to **3 servings listed per day** to stay on your plan. Should not be consumed during the fast period.

Avocado, 1/8 fruit or 2 Tbsp.	Olives, black or green, 8
Butter, 1 tsp.	Parmesan or Feta, low-fat, 1 Tbsp.
Chocolate Syrup, sugar-free, 1 Tbsp.	Pickles, sweet, 2 slices
Coffee Creamer, fat-free, 1 Tbsp.	Popcorn, air-popped, 1 cup
Cream Cheese, reduced-fat/fat-free, 1 Tbsp.	Pudding, 1/4 cup
Diet beverages, 1 (12 oz.)	Salad dressing, light, 1 Tbsp.
Flaxseed, 1 tsp.	Salad dressing, regular, 1 tsp.
Maple Syrup, sugar-free, 1 Tbsp.	Sauces & Condiments Barbecue sauce, Ketchup, Relish, Sour Cream, Teriyaki sauce, Tomato paste, 1 Tbsp.
Nonfat Plain Greek Yogurt, 2 Tbsp.	Whipped Topping, 3 Tbsp.