

Club jenny

JENNY CRAIG® MEAL EXCHANGE GUIDELINES



BREAKFAST

Foods	Starch	Protein	Fat	Vegetable
Blueberry Muffin	2		1	
Blueberry Pancakes & Sausage	2	1		
Cheddar Cheese Omelet	2	1		
Cheesy Egg & Steak Quesadilla	2	1		
Chocolate Muffin	2		1	
Cinnamon Coffee Cake	2			
Cinnamon Rolls	2			
Classic Waffles	2			
Cranberry Almond Barscotti	2			
Egg, Cheese & Turkey Sausage Burrito	1	1	1	
Farmhouse Breakfast Bowl	1	1	1	
Maple French Toast Sticks	2			
Sunshine Sandwich	2	1		



LUNCH & DINNER

Foods	Starch	Protein	Fat	Vegetable
Baked Ziti	2	1	1	
Bean & Cheese Burrito	2	1		
Broccoli & Cheese Stuffed Potato	1	2		1
Cheesy Mashed Potatoes & Fried Chicken	2	1		
Chicken & Shrimp Quinoa Bowl		2	1	1
Chicken & Wild Rice Soup	2	2		
Chicken Burrito	2	1	1	
Chicken Cranberry Salad Kit	2	1	1	
Chicken Fajita Bowl	1	2	1	
Chicken Fettuccine Alfredo	2	2		
Chicken Margherita Pasta	2	2		
Chicken Marsala	1	1		1
Chicken Ranch Melt	2	1	1	
Chicken Street Tacos	2	1	1	
Classic Cheeseburger	2	1	1	
Classic Chicken Carbonara	2	2		
Classic Lasagna with Meat Sauce	2	1	1	
Creamy Dill Salmon with Asparagus	1	2	1	1
Deli Style Tuna Salad with Crackers	2	1	1	
Fish & Chips	2	1		
Loaded Baked Potato	2	1	1	
Ham & Swiss Baguette	2	1		
Margherita Pizza	2	1		
Meatloaf & Vegetable Medley	1	1	1	1
Orange Chicken	2	1		1
Pepperoni Pizza	2	1	1	
Riced Cauliflower Grilled Chicken Bowl		2	1	1
Seasoned Steak	1	2	2	
Spaghetti with Meatballs	1	2	1	
Three Cheese Macaroni with Broccoli & Carrots	2	1		1

SNACKS & DESSERTS

Foods	Starch	Protein	Fat	Vegetable
Aged White Cheddar Popcorn	1		1	
Baked Cheese Curls	1		1	
Carrot Cake	2			
Chocolate Cheesecake	1		1	
Chocolate Chip Cookies	1		1	
Chocolate Lava Cake	2			
Chocolate Walnut Brownie	2		1	
Lemon Cake	2			
Sea Salt Popcorn	1		1	
S'mores Bar	1	1		
Strawberry Cheesecake	1		1	
Vanilla Buttercream Cupcake	2			
White Chip Macadamia Nut Cookie	2		1	

BARS

Foods	Starch	Protein	Fat	Vegetable
Recharge Bar - Nut & Honey		1	2	
Anytime Bar - Chocolate Peanut Butter		2	1	

