

Sample Menu for 1200 Calorie Plan

Meal 1	1 VL or Lean Protein 1 Starch 1 Fruit 1/2 Skim Dairy	55 100 100 45	Meal 4	1 – 15g Protein Bar	155
Meal 2	1 – 15g Protein Shake	100	Meal 5	3 VL or Lean Protein 1 Starch 1 Salad 1 Veggie	165 100 50 50
Meal 3	3 VL or Lean Protein 1 Starch 1 Veggie or Salad	165 100 50		Total =	1235

***** With the 1200 Calorie Plan you must choose from either the VL = Very lean or Lean Protein group *****

Day 1	<p>Meal 1: Protein: 2 scrambled egg whites (<i>flavored with tomatoes and/or onions</i>) Starch: 100 calorie bagel Fruit: 1 cup strawberries Dairy: 4 oz. skim milk</p> <p>Meal 2: Protein: 1 – 15 gram Protein Shake</p> <p>Meal 3: Protein: 2 oz. lean turkey breast shaved with 1 oz. low fat cheese Starch: 1/2 whole grain pita Veggie: 1 cup baby carrots</p> <p>Meal 4: Protein: 1 – 15 gram protein bar or 1/4 cup fat free cottage cheese and 1 fruit</p> <p>Meal 5: Protein: 3 oz. grilled chicken Starch: 1/2 cup cooked wild rice Salad: 1 cup leafy greens and 1 cup optional veggies Veggie: 1 cup seasoned green beans</p>
Day 2	<p>Meal 1: Protein: 1 oz. lean Canadian Bacon Starch: 1 whole grain English Muffin Fruit: 6” Banana Dairy: 4 oz. skim milk</p> <p>Meal 2: Protein: Protein Shake</p> <p>Meal 3: Protein: 3 oz. lean beefy patty (Extra Lean 96/4) Starch: 1 light whole grain hamburger bun Veggie: 1 cup raw broccoli <i>**tomato/ lettuce/ onion for hamburger allowed</i></p> <p>Meal 4: Protein: Protein Bar</p> <p>Meal 5: Protein: 3 oz. pork tenderloin Starch: 4 oz. baked potato Salad: 1 cup leafy greens and 1 cup optional veggies Veggie: 1 cup cooked seasoned zucchini</p>
Day 3	<p>Meal 1: Protein: 1 oz. low fat cheese for toast Starch: 1 1/2 slices of whole grain toast Fruit: 30 small grapes Dairy: 4 oz. skim milk</p> <p>Meal 2: Protein: Protein Shake</p> <p>Meal 3: Protein: 3 oz. tuna salad made with spices and 1 T. fat free mayonnaise Starch: 6 Triscuit style whole grain crackers Veggie: 1 cup raw veggies</p> <p>Meal 4: Protein: Protein Bar</p> <p>Meal 5: Protein: 3 oz. lean meatballs with 1/3 cup fat free marinara sauce Starch: 1/2 cup whole grain cooked pasta Salad: 1 cup leafy greens and 1 cup optional veggies Veggie: 1 cup seasoned carrots</p>
Day 4	<p>Meal 1: Protein: 1 oz. lean ham Starch: 6” fat free waffle Fruit: 3/4 cup blueberries (may use sugar substitute) Dairy: 4 oz. skim milk</p>

	<p>Meal 2: Protein: Protein Shake</p> <p>Meal 3: Protein: 3 oz. chicken salad made with spices and 1 T. fat free mayonnaise Starch: 6 saltine crackers Veggie: 1 cup leafy greens and 1 cup optional veggies</p> <p>Meal 4: Protein: Protein bar</p> <p>Meal 5: Protein: 3 oz. lean grilled steak Starch: 2/3 cup corn Salad: 1 cup leafy greens and 1 cup optional veggies Veggie: 1 cup grilled asparagus</p>
Day 5	<p>Meal 1: Protein: 1/4 cup fat free cottage cheese Starch: 1 bagel (100 Calorie) Fruit: 1 small peach Dairy: 4 oz. skim milk</p> <p>Meal 2: Protein: Protein Shake</p> <p>Meal 3: Protein: 3 oz. lean ground beef (Extra lean 96/4) Starch: 1 1/2 whole grain tortilla Veggie: 1 cup leafy greens with optional free veggies <i>**may add tomato/ onion for taco</i></p> <p>Meal 4: Protein: Protein Bar</p> <p>Meal 5: Protein: 3 oz. Grilled Salmon Starch: 1/2 cup wild rice Salad: 1 cup leafy greens with optional free veggies Veggie: 1 cup cooked broccoli/ cauliflower</p>
Day 6	<p>Meal 1: Protein: 2 hardboiled egg whites Starch: 1 cup unsweetened cereal Fruit: 1 cup strawberries Dairy: 3 oz. fat free yogurt <i>**my make fruit parfait with cereal/ fruit/ yogurt</i></p> <p>Meal 2: Protein: Protein shake</p> <p>Meal 3: Protein: 2 oz. ham with 1 oz. low fat cheese Starch: 2 slices of diet whole grain bread Veggie: 1 cup carrots <i>**add lettuce/ tomato to sandwich</i></p> <p>Meal 4: Protein: Protein bar</p> <p>Meal 5: Protein: 3 oz. beef tenderloin Starch: 1 1/2 whole grain tortilla Salad: 1 cup leafy greens with optional 1 cup free veggies Veggie: 1 cup cooked green peppers/ yellow peppers/ onions <i>**may make and season as a fajita</i></p>
Day 7	<p>Meal 1: Protein: 1/4 cup egg substitute for omelet (<i>add green peppers/ onion/ tomatoes</i>) Starch: 1 English muffin Fruit: 1 cup melon Dairy: 4 oz. skim milk</p> <p>Meal 2: Protein: Protein Shake</p> <p>Meal 3: Protein: 3 oz. grilled chicken Starch: 15 fat free or baked chips Veggie: 1 cup leafy greens and 1 cup optional free veggies</p> <p>Meal 4: Protein: Protein Bar</p> <p>Meal 5: Protein: 3 oz. pork loin chops Starch: 1/2 cup brown rice Salad: 1 cup leafy greens with optional 1 cup free veggies Veggie: 1 cup green beans</p>