

## 1200 CALORIE MEAL PLAN

Meal	Sample Meal 1	Sample Meal 2
<b>Breakfast</b>		
1 Starch 1 Fruit 1 Milk	1/2 cup bran flakes 4 oz banana 8 oz 1% milk	1 slice wheat toast 2 tsp no-sugar-added jam 3/4 cup blueberries 1 cup fat-free yogurt
<b>Lunch</b>		
1 Starch 1 Fruit 1 Vegetable 2 Meat 1 Fat	1 slice wheat bread 2 oz lean sliced ham Mustard as desired Lettuce as desired 1 slice tomato 1 Tbsp reduced-fat mayonnaise 1 cup raw carrots 1 apple	1 slice white bread 2 oz sliced turkey Mustard as desired Lettuce as desired 1 pickle 1 cup cherry tomatoes 2 Tbsp reduced-fat salad dressing 1 cup sliced cantaloupe
<b>Dinner</b>		
2 Starch 1 Fruit 2 Vegetable 2 Meat 2 Fat	1 small dinner roll 1 tsp margarine 1/3 cup rice 1/2 cup cooked broccoli 2 oz baked chicken Salad greens as desired 1 cup raw vegetables on salad 2 Tbsp reduced-fat salad dressing 1.25 cup whole strawberries	1 small dinner roll 1 tsp margarine 1/2 cup corn 1 cup green beans 2 oz grilled or broiled flank steak 2 pecans, diced, on green beans 3/4 cup pineapple
<b>Snack</b>		
1 Starch 1 Milk	3 cups popcorn, low fat/no butter 1 packet sugar-free hot cocoa, mix & water	3/4 oz pretzels 8 oz 1% milk