



LOW CARB 1200 Calorie Menu Plan

This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Recharge	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
Breakfast	Jenny Craig Breakfast	Jenny Craig Breakfast	Jenny Craig Breakfast	Jenny Craig Breakfast	Jenny Craig Breakfast	BREAKFAST on YOUR OWN: 2 Proteins or Dairy 1 Healthy Fat	BREAKFAST on YOUR OWN: 2 Proteins or Dairy 1 Healthy Fat
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	LUNCH on YOUR OWN: 2 Proteins or Dairy 2 Healthy Fats 1 Fruit or Starch 2 Vegetables	LUNCH on YOUR OWN: 2 Proteins or Dairy 2 Healthy Fats 1 Fruit or Starch 2 Vegetables
Snack	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat
Dinner	Jenny Craig Lunch/Dinner 1 Healthy Fat 1 Vegetable	Jenny Craig Lunch/Dinner 1 Healthy Fat 1 Vegetable	Jenny Craig Lunch/Dinner 1 Healthy Fat 1 Vegetable	Jenny Craig Lunch/Dinner 1 Healthy Fat 1 Vegetable	Jenny Craig Lunch/Dinner 1 Healthy Fat 1 Vegetable	DINNER on YOUR OWN: 3 Proteins or Dairy 1 Healthy Fat 1 Vegetable	DINNER on YOUR OWN: 3 Proteins or Dairy 1 Healthy Fat 1 Vegetable
Snack	1 Protein or Dairy 1 Vegetable	1 Protein or Dairy 1 Vegetable	1 Protein or Dairy 1 Vegetable	1 Protein or Dairy 1 Vegetable	1 Protein or Dairy 1 Vegetable	1 Protein or Dairy 1 Vegetable	1 Protein or Dairy 1 Vegetable
Time	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop	Start Stop
3 Flavor Limited
Hydration	At least 64 oz. water	At least 64 oz. water	At least 64 oz. water	At least 64 oz. water	At least 64 oz. water	At least 64 oz. water	At least 64 oz. water
Daily Supplements/ Medications/Other							