

# 1200 CALORIE HIGH PROTEIN

1151 cal / 153 g protein, 86 g carbs, 16 g fat per day (gluten-free)

<b>MON</b>	<b>BREAKFAST</b> 1 c egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 C blueberries	<b>LUNCH</b> 2 cups lettuce greens 8 oz Chicken 1 cup broccoli 1 tomato 2 TBL Bolthouse Ranch	<b>DINNER</b> 4 oz lean Ground Beef 1 C mushrooms 1 med zucchini, sliced 4 oz Healthy Noodle	<b>DESSERT</b> 1 scoop Protein Powder 1 cup almond milk 1 cup strawberries
<b>TUE</b>	<b>BREAKFAST</b> 1 cup egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 banana	<b>LUNCH</b> 2 cups lettuce greens 8 oz Chicken 1 C cucumbers 1 tomato 2 TBL Bolthouse Ranch	<b>DINNER</b> 4 oz lean Ground Beef 1 C broccoli 1/4 C spaghetti sauce 1 C Spaghetti Squash	<b>DESSERT</b> 1 scoop Protein Powder 1 cup almond milk 1 cup peaches
<b>WED</b>	<b>BREAKFAST</b> 1 C egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1.5 C strawberries	<b>LUNCH</b> 2 C lettuce greens 1 C Cabbage 8 oz Chicken 1 red onion, 2 T Olive Garden light	<b>DINNER</b> 4 oz lean Ground Beef 4 oz Healthy Noodle 1 C Bell Peppers 1/2 med, onion	<b>DESSERT</b> 1 scoop Protein Powder 1 cup water 1 TPB powder 1/2 banana
<b>THU</b>	<b>BREAKFAST</b> 1 C egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1.5 C peach slices	<b>LUNCH</b> 2 cups lettuce greens 8 oz Chicken 1 cup sliced carrots 1 tomato 2 TBL Bolthouse Ranch	<b>DINNER</b> 4 oz lean Ground Beef 1 C mushrooms 1 lg Spiralized zucchini 1 TBL Parmesan cheese	<b>DESSERT</b> 1 scoop Protein Powder 1 cup almond milk 1 cup blueberries
<b>FRI</b>	<b>BREAKFAST</b> 1 c egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 C blueberries	<b>LUNCH</b> 2 C lettuce greens 8 oz Chicken 1 C cauliflower 2 T Olive Garden Light 1 tomato	<b>DINNER</b> 4 oz lean Ground Beef 1 C sliced carrots 1 med zucchini, sliced 4 oz Healthy Noodle	<b>DESSERT</b> 1 scoop Protein Powder 1 cup almond milk 1 T Cocoa Powder 2 TPB powder
<b>SAT</b>	<b>BREAKFAST</b> 1 cup egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 med banana	<b>LUNCH</b> 2 cups lettuce greens 8 oz Chicken 1 cup mushrooms 1 c green beans 2 T Light Olive Garden	<b>DINNER</b> 4 oz lean Ground Beef 1 C Broccoli 1 med tomato 1/2 c spaghetti sauce 1 C Spaghetti squash	<b>DESSERT</b> 1 scoop Protein Powder 1 cup almond milk 1 cup strawberries
<b>SUN</b>	<b>BREAKFAST</b> 1 C egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1.5 C strawberries	<b>LUNCH</b> 2 cups lettuce greens 8 oz Chicken 1 cup broccoli 1 tomato 2 TBL Bolthouse Ranch	<b>DINNER</b> 4 oz lean Ground Beef 1 C mushrooms 1 med, onion 1 lg Spiralized zucchini	<b>DESSERT</b> 1 scoop Protein Powder 1 cup almond milk 1 cup blueberries