# All Meals Included Plan

# 1200 Calories

*This week's plan for success*

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| **Breakfast** | **Jenny Craig Breakfast**<br>1 Protein or Dairy | **Jenny Craig Breakfast**<br>1 Protein or Dairy | **Jenny Craig Breakfast**<br>1 Protein or Dairy | **Jenny Craig Breakfast**<br>1 Protein or Dairy | **Jenny Craig Breakfast**<br>1 Protein or Dairy | **Jenny Craig Breakfast**<br>1 Protein or Dairy | **Jenny Craig Breakfast**<br>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 Entrée**<br>1 Vegetable<br>1 Healthy Fat | **Jenny Craig Entrée**<br>1 Vegetable<br>1 Healthy Fat | **Jenny Craig Entrée**<br>1 Vegetable<br>1 Healthy Fat | **Jenny Craig Entrée**<br>1 Vegetable<br>1 Healthy Fat | **Jenny Craig Entrée**<br>1 Vegetable<br>1 Healthy Fat | **Jenny Craig Entrée**<br>1 Vegetable<br>1 Healthy Fat | **Jenny Craig Entrée**<br>1 Vegetable<br>1 Healthy Fat |
| **Snack** | 2 Protein<br>1 Healthy Fat | 2 Protein<br>1 Healthy Fat | 2 Protein<br>1 Healthy Fat | 2 Protein<br>1 Healthy Fat | 2 Protein<br>1 Healthy Fat | 2 Protein<br>1 Healthy Fat | 2 Protein<br>1 Healthy Fat |
| **Dinner** | **Jenny Craig Entrée**<br>1 Vegetable | **Jenny Craig Entrée**<br>1 Vegetable | **Jenny Craig Entrée**<br>1 Vegetable | **Jenny Craig Entrée**<br>1 Vegetable | **Jenny Craig Entrée**<br>1 Vegetable | **Jenny Craig Entrée**<br>1 Vegetable | **Jenny Craig Entrée**<br>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** |
| **Activity Goal** | 30 Minutes | 30 Minutes | 30 Minutes | 30 Minutes | 30 Minutes | 30 Minutes | 30 Minutes |
| **Hydration** | 64 oz | 64 oz | 64 oz | 64 oz | 64 oz | 64 oz | 64 oz |
| **Flavor Limited** | 3 Flavor Limited | 3 Flavor Limited | 3 Flavor Limited | 3 Flavor Limited | 3 Flavor Limited | 3 Flavor Limited | 3 Flavor Limited |