

jenny Entrée & Dessert Plan

1200 Calories

This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch	Meal On Your Own 2 Protein or Dairy 2 Fruit or Starch
Snack	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						
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	Jenny Craig Snack/Dessert						
Activity Goal	30 Minutes						
Hydration	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