



LOW CARB 1700 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 1 Protein or Dairy 1 Healthy Fat	Jenny Craig Breakfast 1 Protein or Dairy 1 Healthy Fat	Jenny Craig Breakfast 1 Protein or Dairy 1 Healthy Fat	Jenny Craig Breakfast 1 Protein or Dairy 1 Healthy Fat	Jenny Craig Breakfast 1 Protein or Dairy 1 Healthy Fat	BREAKFAST on YOUR OWN: 3 Proteins or Dairy 2 Healthy Fats	BREAKFAST on YOUR OWN: 3 Proteins or Dairy 2 Healthy Fats
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	2 Proteins or Dairy 2 Healthy Fats	2 Proteins or Dairy 2 Healthy Fats	2 Proteins or Dairy 2 Healthy Fats	2 Proteins or Dairy 2 Healthy Fats	2 Proteins or Dairy 2 Healthy Fats	2 Proteins or Dairy 2 Healthy Fats	2 Proteins or Dairy 2 Healthy Fats
Dinner	Jenny Craig Lunch/Dinner 2 Healthy Fats 2 Vegetables	Jenny Craig Lunch/Dinner 2 Healthy Fats 2 Vegetables	Jenny Craig Lunch/Dinner 2 Healthy Fats 2 Vegetables	Jenny Craig Lunch/Dinner 2 Healthy Fats 2 Vegetables	Jenny Craig Lunch/Dinner 2 Healthy Fats 2 Vegetables	DINNER on YOUR OWN: 3 Proteins or Dairy 2 Healthy Fats 2 Vegetables	DINNER on YOUR OWN: 3 Proteins or Dairy 2 Healthy Fats 2 Vegetables
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							