

1200 Calorie Menu Plan

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Protein shake (160-200 calories, 15-20 g protein, at least 3 g fiber)</u> Atkins Boost glucose control Boost calorie smart Slim Fast High Protein Glucerna Hunger Smart Vega One Nutritional Shake</p> <p><u>Protein Bar (140-210 calories, 13-20 g protein, at least 3 g fiber)</u> Atkins Meal South Beach Protein Fit Think Thin High Protein and Fiber Bar Pure Protein High Protein Fruit and Nut Bar</p> <p><u>1 fruit serving =</u> 1 cup melon 1 cup berries ½ banana 1 small apple or orange ½ cup pineapple ½ cup mango ½ cup grapes</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> Protein shake + 1 cup raw vegetables</p> <p><u>Dinner</u> 4 oz flank steak ½ cup sweet potato with cinnamon ½ cup sautéed mushrooms and onions sautéed in 1 teas. olive oil 1 cup steamed broccoli 1 small peach</p> <p><u>Snack</u> 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> 6 oz light yogurt (90-100 calorie) + 1 cup raw vegetables</p> <p><u>Dinner</u> 4 ounces white fish with lemon ½ cup brown rice 2 cups steamed green beans 1 small apple</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> Protein shake + 1 cup raw vegetables</p> <p><u>Dinner</u> 4 oz chicken breast ½ cup whole wheat pasta with ¼ cup marinara sauce 2 cups salad w/ tomatoes, green peppers, carrots 2 T. low-fat salad dressing 1 cup strawberries</p> <p><u>Snack</u> 6 oz light or plain yogurt (90-100 calorie) + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> 6 oz light or plain yogurt (90-100 calorie) + 1 cup raw vegetables</p> <p><u>Dinner</u> 4 oz. chicken or turkey burger open face on ½ bun Mustard or salsa to top burger 2 cups salad with 2 Tbs low-fat dressing 1 small orange</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> Protein shake</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> 6 oz light or plain yogurt (90-100 calorie) + 1 cup raw vegetables</p> <p><u>Dinner</u> 4 oz grilled shrimp ½ cup wild rice 2 cups Spinach Salad w/ ½ cup mandarin oranges 2 T. low-fat salad dressing</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>



KAISER PERMANENTE

Note: In this plan the largest meal is scheduled for evening since most Americans eat their dinner meal with their families.

However, research shows that if you take the same number of calories and move them to earlier in the day when metabolism is higher, that is better for weight loss. So, the largest meal could be taken at mid-day and the protein shake or bar could be taken in the evening with veggies. Alternatively, you could try the meal plan on the reverse side.

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<p><u>Protein shake (160-200 calories, 15-20 g protein, at least 3 g fiber)</u> Atkins Boost glucose control Boost calorie smart Slim Fast High Protein Glucerna Hunger Smart Vega One Nutritional Shake</p> <p><u>Protein Bar (140-210 calories, 13-20 g protein, at least 3 g fiber)</u> Atkins Meal South Beach Protein Fit Think Thin High Protein and Fiber Bar Pure Protein High Protein Fruit and Nut Bar</p> <p><u>1 fruit serving =</u> 1 cup melon 1 cup berries ½ banana 1 small apple or orange ½ cup pineapple ½ cup mango ½ cup grapes</p>	<p><u>Breakfast</u> 2 eggs with ¼ cup feta cheese, spinach, tomatoes, 2 slices turkey bacon, ½ whole wheat English muffin, 1 small peach</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> Protein shake + 1 cup raw vegetables</p> <p><u>Dinner</u> Protein shake</p> <p><u>Snack</u> 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> 1 cup plain 1% greek yogurt, ½ banana, ¾ cup blueberries, ¼ cup nuts, 2 Tbs granola</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> 6 oz light yogurt (90-100 calorie) + 1 cup raw vegetables</p> <p><u>Dinner</u> Protein shake</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> 1 cup low-fat cottage cheese, 1 small apple, 1 slice 100% whole wheat bread, 1 Tbs peanut butter</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> Protein shake + 1 cup raw vegetables</p> <p><u>Dinner</u> Protein shake</p> <p><u>Snack</u> 6 oz light or plain yogurt (90-100 calorie) + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> 2 oz smoked salmon, 1 egg, ½ whole wheat bagel, tomato slices, 1 Tbs whipped cream cheese, 1 small orange</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> 6 oz light or plain yogurt (90-100 calorie) + 1 cup raw vegetables</p> <p><u>Dinner</u> Protein shake</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>	<p><u>Breakfast</u> 1 cup cooked oatmeal with cinnamon and 1 tsp honey or maple syrup, 1 cup plain 1% greek yogurt, 1 cup strawberries, ½ banana</p> <p><u>Lunch</u> Protein bar</p> <p><u>Snack</u> 6 oz light or plain yogurt (90-100 calorie) + 1 cup raw vegetables</p> <p><u>Dinner</u> Protein shake</p> <p><u>Snack</u> ¼ cup nuts + 1 fruit serving 1 cup raw vegetables</p>