

# 7 DAY 1200 CALORIES DIET

|           | Day 1   | Day 2  | Day 3   | Day 4   | Day 5  | Day 6   | Day 7  |
|-----------|---|--|---|---|--|---|--|
| Breakfast | <p>3/4 cup bran flakes,<br/>1 banana,<br/>1 cup fat-free milk</p>   | <p>Smoothie<br/>1/2 English muffin spread with 1 teaspoon light margarine</p>                  | <p>Oatmeal</p>  | <p>1/2 toasted English muffin topped<br/>6 oz light yogurt</p>  | <p>1 cup Cheerios,<br/>1/2 cup berries,<br/>1 tablespoon slivered almonds,<br/>8 ounces at-free milk</p>                                 | <p>1 toasted frozen waffle, spread with 1 tablespoon peanut butter and topped with 1/2 sliced banana<br/>8 ounces fat-free milk</p> | <p>1/2 toasted English muffin<br/>1 grapefruit</p>             |
| Lunch     | <p>Sandwich<br/>1 stick part-skim mozzarella string cheese<br/>2 kiwifruits</p>   | <p>1 cup vegetarian vegetable soup<br/>1 veggie burger<br/>6 oz light yogurt<br/>15 grapes</p> | <p>Chicken salad<br/>1 banana</p>   | <p>1 cup tomato soup<br/>Sandwich<br/>1 cup raw veggies<br/>1 pear</p>                                  | <p>Quesadilla<br/>1/2 cup low-fat cottage cheese<br/>Cucumber spears</p>   | <p>Tuna pita<br/>10 baby carrots<br/>6 ounces light yogurt mixed with 1/2 banana</p>  | <p>Black bean salad<br/>1 mini whole wheat pita<br/>1 pear</p> |
| Dinner    | <p>4 ounces broiled flounder<br/>2 sliced plum tomatoes<br/>1 cup cooked couscous<br/>1 cup steamed broccoli<br/>1 fat-free pudding cup</p> | <p>BBQ chicken<br/>1/2 cup vegetarian baked beans<br/>3 small boiled red potatoes</p>          | <p>4 oz steamed shrimp<br/>1 baked potato<br/>3 cups spinach<br/>1 low fat frozen fudge bar</p> | <p>3 oz poached salmon<br/>Slaw<br/>3/4 cup cooked brown rice<br/>1/2 cup pineapple chunks in juice</p> | <p>3 oz roasted pork tenderloin<br/>1 cup baked acorn squash<br/>2 to 3 cups salad greens<br/>1/2 cup vanilla fat-free frozen yogurt</p> | <p>Jambalaya<br/>3 cups spinach, steamed<br/>1 apple</p>  | <p>3 ounces broiled<br/>1 baked sweet potato</p>               |