

jenny All Meals Included Plan

1700 Calories

This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	1 Protein or	1 Protein or	1 Protein or	1 Protein or	1 Protein or	1 Protein or	1 Protein or
	Dairy	Dairy	Dairy	Dairy	Dairy	Dairy	Dairy
	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 Starc
Snack	1 Protein or	1 Protein or	1 Protein or	1 Protein or	1 Protein or	1 Protein or	1 Protein or
	Dairy	Dairy	Dairy	Dairy	Dairy	Dairy	Dairy
	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	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig
	Entrée	Entrée	Entrée	Entrée	Entrée	Entrée	Entrée
	2 Vegetables	2 Vegetables	2 Vegetables	2 Vegetables	2 Vegetables	2 Vegetables	2 Vegetables
	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat
Snack	2 Protein	2 Protein	2 Protein	2 Protein	2 Protein	2 Protein	2 Protein
	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat	1 Healthy Fat
Dinner	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starch	Jenny Craig Entrée 3 Vegetables 1 Protein or Dairy 1 Fruit or Starc
Dessert	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig	Jenny Craig
	Snack/Dessert	Snack/Dessert	Snack/Dessert	Snack/Dessert	Snack/Dessert	Snack/Dessert	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
lavor Limited	3 Flavor Limited	3 Flavor Limited	3 Flavor Limited	3 Flavor Limited	3 Flavor Limited	3 Flavor Limited	3 Flavor Limited