

1200 Calorie Menu Plan

1200 calorie food plan- 2 fruit, 3 vegetables, 4 grains/starch, 5 ounces meat/ protein, 2 fat-free milk, 3 fats- add 100 extra calories/day

	Day 1	Day 2	Day 3	Day 4	Day 5
<p>Breakfast</p> <p>1 Grains/starch 1 Fruit 1 Milk 1 Fat</p> <p>Lunch</p> <p>1 Grains/starch 1 Fruit Vegetables 2 oz Meat/protein 1 Fat</p> <p>Dinner</p> <p>2 Grains/starch vegetables 3 oz Meat/protein 1 Fat</p> <p>Snack</p> <p>1 Milk</p>	<p>Breakfast</p> <p>3/4 cup whole grain cereal 1/2 banana 1 cup fat-free milk 1 T. nuts</p> <p>Lunch</p> <p>Salad with 1/2 cup beans 1 oz turkey Hard boiled egg 1 small kiwi 1 T. vinaigrette salad dressing</p> <p>Dinner</p> <p>3 oz flank steak Medium sweet potato with cinnamon Mushrooms and onions sautéed in 1 teas. olive oil Broccoli</p> <p>Snack</p> <p>6 oz plain Greek yogurt yogurt</p>	<p>Breakfast</p> <p>1/2 whole wheat english muffin 1 cup melon 1 cup fat-free milk 2 teas. peanut butter</p> <p>Lunch</p> <p>1/2 cup whole wheat pasta mixed with veggies, 1/2 cup tuna, and 2 teas. light mayonnaise 2 small tangerines</p> <p>Dinner</p> <p>3 ounces white fish with lemon 2/3 cup brown rice Green beans 1 teas. olive oil</p> <p>Snack</p> <p>1 cup fat- free milk</p>	<p>Breakfast</p> <p>1/2 small whole wheat bagel 1 cup berries 6 ounces plain Greek yogurt 1 T. cream cheese</p> <p>Lunch</p> <p>Roll-up 1 small whole wheat tortilla 1 oz each low- fat cheese and turkey Cucumbers/lettuce/tomato 1/ 8 avocado Fresh small peach</p> <p>Dinner</p> <p>3 oz chicken breast 2/3 cup whole wheat pasta with 1/4 cup marinara sauce Salad w/ tomatoes, green peppers, carrots 1 T. vinaigrette salad dressing</p> <p>Snack</p> <p>1 cup unsweetened almond milk</p>	<p>Breakfast</p> <p>1 cup cooked oatmeal 1/2 small apple 1/2 cup fat-free milk 1 T. walnuts</p> <p>Lunch</p> <p>1 slice whole wheat bread 2 T. peanut butter w/ 1/2 sliced banana Baby carrots</p> <p>Dinner</p> <p>3 oz. lean grilled hamburger open face on 1/2 whole wheat bun 1/2 c. baked beans onion/lettuce/tomato Salsa 1 teas. mayo</p> <p>Snack</p> <p>6 oz plain Greek yogurt</p>	<p>Breakfast</p> <p>1 small whole grain waffle 1/2 cup blueberries 1 cup fat-free milk 1 teas. Trans fat free margarine</p> <p>Lunch</p> <p>1/2 whole wheat pita bread w/ chicken salad- 2 oz chicken breast Celery, onion. lettuce 2 teas. light mayonnaise 15 grapes</p> <p>Dinner</p> <p>3 oz grilled shrimp 2/3 cup wild rice Spinach Salad w/ a few croutons 1 T. vinaigrette Salad Dressing</p> <p>Snack</p> <p>1 cup fat- free milk 1/2 banana</p>