

## Breakfast & Entrée Plan Intermittent Fasting Breakfast, Lunch, Snack, Dinner & Dessert should be consumed within a 10 hour window

1200 Calories

This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Recharge 1-2 hours before breakfast	Recharge Bar (or 1/4 cup mixed nuts)						
Breakfast	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	Jenny Craig Breakfast 1 Protein or Dairy	<b>Jenny Craig Breakfast</b> 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
Lunch	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat	<b>Jenny Craig Entrée</b> 1 Vegetable 1 Healthy Fat
Snack	1 Fruit or Starch						
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	1 Fruit or Starch						
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