Breakfast & Entrée Plan

1500 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 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch
Lunch	**Jenny Craig Entrée** 2 Vegetables 1 Healthy Fat	**Jenny Craig Entrée** 2 Vegetables 1 Healthy Fat	**Jenny Craig Entrée** 2 Vegetables 1 Healthy Fat	**Jenny Craig Entrée** 2 Vegetables 1 Healthy Fat	**Jenny Craig Entrée** 2 Vegetables 1 Healthy Fat	**Jenny Craig Entrée** 2 Vegetables 1 Healthy Fat	**Jenny Craig Entrée** 2 Vegetables 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 2 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 2 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 2 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 2 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 2 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 2 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 2 Starch 1 Healthy Fat 3 Vegetables
Dessert	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 1 Fruit or Starch	1 Protein or Dairy 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