



1500 **WEEK 3**

MOTIVATION

This week's plan for success: _____ Next appointment: _____
 _____ Total lbs lost: _____

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
RECHARGE	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar	Recharge Bar
BREAKFAST	Blueberry Muffin 1 Fruit Jenny Craig Shake	Cheesy Egg & Steak Quesadilla 1 Fruit 1 Milk	Egg, Cheese & Turkey Sausage Burrito 1 Fruit Jenny Craig Shake	Cranberry Almond Cereal 1 Fruit 1 Milk	Maple French Toast Breakfast Syrup 1 Fruit Jenny Craig Shake	Mixed Berry Protein Smoothie Mix 1 Fruit 1 Milk	Morning Frittata Sandwich 1 Fruit Jenny Craig Shake
LUNCH	Classic Chicken Carbonara 2 Vegetable 1 Healthy Fat	Three Cheese Macaroni with Broccoli & Carrots 2 Vegetable 1 Healthy Fat	Spaghetti & Meatballs 2 Vegetable 1 Healthy Fat	Three Cheese Tortellini with Chicken 2 Vegetable 1 Healthy Fat	Loaded Baked Potato 2 Vegetable 1 Healthy Fat	Risotto with Turkey, Mushrooms & Peas 2 Vegetable 1 Healthy Fat	Bourbon Steak 2 Vegetable 1 Healthy Fat
SNACK	1 Fruit 1 Milk	Kettle Corn 1 Milk	Cheese Curls 1 Milk	1 Fruit 1 Milk	1 Fruit 1 Milk	Ranch Snaps 1 Milk	1 Fruit 1 Milk
DINNER	Tuna Dill Salad Kit 3 Vegetable S'mores Bar	Fiesta Chicken & Rice 3 Vegetable 1 Fruit	Chicken Marsala 3 Vegetable 1 Fruit	Homestyle Turkey & Mashed Potatoes 3 Vegetable Vanilla Caramel Swirl Reduced Fat Ice Cream	Chicken Tortilla Soup 3 Vegetable Nutty Chocolatey Caramel Bar	Pepperoni Pizza 3 Vegetable 1 Fruit	Chicken Ranch Melt 3 Vegetable Chocolate Lava Cake
	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____
ACTIVITY							
DAILY WEIGHT							
DAILY SUPPLEMENTS/ MEDICATIONS/ OTHER							