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

1500 Calories

This week's plan for success

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Recharge	Recharge Bar						
1-2 hours	(or 1/4 cup						
before breakfast	mixed nuts)						
Breakfast	Jenny Craig						
	Breakfast						
	1 Protein or						
	Dairy						
Lunch	Jenny Craig						
	Entrée	Entrée	Entrée	Entrée	Entrée	Entrée	Entrée
	2 Vegetables						
	1 Healthy Fat						
Snack	1 Protein or Dairy						
	1 Fruit or Starch						
Dinner	Meal On Your						
	Own						
	2 Protein or						
	Dairy						
	2 Starch						
	1 Healthy Fat						
	3 Vegetables						
Dessert	1 Protein or						
	Dairy						
	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