

# 1,200 Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4
	4 <b>G</b> rain, 5 <b>P</b> rotein, 3 <b>F</b> ruit, 4 <b>V</b> egetable, 2 <b>M</b> ilk, 2 <b>F</b> at	4 <b>G</b> rain, 5 <b>P</b> rotein, 3 <b>F</b> ruit, 4 <b>V</b> egetable, 2 <b>M</b> ilk, 2 <b>F</b> at	5 <b>G</b> rain, 5 <b>P</b> rotein, 3 <b>F</b> ruit, 4 <b>V</b> egetable, 2 <b>M</b> ilk, 3 <b>F</b> at	4 <b>G</b> rain, 5 <b>P</b> rotein, 3 <b>F</b> ruit, 4 <b>V</b> egetable, 2 <b>M</b> ilk, 2 <b>F</b> at
<b>Breakfast</b>	½ cup cooked oatmeal 2 tablespoons raisins ½ cup fat-free milk coffee <b>1G, 1Fr, ½M</b>	¾ cup Cheerios® ½ banana 1 cup fat-free milk <b>1G, 1Fr, 1Mw</b>	1 Bran Muffin – see recipe #8 ½ cup orange juice 1 cup fat-free milk <b>2G, 1Fr, 1M, 1F</b>	1 slice whole grain toast 2 teaspoons fruit preserves (no sugar added) Egg Vegetable Scramble – see recipe #13 <b>1G, 1P, 1V</b>
<b>Midmorning snack</b>	6 ounces nonfat yogurt (100 calories) <b>1M</b>		6 ounces nonfat yogurt (100 calories)	Yogurt Parfait – see recipe #14 <b>1Fr, 1M, 1F</b>
<b>Lunch</b>	Tuna sandwich – see recipe #1 (use 2 ounces of tuna) 15 baby carrots <b>1G, 2P, 2V, 1F</b>	Turkey sandwich – 2 ounces turkey, 2 slices <b>low-calorie</b> bread, lettuce, tomato, mustard 1 cup Vegetable Salad – see recipe #4 <b>1G, 2P, 1V, 1F</b>	Chicken or Turkey Pocket – see recipe #9 ½ cup canned peaches (no sugar added) 8 baby carrots <b>1G, 1P, 1Fr, 1V,</b>	Bean Burrito – see recipe #15 1 small apple <b>2G, 1P, 1Fr, 1V</b>
<b>Afternoon snack</b>	1 small apple <b>1Fr</b>	6 ounces low-fat mixed berry yogurt (100 calories) 1 cup raspberries <b>1Fr, 1M</b>		Vegetable Salad– see recipe #4 <b>1V, 1F</b>
<b>Dinner</b>	Chicken and Vegetable Stir-fry – see recipe #2 ⅔ cup brown rice <b>2G, 3P, 2V, 1F</b>	Fish in Foil – see recipe #5 or Broiled Fish – see recipe #6 1 cup Potatoes - Baked French Fries – see recipe #7 1 cup steamed broccoli 2 cups tossed salad and 2 tablespoons reduced-fat salad dressing <b>2G, 3P,3V, 1F</b>	1 serving Turkey Chili – see recipe #10 1 cup steamed broccoli with lemon pepper 1 serving Oriental Salad – see recipe #11 <b>2G, 4P, 3V, 2F</b>	3 ounces Baked Salmon – see recipe #16 1 cup butternut squash ½ cup cooked mixed vegetables (broccoli, cauliflower, carrots) 1 cup fat-free milk <b>1G, 3P, 1V, 1M</b>
<b>Evening snack</b>	½ cup fat-free milk ¾ cup blueberries <b>1Fr, ½M</b>	17 grapes <b>1Fr</b>	1 Baked Apple – see recipe #12 <b>1Fr</b>	¼ cups strawberries 2 tablespoons light whipped topping <b>1Fr</b>