

Breakfast & Entrée 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 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 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 1 Vegetable 1 Healthy Fat	Jenny Craig Entrée 1 Vegetable 1 Healthy Fat	Jenny Craig Entrée 1 Vegetable 1 Healthy Fat	Jenny Craig Entrée 1 Vegetable 1 Healthy Fat	Jenny Craig Entrée 1 Vegetable 1 Healthy Fat	Jenny Craig Entrée 1 Vegetable 1 Healthy Fat	Jenny Craig Entrée 1 Vegetable 1 Healthy Fat
Snack	2 Protein 1 Healthy Fat	2 Protein 1 Healthy Fat	2 Protein 1 Healthy Fat	2 Protein 1 Healthy Fat	2 Protein 1 Healthy Fat	2 Protein 1 Healthy Fat	2 Protein 1 Healthy Fat
Dinner	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable	Meal On Your Own 2 Protein or Dairy 1 Starch 1 Healthy Fat 1 Vegetable
Dessert	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
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