



# 1200 Calorie

high protein · Low carb · Low fat

45 % P 30 % C 25 % F

|             | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|-------------|--|--|--|---|---|
| BREAKFAST   | <ul style="list-style-type: none"> <li>1 cup egg whites</li> <li>1 lg egg</li> <li>1 banana</li> <li>1 ounce mozzarella cheese</li> </ul>                      | <ul style="list-style-type: none"> <li>1 cup egg whites</li> <li>2 lg egg</li> <li>1/3 c oats</li> </ul>                           | <ul style="list-style-type: none"> <li>1 lg egg</li> <li>1 c egg white</li> <li>1 oz mozzarella cheese</li> <li>1 slice toast</li> </ul>                       | <ul style="list-style-type: none"> <li>1 cup egg white</li> <li>180 cal tortilla</li> <li>1 oz. mozzarella cheese</li> </ul>                            | <ul style="list-style-type: none"> <li>1 cup egg whites</li> <li>1 lg egg</li> <li>1/2 oz cheese</li> </ul>   |
| MID MORNING | <ul style="list-style-type: none"> <li>1 cup nonfat greek yogurt</li> <li>2 TBL peanut butter powder</li> <li>1 TBL sugar free syrup</li> </ul>                | <ul style="list-style-type: none"> <li>1 cup nonfat greek yogurt</li> <li>100 g frozen berries</li> </ul>                          | <ul style="list-style-type: none"> <li>1 medium grapefruit</li> <li>1 string cheese</li> </ul>   | <ul style="list-style-type: none"> <li>1 cup nonfat greek yogurt</li> <li>2 TBL peanut butter powder</li> <li>1 TBL sugar free syrup</li> </ul>         | <ul style="list-style-type: none"> <li>1 cup low-fat cottage cheese</li> <li>1 cup berries</li> <li>1 tbl sugar free jello powder</li> </ul>                        |
| LUNCH       | <ul style="list-style-type: none"> <li>4 oz. ground beef</li> <li>80 g cooked white rice</li> <li>1 cup mushrooms</li> </ul>                                   | <ul style="list-style-type: none"> <li>4.5 oz. ground chicken</li> <li>100 g sweet potato fries</li> <li>1 med cucumber</li> </ul> | <ul style="list-style-type: none"> <li>4 oz turkey deli</li> <li>1 large leaf of lettuce</li> <li>1 laughing cow cheese</li> <li>1/2 c strawberries</li> </ul> | <ul style="list-style-type: none"> <li>4 oz. ground beef</li> <li>80 g white rice</li> <li>1 cup mushrooms</li> </ul>                                   | <ul style="list-style-type: none"> <li>5 oz. canned chicken</li> <li>1 tbl light mayo</li> <li>180 calorie tortilla</li> </ul>                                      |
| SNACK       | <ul style="list-style-type: none"> <li>Sugar free jello</li> <li>Protein shake</li> </ul>  | <ul style="list-style-type: none"> <li>Protein shake</li> </ul>  | <ul style="list-style-type: none"> <li>Protein bar (180 calories)</li> </ul>   | <ul style="list-style-type: none"> <li>1 rice cake</li> <li>3 oz turkey deli meat</li> <li>1 string cheese</li> </ul>                                   | <ul style="list-style-type: none"> <li>Protein powder shake</li> </ul>  |
| DINNER      | <ul style="list-style-type: none"> <li>4 oz chicken tenders</li> <li>100 g mashed sweet potato</li> <li>1 cup sliced zucchini</li> <li>2 tsp butter</li> </ul> | <ul style="list-style-type: none"> <li>4.5 oz chicken thighs</li> <li>75 g white rice</li> <li>1 cup mushrooms</li> </ul>          | <ul style="list-style-type: none"> <li>4.5 chicken tenders</li> <li>1 cup spaghetti squash</li> <li>1 oz parmesan cheese</li> <li>Spray butter</li> </ul>      | <ul style="list-style-type: none"> <li>4 oz steak</li> <li>100 g sweet potato</li> <li>1 green salad</li> <li>2 TBL Bolthouse ranch dressing</li> </ul> | <ul style="list-style-type: none"> <li>4 oz ground beef</li> <li>1 green salad</li> <li>1/2 cup corn</li> <li>1 oz cheese</li> <li>2 TBL Bolthouse ranch</li> </ul> |
| SUMMARY     | <p>1183 cal<br/>145 g protein<br/>90 g carbs<br/>27 g fat</p>  | <p>1148 calories<br/>130 g protein<br/>85 g carbs<br/>32 g fat</p>   | <p>1147 calories<br/>127 g protein<br/>81 g carbs<br/>35 g fat</p>   | <p>1167 calories<br/>126 g protein<br/>87 g carbs<br/>35 g fat</p>  | <p>1146 calories<br/>137 g protein<br/>73 g carbs<br/>34 g fat</p>  |