



	Balanced 1200 Week 1 - Day 1 May 14, 2020	Balanced 1200 Week 1 - Day 1 May 15, 2020	Balanced 1200 Week 1 - Day 1 May 16, 2020	Balanced 1200 Week 1 - Day 1 May 17, 2020	Balanced 1200 Week 1 - Day 1 May 18, 2020	Balanced 1200 Week 1 - Day 1 May 19, 2020	Balanced 1200 Week 1 - Day 1 May 20, 2020
BREAKFAST	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake	<input type="checkbox"/> Cinnamon Rolls <input type="checkbox"/> 1/2 Fruit <input type="checkbox"/> Jenny Craig Shake
SNACK	<input type="checkbox"/> Jenny Craig Bar	<input type="checkbox"/> Jenny Craig Bar	<input type="checkbox"/> Jenny Craig Bar	<input type="checkbox"/> Jenny Craig Bar	<input type="checkbox"/> Jenny Craig Bar	<input type="checkbox"/> Jenny Craig Bar	<input type="checkbox"/> Jenny Craig Bar
LUNCH	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing	<input type="checkbox"/> Classic Cheeseburger <input type="checkbox"/> 2 cups Garden Salad <input type="checkbox"/> Jenny Craig Dressing
SNACK	<input type="checkbox"/> 1 Fruit	<input type="checkbox"/> 1 Fruit	<input type="checkbox"/> 1 Fruit	<input type="checkbox"/> 1 Fruit	<input type="checkbox"/> 1 Fruit	<input type="checkbox"/> 1 Fruit	<input type="checkbox"/> 1 Fruit
DINNER	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables	<input type="checkbox"/> Three Cheese Macaroni with Broccoli & Carrots <input type="checkbox"/> 1 Vegetables
SNACK	<input type="checkbox"/> Cocoa & Nut Bar	<input type="checkbox"/> Cocoa & Nut Bar	<input type="checkbox"/> Cocoa & Nut Bar	<input type="checkbox"/> Cocoa & Nut Bar	<input type="checkbox"/> Cocoa & Nut Bar	<input type="checkbox"/> Cocoa & Nut Bar	<input type="checkbox"/> Cocoa & Nut Bar
ACTIVITY							
DAILY WEIGHT							
NOURISHMENT PERIOD							