

Progress Update & New Jenny Craig Menu Items!

#WeightLossWednesday

Disclosure: I was provided a free trial program and a discount on the Jenny Craig meals. However, the opinions and writing in this post are entirely my own. Results not typical. Members following [the Jenny Craig program](#), on average, lose 1-2 lbs per week.

It's been a while since I've done a weight loss journey progress update. Since [beginning my journey in September of 2013](#), I am down **-87 lbs!**

58 lbs of this weight loss has been with [Jenny Craig](#) since February 2015.

With all of the plans I've been on before, THIS one is definitely the one that works best for me. I still have another ~40 to go in order to reach my final goal weight.

I'm excited to get it done so I can move into the maintenance part of my journey.

My willpower is back - and saying **no** to temptations and **yes** to a better me is getting easier and easier again! My focus is strong on reaching my goals.

This week I wanted to feature two of [my favorite Jenny Craig meals](#) - they're new and delicious!

The first is the Southwest Chicken Salad Topper.

It's super delicious. You heat up the chicken, veggies, and beans then pour it all over your bed of lettuce. You also have tortilla strips and a little bit of shredded cheddar to add. Then I add my favorite salsa and viola.... healthy deliciousness!!

The new Classic Cheeseburger is taking over for the Beef and Cheese Slider.

I tried one last week and it's sooo much better! Less bread and more of the good stuff. Also, I find that this one is much easier to load up with all your favorite burger fixings.

xtine danielle the new and revamped **Grilled Chicken Sandwich** and it has highly improved. I
couldn't eat the old version at all. This one is much more tender and juicier. Definite upgrade!
<http://www.xtinedanielle.com>

Here's this week's #SweatySelfie:

HAPPY #WEIGHTLOSSWEDNESDAY! Thanks so much for reading!

Remember, if you guys have any questions for me about my weight loss journey, Jenny Craig, or any other topics you would like me to cover, please write in and let me know!

I'll be happy to feature them in a future post!