

1400 Calorie Menu Plan

1200 calorie food plan- 2 fruit, 3+ vegetables, 5 grains/starch, 5-9 ounces meat/ protein, 0-2 fat-free dairy, 3 fats- add 100 extra calories/day

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Breakfast</u> 1 Grains/starch 1 Fruit 1 Milk or 2 oz protein 1 Fat</p> <p><u>Lunch</u> 2 Grains/starch 1 Fruit Vegetables 2 oz Meat/protein 1 Fat</p> <p><u>Dinner</u> 2 Grains/starch vegetables 3 oz Meat/protein 1 Fat</p> <p><u>Snack</u> 1/2 Milk or 1 oz protein Vegetables</p>	<p><u>Breakfast</u> 3/4 cup high fiber cereal 1 cup unsweetened almond milk 3/4 cup blueberries 1 cup light Greek yogurt 1 T. nuts</p> <p><u>Lunch</u> Salad with 1 cup beans 1 oz turkey Hard boiled egg 1 small kiwi 1 T. salad dressing</p> <p><u>Dinner</u> 3 oz flank steak 1 medium sweet potato with cinnamon Mushrooms and onions sautéed in 1 teas. olive oil Broccoli</p> <p><u>Snack</u> 1 oz beef jerky Baby carrots</p>	<p><u>Breakfast</u> 1 light multigrain English muffin (high fiber) 1 cup strawberries 2 eggs 1 teaspoon peanut butter</p> <p><u>Lunch</u> 1 cup whole wheat pasta mixed with veggies, 1/2 cup tuna, and 2 teas. light mayonnaise 2 small tangerines</p> <p><u>Dinner</u> 3 ounces white fish with lemon 1 cup brown rice Green beans 1 teaspoon olive oil for cooking</p> <p><u>Snack</u> 1/2 cup light Greek yogurt Sliced cucumber</p>	<p><u>Breakfast</u> 1 low-carb tortilla 1 cup strawberries 1 egg 1 oz smoked salmon 1/2 Tbs. cream cheese</p> <p><u>Lunch</u> <u>Roll-up</u> 1 small whole wheat tortilla 1 oz each low- fat cheese and turkey Cucumbers/lettuce/tomato 1/6 avocado Fresh small peach</p> <p><u>Dinner</u> 3 oz chicken breast 1 cup whole wheat pasta with/ 1/4 cup marinara sauce Salad w/ tomatoes, green peppers, carrots 1 T. salad dressing</p> <p><u>Snack</u> 1/2 cup low-fat cottage cheese Mini bell peppers</p>	<p><u>Breakfast</u> 1/2 cup cooked oatmeal 1 small apple 3/4 cup low-fat cottage cheese 1 T. chia seeds</p> <p><u>Lunch</u> 2 slices 100% whole grain bread 2 oz turkey 1 T. hummus Baby carrots 1 cup strawberries</p> <p><u>Dinner</u> 3 oz. lean grilled hamburger open face on 1/2 bun 1/2 c. baked beans onion/lettuce/tomato Salsa 1/6 avocado</p> <p><u>Snack</u> 1 oz deli turkey roll ups Baby carrots</p>	<p><u>Breakfast</u> 1 low-carb tortilla 1 small pear 2 eggs 1/6 avocado Salsa</p> <p><u>Lunch</u> 1 whole wheat pita bread w/ chicken salad- 2 oz chicken breast Celery, onion. lettuce 2 teas. light mayonnaise 15 grapes</p> <p><u>Dinner</u> 3 oz grilled shrimp 1 cup wild rice Spinach Salad w/ a few croutons 1 T. Salad Dressing</p> <p><u>Snack</u> 1/2 cup low-sugar Greek yogurt Sliced cucumber</p>