HAPPY NEW YEAR!
HEALTHY EDITION
BY JENNY CRAIG

WHAT DOES A TYPICAL DAY ON JENNY CRAIG LOOK LIKE? MEET CHLOE BROWN!

LEARN TO MAKE A SIMPLE BERRY COBBLER & OTHER DELICIOUS RECIPES!

GET HEALTHY HABITS FOR THE NEW YEAR FROM JESSICA, A REAL JENNY CRAIG MEMBER

LEARN HOW TO EAT RIGHT ALL YEAR LONG!
There’s something exciting about every New Year. Maybe it’s the idea of a fresh start, or perhaps it’s the possibilities that await us. Whatever your aspirations may be, feeling your best and staying in good health in 2019 is likely top of mind. The New Year is a great time to reassess your habits and set attainable goals — whether that includes weight loss, eating healthier, including more physical activity into your routine or taking time for self-care.

In this New Year Edition, we talk to Jessica B., a real Jenny Craig member, who gives us her tips for making healthy lifestyle changes you can maintain this year. We also sit down with Briana Rodriquez, Jenny Craig’s Registered Dietitian, to talk about why breakfast matters when it comes to weight loss. Finally, we’ve included Simple Inspirations Cookbook for some delicious, wholesome recipes you can try at home.

Here’s to a healthy and memorable New Year!

The Jenny Craig Family
JESSICA, A REAL JENNY CRAIG MEMBER, TALKS ABOUT HER HEALTHY HABITS FOR THE NEW YEAR
WHAT'S YOUR BEST PIECE OF ADVICE TO SOMEONE WHO WANTS TO LOSE WEIGHT AND MAKE HEALTHY LIFESTYLE CHANGES THIS YEAR?

My best piece of advice is to make this time different. Doing something each day to get you closer to that healthier lifestyle will bring you further away from your unhealthy habits, and closer to a New Year of new possibilities. Bad habits are hard to break, but they can be replaced by healthier habits when you work toward them each day.

HOW DID YOUR EATING HABITS CHANGE AFTER JENNY CRAIG?

My eating habits completely changed after joining Jenny Craig. Previously, I paid no attention to my hunger cues and would eat just to eat, not truly enjoying the food. It was like I was filling some type of void. I was in a cycle; restrict to try and lose weight, then give in and overeat. With Jenny Craig, I was able to enjoy nutritious food that tasted great, while still reducing my caloric intake. I didn’t feel deprived, and I think that is why I was able to keep the weight off and maintain my new healthy habits. Now I enjoy what I eat and feel satisfied with foods that nourish my body.

NEW YEAR, NEW YOU! DO YOU FEEL LIKE A NEW PERSON NOW THAT YOU’VE REACHED YOUR GOAL?

I do feel like a new person was unleashed since losing weight, but the me that I am today was always inside. Now that I’m at a place where I’m physically and mentally happy, I feel like I can truly be the person I always wanted to be. Losing this weight for me has done so much more than change my body, it has given me the initiative and drive to know that I can do anything I set my mind to — and that I can help others do the same. Now that I’ve gained the confidence from losing the weight, I have completely transformed my outlook on food, health, and pretty much every aspect of my life. I am all around a happier person!
5 POST-HOLIDAY TIPS TO RE-ENERGIZE YOUR GOALS

Ready to kick off 2019 while feeling your best? Between traveling and spending time with loved ones, your healthy habits might get lost in the shuffle. After the holiday celebrations are over, you might find yourself wanting to refocus on your health and wellness goals — these tips will help!

HERE’S WHAT LOSING 5-10% OF YOUR BODY WEIGHT CAN DO FOR YOUR HEALTH

If you’re struggling to reach a healthy weight, remember that it’s not always about seeing a dramatic change on your scale right away — gradually losing just 5-10 percent of your weight may have a significant impact on your overall health if you are overweight or obese. Here are ten ways your health can improve.

EW YEAR’S RESOLUTION IDEAS YOU CAN ACCOMPLISH

Not sure which goals to set in 2019? The best New Year’s resolutions are those that really speak to you and are achievable. Here are some great ideas you’ll feel good about all year long!
Ask
CHLOE BROWN
WHAT DOES A TYPICAL DAY ON JENNY CRAIG LOOK LIKE?

HOW DID YOUR EATING HABITS CHANGE AFTER JENNY CRAIG?

Ever wonder what it’s like to join Jenny Craig? Explore a day in the life of actual Jenny Craig members and read their inspiring stories as we highlight different journeys throughout the year. In their own words, they’ll share their favorite foods, activities and creative tips that help them develop healthier habits and reach their weight loss goals.

Meet Chloe, an aspiring Master’s student, pet parent and all-around amazing member! Chloe lost over 30 lbs.† on Jenny Craig and maintains her weight loss by enjoying Jenny Craig meals, hitting her daily 10K step count and swimming twice a week. See how Chloe spends a typical Tuesday:

†Weight lost on Classic program. Members following our program, on average, lose 1-2 lbs. per week. Chloe received promotional consideration.

8:30 - 9:00 A.M. START THE DAY OFF RIGHT

BEEP! BEEP! BEEP! It’s 8:30 a.m. and my alarm is going off. I am definitely not one of those people who wakes up, jumps out of bed and dances their way to the bathroom. After waking up, I continue to lay in bed, check my phone and procrastinate leaving my warm, comfortable sheets. Once I decide it’s time to get up, I slowly make my way out of bed and head to the washroom to start my morning routine.

For breakfast I make my favorite Jenny Craig Maple French Toast with Breakfast Syrup and pair it with a warm drink. I love the flexibility the Jenny Craig Program has afforded me – I still get to indulge in one of my favorite drinks every morning!

**Pro Tip:** My favorite Jenny Craig approved morning breakfast drink is made with frothed 8oz of nonfat milk and 2 tablespoons of sugar-free Cinnamon Dolce Syrup. Some mornings I even add nutmeg or cinnamon powder on top for something extra special. Counts as 1 milk + 1 Limited on the Classic Menu.

After breakfast I head back to my room for about an hour of study time.
10:30 - 12:00 P.M. MAKING TIME FOR EXERCISE

Although the Jenny Craig Program doesn’t require exercise to be successful, it does emphasize a healthy lifestyle. During my weight loss journey, I often left weekly consultations with the goal of completing 10,000 steps a day, as I don’t enjoy the gym or most other forms of exercise. After hitting my goal weight, I became more comfortable in my skin and began swimming weekly.

Pro Tip: While you don’t have to exercise on the Jenny Craig program to successfully reach your goals, I found that walking and swimming further supported my weight loss efforts and I liked picking up the healthy habit of regular activity.

I swim for about an hour or 1.5 to 2 kilometers twice a week and feel great afterwards! Growing up, I was a synchronized swimmer and loved being in the water! After gaining weight and being uncomfortable in a bathing suit, I lost touch with swimming and hadn’t swum in over 5 years. Since hitting my goal weight, I began swimming again and notice significant improvements in my energy and motivation!

After exercising, I refuel with a Jenny Craig Essential Nutrition bar and lots of water. These Jenny Craig bars are something I will eat for the rest of my life – I love the taste and they are way better than any other protein bar I’ve tried before!

1:30 - 2:30 P.M. LUNCHTIME

Lunch today is the Jenny Craig Beef Merlot. I always love to have a fresh salad with lunch. I usually start with some lettuce and throw in any other veggies I have in the fridge. Sticking to the Jenny Craig Program, I top it with a Jenny Craig dressing and sometimes some freshly ground pepper!

Pro Tip: I check my steps throughout the day to ensure I’m staying on track with my goal (10,000 a day). By monitoring it frequently, I can make sure I accomplish my daily steps.

2:30 P.M. TIME TO GET READY FOR WORK

Juggling two part-time jobs and a full-time Master’s degree, along with other commitments can be a struggle. Jenny Craig has made meal preparation and weight loss easy to fit into any busy schedule!

Pro Tip: Prepare your food and take it with you to-go if you know you won’t have access to a kitchen! Today I grabbed my Jenny Craig Margherita Pizza, some beets and a piece of fruit before I headed out the door to work.

Since starting Jenny Craig in early 2018 I have lost over 30 pounds.† I was inspired to join Jenny Craig and lose weight when my clothes got to the point where they didn’t fit me anymore. It was frustrating, depressing and something I faced every day. Since hitting my goal weight, it’s been so liberating to throw on anything from my closet and head out the door without feeling self-conscious about my body. Being able to fit into my clothes makes getting ready so much easier and faster!
3:00 - 8:30 P.M. WORK AND DINNER

Working part-time at a bakery can make sticking to a meal plan more difficult. The best thing about the Jenny Craig plan is the fact that you get a dessert every single night! Prepared meals and dessert? Sign me up! Knowing I have a delicious treat to eat when I get home helps me stay on track and stick to the Jenny Craig program. Tonight, because of my closing shift I ate my Jenny Craig Margherita Pizza while on break at work.

8:45 - 11:00 P.M. TIME TO WIND DOWN

After work, I make my way home and look forward to eating my dessert. Tonight’s dessert will be the Jenny Craig Pumpkin Spice Cakes. This sweet snack reminds me that just because I’m trying to lose weight, doesn’t mean I can’t treat myself and enjoy the foods I love most!

With a couple more hours before bed, I catch up with my family and talk to them about their days. Depending how much time I have left before bed, I’ll crack open my books one last time to try to get ahead in my coursework.

11:00 P.M. BEDTIME

At last, it’s time for bed! I complete my nightly routine, get my pajamas on and grab my eye mask!

Pro Tip: Try to log 7-9 hours of sleep a night. It’s especially important to get the right amount of sleep when trying to lose weight, otherwise I find it very difficult to stay on track and find the motivation for healthy eating.

Thanks for joining me on my day today – Goodnight all!

FEELING INSPIRED BY CHLOE’S STORY?
BOOK YOUR FREE APPOINTMENT WITH A JENNY CRAIG CONSULTANT TO START YOUR OWN WEIGHT LOSS JOURNEY TODAY!
You’ve probably heard the saying, “breakfast is the most important meal of the day.” (Thanks for the tip, Mom!) But does it really matter if skip your morning meal? We sat down with Jenny Craig Registered Dietitian, Briana Rodriquez, to get the inside scoop on breakfast — and why it actually is the most important meal of the day, especially if you’re trying to lose weight.

**BREAKFAST BASICS**

Simply translated, breakfast means “breaking the fast.” Rodriquez explains, “During sleep, your body is relaxing and your cells are rejuvenating. When you wake up after 7-9 hours of sleep, your blood sugar is naturally low. Blood sugar, also known as glucose, is used to power your muscles and brain. When you abstain from food overnight, you need fuel to replenish your energy stores.”

But what if you’re running late to a morning meeting and don’t have time to eat? Rodriquez continues, “Skipping breakfast means that the body will start to pull from its reserves (such as your muscles) and has been linked to an increase in consuming unhealthy foods and overeating later in the day.” What’s more, overeating, especially late at night, has been linked to weight gain as well as other health issues. But rest assured, there are quick and easy breakfasts that you can grab on-the-go. And taking a few minutes to prep the night before can help.
WHY BREAKFAST MATTERS WHEN IT COMES TO WEIGHT LOSS

Rodriquez points out, “In today’s fast-paced world, many people don’t have time to sit down to eat something nutritious in the morning. Typically, what ends up happening when you skip breakfast is that you’ll overcompensate later — eating more than you intend to because you’re extremely hungry. This usually means your largest meal ends up being in the evening, right before bed. And that’s not good if your intention is weight loss.”

Rodriquez notes that studies show eating breakfast and making it your largest meal of the day can lead to a healthier weight and potentially reduce risks of certain diseases. Why? When you eat earlier in the day and avoid eating large meals at night, you’re working with your body’s natural rhythm, known as your circadian rhythm. Circadian rhythms follow a 24-hour cycle that is dictated by light and dark. Your metabolism follows this cycle by being most efficient in the morning and then slowing down as the day goes on, until it reaches its slowest point in the evening. “Since digestion slows down when you sleep, your body will have a harder time metabolizing food consumed in the evening hours. This means that late-night calories are likely to be stored instead of being used as energy,” Rodriquez explains. By enjoying a balanced and substantial breakfast to start your day, you’ll be working with your metabolism when it’s working optimally, which in turn may help support your weight loss efforts naturally.

Jenny Craig’s newest program, Rapid Results, combines this science-based research around the body’s natural circadian rhythm and chef-crafted, nutritious meals to help optimize your metabolism and accelerate weight loss.

WHY MORE CALORIES IN THE MORNING?

Although skipping meals or drastically cutting calories may seem like a sure-fire way to lose weight, Rodriquez is quick to disagree. Eating a hearty breakfast can also help you feel more satiated throughout the day, which may make you feel less inclined to reach for late-night meals or snacks.

Rodriquez says, “Consuming more of your calories earlier in the day, also known as “front-loading,” has been linked to greater feelings of fullness throughout the day. And weight loss isn’t the only benefit; studies suggest there may be other health gains, such as a decreased risk for obesity, heart disease, and Type 2 diabetes.” Not only could your waistline benefit from your morning meal, but your overall health could improve as well.
HOW SHOULD MY DAY LOOK?

What should a typical day of eating look like if your goals include weight loss and better health? Rodríguez emphasizes choosing healthy foods at every meal, “Eating breakfast is a key component to weight loss, but the quality of your food also matters.” Here’s an example of what Rodríguez suggests your day should look like to stay on track with your health goals:

**Breakfast and Lunch** should be satisfying and substantial, protein-rich (examples include lean meats, eggs, beans, fat-free or low-fat cottage cheese), and include a blend of a small amount of healthy fats (seeds, nuts, avocados, olive oil) and carbohydrates (whole grains, veggies, or a small fruit).

**Think:** an egg and veggie scramble with a piece of fruit for breakfast or chicken with veggies and pasta alongside a salad full of greens for lunch.

**Dinner** should be light and lean. This can include a lean source of protein and lots of non-starchy vegetables. Rodríguez suggests decreasing the amount of carbs in the evening.

**Think:** Meatloaf with veggies or something like Jenny Craig’s Three Cheese Macaroni with Broccoli and Carrots that provides a well-rounded mix of healthy carbs, fat and protein.

**Snacks** are still an important part of the equation! Rodríguez recommends selecting a snack under 200 calories and to space them between your meals. Try to choose something that has protein and fiber to help keep you feeling full.

**Think:** a small apple with a teaspoon of nut butter or a low-fat or nonfat Greek yogurt with a small handful of berries. For Jenny Craig members, an Essential Nutrition Bar is delicious and packed with nutrients!

No matter if your goal is weight loss or simply focusing on improving your lifestyle, including breakfast in your routine may help your health in more ways than one. The next time you’re in a rush in the morning, try to grab something to eat — your body will thank you!

Do you need help on your weight loss journey? Jenny Craig’s program is based on scientific research and proven results. Contact us today to book your free appointment with a personal weight loss consultant to get started!
SIMPLE BERRY COBBLER

SUBMITTED BY JONETTE H.

INGREDIENTS:
Jenny Craig Blueberry & Oats Square
¾ Cup of fresh blackberries and raspberries

DIRECTIONS:
1. Take ¾ cup of fresh blackberries and raspberries, place in microwave and cook on high for 1 minute and a half until berries are reduced.
2. Crumble Jenny Craig Blueberry & Oats Square inside of wrapper.
3. Open and pour ¾ of the bag into small bowl.
4. Pour reduced berries over ¾ of the oats square and fold together.
5. After the ¾ cookie has soaked up the berry juice and fruit add the other ¼ of oats square to the top and enjoy.

EXCHANGES:
per serving
Jenny Craig Blueberry Oat Square
(1 ½ Starch, ½ Fat)
1 Fruit
CINNAMON APPLE MUFFINS
SUBMITTED BY LINDSAY B. FROM BEAUFORT, SC

INGREDIENTS:
2 Jenny Craig Apple Crisps
2 cups almond flour
2 large apples, chopped into cubes (Red Delicious or Granny Smith is preferred)
½ teaspoon baking soda
¼ teaspoon of sea salt

3 eggs
2 teaspoons cinnamon
1 tablespoon lemon juice
¼ cup honey
2 tablespoons coconut oil
Olive oil spray

DIRECTIONS:
1. Preheat the oven to 325°F and grease the muffin tin with olive oil or use muffin tin liners.
2. Combine all dry ingredients in a large bowl.
3. Mix the defrosted Jenny Craig Apple Crisps, cubed apples, and lemon juice in a food processor.
4. In medium bowl, combine all wet ingredients with Jenny Craig Apple Crisps, cubed apples, and lemon juice.
5. Combine ingredients in medium bowl with dry ingredients in the large bowl. Mix together well.
6. Using a spoon or ice cream scooper, fill the muffin tins 75% of the way full.
7. Place the tin in oven and bake for 30 minutes or until muffins are golden brown.
8. Cool for 30 minutes on a rack before eating and enjoying.

EXCHANGES:
per serving - Makes 12 Muffins
Jenny Craig Apple Crisps (1 ½ Starch, 1 ½ Protein, 1 Fat)
Per muffin: ½ Fruit, ½ Starch, ½ Protein, 2 Fat
DIRECTIONS:
1. Heat oven to 425°F.
2. Line a small sheet pan with foil and spray with olive oil.
3. Cut cherry tomatoes in half and cut broccoli flowerets in to small bite-size pieces.
4. Arrange the tomatoes and broccoli on the sheet pan.
5. Lightly spray tomatoes and broccoli with the olive oil pan spray and sprinkle with garlic salt.
6. Place sheet pan in the oven and for 10 minutes.
7. Five minutes prior to the tomatoes and broccoli finish cooking start the Jenny Craig Classic Chicken Carbonara (cooking according to directions on the package).
8. When the tomatoes and broccoli are finished cooking add them to the top of the cooked chicken carbonara and enjoy!

EXCHANGES:
per serving
Jenny Craig Classic Chicken Carbonara (2 Starch, 2 Protein, ½ Fat)
1 Vegetables