

jenny craig grocery list



NONSTARCHY Vegetables

Approximately 25 calories, 5 g carbohydrate and 2 g protein per serving. Nonstarchy vegetables without added fat are Free (see FREE FOODS list), so it's okay to eat extras, but be sure to get at least three servings per day. Starchy vegetables (corn, peas, potatoes, winter squash, yams) can be found under STARCHES.

Raw vegetables/garden salad	(1 cup)
Cooked vegetables.....	(½ cup)
Vegetable juice	(½ cup/4 oz)

FRUITS

Approximately 60 calories and 15 g carbohydrate per serving.

Fresh fruit	(In general, 1 small or ½ large piece)
Apple	(1 small)
Apricots	(4)
Banana	(½ large)
Blackberries.....	(¾ cup)
Blueberries	(¾ cup)
Cantaloupe	(1 cup cubed)
Cherries	(12)
Grapefruit	(½ large)
Grapes.....	(1 cup)
Honeydew melon.....	(1 cup cubed)
Kiwi.....	(1)
Mango	(½ small or ½ cup)
Nectarine	(1 small)
Orange	(1 small)
Papaya.....	(½ fruit or 1 cup cubed)
Peach	(1 medium)
Pear	(½ large)
Pineapple.....	(¾ cup)
Plums	(2 small)
Raspberries	(1 cup)
Strawberries	(1 cup sliced)
Tangerines	(2 small)
Watermelon.....	(1 ¼ cups cubed)
Canned fruit	(½ cup)

Dried fruit:

Apples	(4 rings)
Apricots	(8 halves)
Cherries, cranberries, raisins	(2 Tbsp)
Figs.....	(1 ½)
Prunes	(3)

Fruit juice:

Apple, grapefruit, orange, pineapple.....	(½ cup)
Fruit juice blend, grape, prune	(⅓ cup)

PROTEINS

Approximately 45 calories, 7 g protein and ≤ 3 g fat per serving.

For less saturated fat and cholesterol, choose lean meats more often.

Beans and lentils	(½ cup = 1 protein, 1 starch)
Beef, Select or Choice grades trimmed of fat.....	(1 oz)
Ground round	
Roast (chuck, rib, rump)	
Round	
Sirloin	
Steak (cubed, flank, porterhouse, T-bone)	
Tenderloin	
Cheese fat-free or	
low-fat	(1 oz, ¼ cup shredded, or 1 ¼ inch cube)
String cheese, light.....	1 item
Cottage cheese, fat-free or low-fat	(¼ cup)
Deli meats	(1 oz)
Edamame (soy beans).....	(½ cup = 1 protein, ½ starch)
Egg whites.....	(2)
Egg substitute	(¼ cup)
Fish, fresh or frozen	(1 oz)
Game (buffalo, ostrich, rabbit, venison)	(1 oz)
Ground meats	(1 oz)
Beef, ≥ 90% lean, Chicken, Turkey, ≥ 93% lean	
Hot dog, fat-free or low-fat	(1 small/1 oz)
Jerky (turkey, pork or beef).....	(1 oz)
Lamb (chop, leg, roast)	(1 oz)
Pork (chop, ham, tenderloin)	(1 oz)
Poultry, skinless.....	(1 oz)

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Shellfish.....(1 oz)
 Tofu, light..... (½ cup/4 oz)
 Tuna, canned in water(¼ cup/1 oz)
 Turkey bacon, extra lean (3 slices)
 Veggie burger,
 frozen patty(1 patty/3 oz = 2 protein, 1 starch)

MEDIUM/HIGH FAT PROTEIN = 1 PROTEIN + 1 FAT

Approximately 75-100 calories, 7 g protein and > 3 g fat per serving.
 Choose less often to avoid high intakes of saturated fat.

Bacon, pork (2 slices)
 Beef.....(1 oz)
 Corned beef
 Meatloaf
 Prime grades trimmed of fat (prime rib)
 Short ribs
 Cheese,
 regular.....(1 oz, ¼ cup shredded or 1 ¼ inch cube)
 Parmesan cheese (¼ cup)
 Egg.....(1 large)
 Fish, fried.....(1 oz)
 Ground meats(1 oz)
 Beef, ≤ 85% lean
 Turkey, ≤ 85% lean
 Hot dog (1 small hot dog/1 oz)
 Lamb
 (rib roast, ground).....(1 oz)
 Pepperoni.....(½ oz, 2-3 slices)
 Pork
 (cutlet, ground, shoulder, spareribs)(1 oz)
 Poultry, with skin or fried(1 oz)
 Sausage(1 oz)
 Tofu (½ cup/4 oz)
 Turkey bacon..... (3 slices)

MILKS

NONFAT/LOW-FAT/1% MILKS = 1 MILK

Approximately 100 calories, 12 g carbohydrate, 8 g protein and ≤ 3 g fat per serving.

Buttermilk, fat-free or low-fat (1 cup/8 oz)
 Chocolate milk,
 fat-free or 1%..... (1 cup = 1 milk, 1 starch)
 Milk, fat-free or 1% (1 cup/8 oz)
 Soy milk, light(1 ½ cups/12 oz)
 Yogurt, fat-free or low-fat, light(⅔ cup/6 oz)
 Greek yogurt, fat-free(6 oz)

HIGHER FAT MILKS (REDUCED-FAT/2%/WHOLE) = 1 MILK + 1 FAT

Approximately 120-160 calories, 12 g carbohydrate, 8 g protein and ≥ 3 g fat per serving.

Buttermilk, 2% or whole (1 cup/8 oz)
 Chocolate milk
 2% or whole (1 cup = 1 milk, 1 fat, 1 starch)
 Milk, 2% or whole..... (1 cup/8 oz)
 Soy milk, regular.....(1 ½ cups/12 oz)
 Yogurt, 2% or whole.....(⅔ cup/6 oz)

** For almond milk, coconut milk beverage and rice milk, see STARCHES.

** If you are lactose intolerant, you may substitute 1 Milk serving for 2 protein servings. If doing so regularly, be sure to add a daily calcium supplement.

FATS

Approximately 45 calories and 5 g fat per serving.

MONO- AND POLYUNSATURATED *(Choose more often for heart health)*

Avocado(⅓ or 2 Tbsp)
 Margarine, soft, regular (1 tsp)
 reduced-fat/light (1 Tbsp)
 Mayonnaise, regular (1 tsp)
 reduced-fat/light (1 Tbsp)

Nuts:

Almonds (6 nuts)
 Cashews..... (6 nuts)



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Peanuts	(10 nuts)
Walnuts.....	(4 halves)
Oil (canola, corn, cottonseed, flaxseed, grape seed, olive, peanut, safflower, soybean, sunflower) ...	(1 tsp)
Oil-based dressing, regular	(1 Tbsp)
low-fat/light.....	(2 Tbsp)
Olives	(8)
Peanut butter & other nut butters	(1 ½ tsp)
Seeds.....	(1 Tbsp)

SATURATED (Choose less often)

Butter, regular.....	(1 tsp)
reduced-fat/light	(1 Tbsp)
Cream cheese, regular	(1 Tbsp)
reduced-fat/light	(1 ½ Tbsp)
Creamy salad dressing, regular	(1 Tbsp)
low-fat/light.....	(2 Tbsp)
Oil (coconut, palm, palm kernel)	(1 tsp)
Sour cream, regular.....	(2 Tbsp)
reduced-fat/light	(3 Tbsp)

STARCHES

Lower-fat Starches = 1 Starch

Approximately 80 calories, 15 g carbohydrate, ≤ 3 g protein
and ≤ 1 g fat per serving.

Almond milk:	
flavored.....	(1 cup = 1 starch, ½ fat)
regular/original	(1 cup = ½ starch, ½ fat)
Animal crackers.....	(8)
Bagel, large	(¼ item or 1 oz)
Barley, cooked	(⅓ cup)
Beans and lentils	(½ cup = 1 protein, 1 starch)
Bread	(1 slice/1 oz)
Candy, hard.....	(3 pieces)
Cereal, unsweetened	(¾ cup cold or ½ cup cooked)
Chips, low-fat, baked.....	(15-20)
Coconut milk beverage, regular.....	(1 cup = ½ starch, 1 fat)

Couscous.....	(⅓ cup)
Crackers, saltine, wheat (fat-free or low-fat).....	(6)
English muffin.....	(½)
Frozen yogurt, fat-free	(⅓ cup)
Graham crackers.....	(3 squares)
Granola, low-fat	(¼ cup)
Oatmeal, cooked.....	(½ cup)
Oyster crackers.	(20)
Pancake, 4 inches across, ¼ inch thick.....	(1)
Pasta, cooked	(⅓ cup)
Pasta sauce/marinara, low-fat.....	(½ cup)
Pita, 6 inches across	(½)
Popcorn, low-fat/air-popped	(3 cups)
Potato, baked or boiled	(½ cup or ½ medium)
Pudding, regular	(¼ cup)
fat-free	(½ cup)
Quinoa, cooked.....	(⅓ cup)
Rice, white or brown, cooked.....	(⅓ cup)
Rice cakes, 4 inches across.....	(2)
Rice milk:	
flavored, fat-free or low-fat	(½ cup = 1 starch)
plain, fat-free or low-fat	(1 cup = 1 starch)
Roll, plain, small.....	(1 item/1 oz)
Soup, tomato, split-pea, broth-based or low-fat cream-based	(1 cup/8 oz)
Starchy vegetables, cooked:	
Corn, peas, potatoes, yams.....	(½ cup)
Pumpkin, water chestnuts, winter squash (acorn, butternut).....	(1 cup)
Tortilla, corn or flour, 6 inches across	(1)
Wild rice, cooked.....	(½ cup)

HIGHER-FAT STARCHES = 1 STARCH + 1 FAT

Approximately 125 calories, 15 g carbohydrate, ≤ 3 g protein
and ≤ 3 g fat per serving.

Biscuit	(2 ½ inches across)
Brownie, unfrosted	(1 ¼ inch square/1 oz)
Cake, unfrosted	(2 inch square/2 oz)

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Chips, regular (9-13)
 Cookies (2 small)
 Corn bread (2-inch square)
 Crackers, butter type (6)
 Cupcake, frosted (½ small/1 oz)
 Granola, regular (¼ cup)
 Hummus (⅓ cup = 1 starch, ½ protein, 1 fat)
 Ice cream, light (½ cup)
 Muffin (¼ item/1 oz)
 Pasta sauce/marinara, higher-fat (½ cup)
 Popcorn, microwave, butter flavored (3 cups)
 Potato, mashed (½ cup)
 Soup, cream-based (1 cup)
 Stuffing, bread (prepared) (⅓ cup)
 Waffle (4-inch square or across)

COMBINATION & FAST FOODS

Calories vary

Burrito

beef and beans (8 oz = 3 starch, 3 protein, 5 fat)

Casserole-type entrée: (chili, lasagna, macaroni & cheese,
 pasta w/meat sauce, tuna noodle) (1 cup = 2 starch,
 2 protein, 2 fat)

Chicken nuggets (6 = 1 starch, 2 protein, 2 fat)

Chicken sandwich, grilled (3 starch, 4 protein)

French fries (small = 3 starch, 3 fat)

Hamburger (small = 2 starch, 1 ½ protein, 1 fat)

Meal replacement bar (1 ⅓ oz = 1 ½ starch, 1 fat)

Milkshake, any flavor (12 oz = 6 starch, 2 fat)

Noodles and vegetables in sauce... (1 cup = 2 starch, 1 fat)

Orange chicken (1 cup = 3 starch, 3 protein, 4 fat)

Pizza:

cheese/pepperoni, regular crust (⅓ of a 14-inch
 = 2 ½ starch, 1 protein, 2 fat)

vegetarian, thin crust (¼ of a 12-inch
 = 2 ½ starch, 2 protein, 2 ½ fat)

Pie:

fruit (⅓ of an 8-inch = 3 starch, 2 fat)

pumpkin or custard (⅓ of an 8-inch
 = 1 ½ starch, 1 ½ fat)

Stews (beef/other meats and vegetables) (1 cup
 = 1 starch, 1 protein, ½ fat)

Submarine sandwich (6-inch
 = 3 starch, 2 protein, 1 fat)

Sushi, California roll (4 pieces
 = 2 starch, ½ protein, 1 ½ fat)

Taco, meat and cheese (small
 = 1 starch, 1 protein, 2 fat)

Tuna or chicken salad (½ cup
 = ½ starch, 2 protein, 1 fat)

ALCOHOL

Calories vary.

Tip: Ask to have your cocktail made “skinny”; this is
 an easy way to cut back on added sugar and calories.

Beer:

regular (12 oz = 1 starch, 2 fat)

light 12 oz = ½ starch, 2 fat)

Distilled spirits (vodka, rum, gin) (1 ½ oz = 2 fat)

Margarita (6 oz = 1 starch, 4 fat)

Martini (2 ½ oz = 3 ½ fat)

Sake (1 oz = 1 fat)

Wine (5 oz = 2 fat)

Wine spritzer (half wine/half soda water) ... (5 oz = 1 fat)



*The USDA recommends limiting alcohol consumption to one
 drink per day for women, and two drinks per day for men.
 One drink is defined as 12 fl oz of regular beer, 5 fl oz of wine,
 or 1.5 fl oz of distilled spirits.

Unlimited **FREE FOODS**

These foods and beverages may be consumed in a moderate amount.

NON-STARCHY VEGETABLES (WITHOUT ADDED FAT)

Artichoke	Eggplant	<i>romaine, spinach)</i>
Asparagus	Greens (<i>collard, kale, mustard, turnip</i>)	Sauerkraut
Bamboo Shoots	Hearts of Palm	Snap Peas
Beans (<i>green, wax, Italian</i>)	Jicama	Spaghetti Squash
Bean Sprouts	Leeks	Summer Squash (<i>crookneck, yellow</i>)
Beets	Mushrooms	Tomatoes/Tomato Paste/Tomato Sauce
Bok Choy	Okra	Turnips
Broccoli	Onions	Vegetable Juice (<i>low-sodium</i>)
Brussels Sprouts	Peppers (<i>all varieties</i>)	Zucchini
Cabbage	Radishes	
Carrots	Rutabaga	
Cauliflower	Salad Greens (<i>endive, escarole, lettuce,</i>	
Celery		
Cucumber		

BEVERAGES

Carbonated or Mineral Water
Club Soda
Coffee
Diet Soda
Diet Tonic
Sugar-free Drink Mix
Tea



FLAVOR ENHANCERS

Bouillon/Broth (*low-sodium*)
Extracts
Garlic
Herbs (*fresh or dried*)
Horseradish
Hot Sauce
Ketchup
Lemon Juice
Lime Juice
Mustard
Pickles
Pimiento
Salsa
Spices
Soy Sauce (*low-sodium*)
Vinegar
Worcestershire Sauce

SWEETS (*Sugar-free*)

Gelatin
Gum
Ice Pop
Sugar Substitute

Limited (MAY CHOOSE UP TO 3 SERVINGS/DAY)

≤ 35 calories per serving

CONDIMENTS (*Fat-free*)

1 Tbsp:
Barbeque Sauce
Cream Cheese
Margarine
Mayonnaise,
Non-Dairy Creamer
Salad Dressing
Sour Cream
Teriyaki Sauce

FRUITS ($\frac{1}{2}$ cup)

Cantaloupe
Grapefruit
Honeydew
Strawberries,
Watermelon; $\frac{1}{4}$ cup
All Other Varieties of Fruit (fresh, frozen or canned without added sugar)

Ground Flaxseed, 2 tsp
Parmesan Cheese, 1 Tbsp
Jenny Craig® Lite Table Syrup, 1 packet
Soupitizer® count as 2 Limited Free servings

SWEETS (*Low-sugar or Sugar-free*)

Hard Candy (2 pieces)
Hot Cocoa Mix (2 Tbsp)
Jelly (1 Tbsp)
Pudding ($\frac{1}{4}$ cup)
Syrup (caramel, chocolate, maple, strawberry) (2 Tbsp)
Whipped Topping (3 Tbsp)

SWEETS (*Regular*)

Syrup (caramel, chocolate, maple, strawberry) (1 $\frac{1}{2}$ tsp)
Hard Candy (1 piece)
Jelly (2 tsp)
Pudding (2 Tbsp)
Whipped Topping (2 Tbsp)

References:

1. Rolls BJ, Barnett RA. The Volumetrics Weight-Control Plan. New York, NY: Harper; 2000.
2. Flood JE, Rolls BJ. Soup preloads in a variety of forms reduce meal energy intake. *Appetite*. 2007;49:626-634.