Entrée Only 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	**Jenny Craig Entrée** 3 Vegetables	**Jenny Craig Entrée** 3 Vegetables	**Jenny Craig Entrée** 3 Vegetables	**Jenny Craig Entrée** 3 Vegetables	**Jenny Craig Entrée** 3 Vegetables	**Jenny Craig Entrée** 3 Vegetables	**Jenny Craig Entrée** 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