

jenny
CRAIG



SERVING SUGGESTION
KEEP FROZEN + HEAT AND SERVE

CHICKEN WRAP WITH BBQ SAUCE

white meat chicken,
bbq sauce, roasted vegetables
in a wheat wrap

18g protein | **7g** fiber | **210** calories

NET WT 4.5 OZ (128g)

Nutrition Facts

Serving Size 1 package (128g)
Servings per container 1
Calories 210
Fat Cal 50
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 6g	9%	Total Carbohydrate 28g	9%
Saturated Fat 1.5g	8%	Dietary Fiber 7g	28%
Trans Fat 0g		Sugars 8g	
Cholesterol 25mg	8%	Protein 18g	24%
Sodium 410mg	17%		
Vitamin A 6% + Vitamin C 10% + Calcium 8% + Iron 10%			

MICROWAVE: Microwaves vary. Time given is approximate.
1. Remove from film.
2. Wrap in paper towel & place on a microwave safe plate.
3. Heat on HIGH for 1 1/2 minutes.
4. Let stand 1 minute.

JENNY CRAIG IS A REGISTERED TRADEMARK, USED UNDER LICENSE.

18LWC159-A US

PREPARED BY PRESSURE FORTIC USA, INC., CALISBA, CA 92008 USA + 1-800-JennyCraig + www.jennycraig.com

INGREDIENTS: GARBEN AND GRAIN LAYERS & BREAD (WATER, BLEACHED WHEAT FLOUR, ENRICHED SOY FLOUR, DEPLETED SOY FLOUR, SKAWERS EED FLOUR, WHOLE WHEAT FLOUR, DEXTROSE MONOHYDRATE, CARBOHYDRATE POLYMER, SUGAR, CANOLA OIL, SWEETENERS EEDS, FLAVOR ENHANCERS, BUTTER, MILLET, MAIZE, BARLEY, WHEAT, CORN STARCH, SALT, CHICKEN, SUGAR, CANOLA OIL, YEAST, CULTURED WHEAT STARCH, SUN DRIED TOMATO, GARLIC, SUGAR, GOLDEN WHOLE FLAKED, PHOSPHORIC ACID, FULF COOKED WHITE MEAT CHICKEN, BARBECUE SAUCE (KETCHUP [TOMATO PASTE, WATER, TOMATO PASTE, SUGAR, DISTILLED VINEGAR, SALT, ONION POWDER, NATURAL FLAVOR], APPLE CIDER VINEGAR, BROWN SUGAR, AND LESS THAN 1% OF: WATER, TOMATO PASTE, PALMATIC VINEGAR, LUG AND SMOKEFLAVOR, WOOD SMOKE, WATER), GARLIC, SEA SALT, CHITOTE PUREE (CHITOTE PEPPER, WATER, SALT, VINEGAR), CANOLA OIL, MUSTARD, SMOKE, PAPRIKA, GREEN BELL PEPPERS, RED BELL PEPPERS, FIRE ROASTED CORN, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, AMMONIO SULFIDE), POTATO STARCH, COARSESTARCH, FORTIFIED CELLULOSE, CANOLA OIL, AND SMOKE), AND FRESH FOOD STARCH. (CONTAINS: MILK, SOY, WHEAT.)

6 55447 00618 6
80% SIZE
12 digit UPC
(non-suppressed)
For Position Only

Nutrition Facts Valeur nutritive

Per Package (128 g) / par paquet (128 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	210
Fat / Lipides	6 g 9 %
Saturated / saturés + Trans / trans	1.5 g 0.1 g 8 %
Cholesterol / Cholestérol	25 mg 17 %
Sodium / Sodium	410 mg 17 %
Carbohydrate / Glucides	28 g 9 %
Fibre / Fibres	7 g 28 %
Sugars / Sucres	8 g
Protein / Protéines	18 g
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	8 %
Iron / Fer	10 %

JENNY CRAIG IS A REGISTERED TRADEMARK
USED UNDER LICENCE / JENNY CRAIG EST UNE
MARQUE DÉPOSÉE UTILISÉE SOUS LICENCE

Microwaves: Micro waves vary. Time given
is approximate.

1. Remove from film
2. Wrap in paper towel & place on a
micro wave safe plate.
3. Heat on HIGH for 1½ minutes.
4. Let stand 1 minute.

Micro-ondes : Les micro-ondes varient
La durée est offerte à titre indicatif

1. Retirer de la pellicule.
2. Envelopper dans un essuie-tout et
placer dans une assiette pour micro-ondes.
3. Chauffer à INTENSITÉ MAXIMALE
pendant 1½ minutes.
4. Laisser reposer 1 minute.

jenny
CRAIG

PRODUCT OF U.S.A.
PRODUIT DES E.-U.A.



SERVING SUGGESTION
PRÉSENTATION SUGGÉRÉE

KEEP FROZEN / GARDER CONGELÉ

USEFUL IN WEIGHT REDUCTION ONLY AS PART OF AN ENERGY-REDUCED DIET

UTILISE POUR PERDRE DU POIDS SEULEMENT DANS LE CADRE D'UN RÉGIME À TENEUR RÉDUITE EN ÉNERGIE



CHICKEN BBQ WRAP

white chicken meat, bbq sauce,
roasted vegetables in a wheat wrap

HEAT AND SERVE

ROULADE AU POULET BBQ

blanc de poulet, sauce barbecue,
légumes rôtis dans une enveloppe de blé

CHAUFFER ET SERVIR

PER PACKAGE / PAR PAQUET (128 g)

18g protéin protéines	7g fibre fibres	210 calories calories
-----------------------------	-----------------------	-----------------------------

128 g 4.5 oz

INGREDIENTS: VEGETABLE AND GRAIN GUMMERS, BREAD BASE
WHEAT GLUTEN, CORNSTARCH, OATFIBRE, SOY PROTEIN ISOLATE, SORBEAN
OL, DEHIDRATED SOY FLOUR, SESAME SEED FLOUR, WHOLE WHEAT FLOUR,
DEXTRINE, MONONITRATES, VEGETABLE BASE (CARROTS, RED BELL
PEPPERS, GREEN BELL PEPPERS, SPINACH, CELERY, ONION, RYE FLOUR,
SUNFLOWER SEEDS, RICE SEED, MILLED OATS, BARLEY FLAKES, MILLET, WHEAT
POWDER, DRIED ONION SKIN, BARLEY MALT EXTRACT, SPICES, CHAMOMILE,
CHIA SEEDS, SUGAR, CARAMEL, TOST, CULTURED WHEAT STARCH (WHEAT
STARCH), BAKING SODA, SOY-DEHYDRATED TOMATOES, GARLIC, SPICES, WHOLE
GOLDEN FENNEL, PARSLEY, FENUGREEK, ACID, COMBINED OLIVE OIL, BREAD
BASE, SALT, SOY LECITHIN, DIMETHYL POLYSILOXANE, TOMATO PASTE, SUGAR,
WHITE VINEGAR, SALT, ONION POWDER, NATURAL FLAVOUR, CIDER VINEGAR,
BROWN SUGAR, MALTODEXTRINE, ONION, WATER, TOMATO PASTE, BALSAMIC
VINEGAR, LIQUID SMOKE, GARLIC, SEA SALT, CHIPOTLE PEPPER (CHIPOTLE
PEPPERS), WATER, SALT, VINEGAR, GARLIC OIL, MUSTARD POWDER, SMOKED
PAPRIKA, GREEN BELL PEPPERS, RED BELL PEPPERS, FIRE ROSTED CORN
CHEESE (MILK), POTATO STARCH, CORNSTARCH, POTATOED
CELLULOSE, CARAMEL, DIMETHYL POLYSILOXANE, MODIFIED CORNSTARCH.
CONTAINS: BARLEY, MILK, MUSTARD, OAT, RYE,
SESAME, SOY AND WHEAT.

INGREDIENTS: FARFALLA AUX LEGUMES ET GRAINES (EAM), BISEA
PAR GLUTEN DE BLÉ, AMIDON DE MAÏS, FIBRE D'AVOINE (ISOLATE DE
PROTÉINE DE SOJA, HUILE DE SOJA, FARINE DE SOJA DÉGOMMÉE, FARINE
DE GRAINE DE SESAME, FARINE DE BLÉ ENTIER, DEXTRINE,
MONONITRÉS), BASE À LÉGUMES (CAROTTES, POIVRONS ROUGES,
POIVRONS VERTS, EPINARDS, CELERI, OIGNON, FARINE DE SEIGLE,
GRANDES DE Tournesol, GRANDES DE LIN, AVOINE MOULUE, FLOCONS
D'ORGE, MILLET, POUDRE DE MILLET, SIROP DE MAÏS SÛRE, EXTRAIT
D'ORGE MÂTÉE, ÉPICES, CHAMOMILLE), GRANDES DE CHIA, SIROIS, HUILE
DE CARIOLA, AMIDON DE BLÉ FERMENTÉ (AMIDON DE BLÉ, CULTURE
BACTÉRIENNE), TOMATES SÈCHES AU SOLEIL, SEL, ÉPICES, GRANDES DE
LIN DOUCE ENTIERES, PÂTES, ACIDE FUMARIQUE, POTRANNE DE POULET
CRUTE, SAUCE BARBECUE (CATSUP, POUDRE DE TOMATE, EAU, PÂTE DE
TOMATES, SIROIS, VINAIGRE BLANC, SEL, OIGNON EN POUDRE, SAUCEUR,
HATIBELLE), VINAIGRE DE CIDRE, GÉLIFIANT, MELASSE, OIGNON, EAU,
PÂTE DE TOMATES, VINAIGRE BALSAMIQUE, FUMÉE LIQUIDE, SEL, SEL,
MARRON, PUREE DE CHIPOTLE (POIVRONS CHIPOTLE, EAU, SEL, VINAIGRE),
HUILE DE CARIOLA, POUDRE DE MOUTARDE, PAPRIKA FUMÉE, POIVRONS
VERTS, POIVRONS ROUGES, MAÏS GRILLE À LA FLAMME, FROMAGE
CHÉDAR (LAIT), FEUILLE DE POMME DE TERRE, AMIDON DE MAÏS, POUDRE
DE CELLULOSE, OIGNONS CARAMELISÉS, AMIDON DE MAÏS MOULUE,
CONTIENT: ORGE, LAIT, AVOINE, ACID, ACID, ACID, ACID, ACID, ACID,
SESAME, SOJA ET BLÉ.

PREPARED EXPRESSLY FOR / PRÉPARÉ SPÉCIALEMENT POUR
J.C. USA, INC., CARLSBAD, CA 92008 USA
1-800-JennyCare • JennyCraig.com

80% SIZE
12 digit UPC
(non-suppressed)
For Position Only

16LVC159-A CN

6 55447 10618 3