

## **1700 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						
Snack	1 Protein or						
	Dairy						
	1 Fruit or Starch						
Lunch	<b>Jenny Craig</b>						
	<b>Entrée</b>						
	2 Vegetables						
	1 Healthy Fat						
Snack	2 Protein						
	1 Healthy Fat						
Dinner	Meal On Your						
	Own						
	4 Protein or						
	Dairy						
	2 Starch						
	1 Healthy Fat						
	3 Vegetables						
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