1500 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 1 Fruit or Starch	**Jenny Craig Breakfast** 1 Protein or Dairy 1 Fruit or Starch	**Jenny Craig Breakfast** 1 Protein or Dairy 1 Fruit or Starch	**Jenny Craig Breakfast** 1 Protein or Dairy 1 Fruit or Starch	**Jenny Craig Breakfast** 1 Protein or Dairy 1 Fruit or Starch	**Jenny Craig Breakfast** 1 Protein or Dairy 1 Fruit or Starch	**Jenny Craig Breakfast** 1 Protein or Dairy 1 Fruit or Starch
Snack	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch
Lunch	**Jenny Craig Lunch/Dinner** 2 Vegetables 1 Healthy Fat	**Jenny Craig Lunch/Dinner** 2 Vegetables 1 Healthy Fat	**Jenny Craig Lunch/Dinner** 2 Vegetables 1 Healthy Fat	**Jenny Craig Lunch/Dinner** 2 Vegetables 1 Healthy Fat	**Jenny Craig Lunch/Dinner** 2 Vegetables 1 Healthy Fat	**Jenny Craig Lunch/Dinner** 2 Vegetables 1 Healthy Fat	**Jenny Craig Lunch/Dinner** 2 Vegetables 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** 3 Vegetables	**Jenny Craig Lunch/Dinner** 3 Vegetables	**Jenny Craig Lunch/Dinner** 3 Vegetables	**Jenny Craig Lunch/Dinner** 3 Vegetables	**Jenny Craig Lunch/Dinner** 3 Vegetables	**Jenny Craig Lunch/Dinner** 3 Vegetables	**Jenny Craig Lunch/Dinner** 3 Vegetables
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.