Entrée & Dessert Plan

1500 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** 3 Protein or Dairy 2 Fruit or Starch	**Meal On Your Own** 3 Protein or Dairy 2 Fruit or Starch	**Meal On Your Own** 3 Protein or Dairy 2 Fruit or Starch	**Meal On Your Own** 3 Protein or Dairy 2 Fruit or Starch	**Meal On Your Own** 3 Protein or Dairy 2 Fruit or Starch	**Meal On Your Own** 3 Protein or Dairy 2 Fruit or Starch	**Meal On Your Own** 3 Protein or Dairy 2 Fruit or Starch
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 1 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 1 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 1 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 1 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 1 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 1 Starch 1 Healthy Fat 3 Vegetables	**Meal On Your Own** 2 Protein or Dairy 1 Starch 1 Healthy Fat 3 Vegetables
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