1200 Calorie Meal Plan



This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy
Snack	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch	1 Fruit or Starch
Lunch	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat	Jenny Craig Lunch/Dinner 1 Vegetable 1 Healthy Fat
Snack	Jenny Craig Anytime Bar	Jenny Craig Anytime Bar	Jenny Craig Anytime Bar	Jenny Craig Anytime Bar	Jenny Craig Anytime Bar	Jenny Craig Anytime Bar	Jenny Craig Anytime Bar
Dinner	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable	Jenny Craig Lunch/Dinner 1 Vegetable
Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert	Jenny Craig Snack/Dessert
Hydration	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.	At least 64 oz.