

1200 Calorie Meal Plan - Day 1

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 1 miniature box (0.5 oz) of Dried Fruits: Raisins, seedless
- 1 large (1.8 oz) (1.8 oz) of Eggs: Chicken Egg, whole, hard-boiled
- 1 serving, 1/3 cup (1 oz) of Breakfast Cereals, Cooked: Oats, regular & quick & instant, dry

Lunch

- 1 salad (12.9 oz) of Subway: Salads: 6 Grams of Fat or Less, Turkey Breast & Ham, without dressing or croutons
- 1 medium, 3" dia (6.4 oz) of Fresh Fruits: Apples, with Skin, raw
- 2 tablespoon (0.5 oz) of Salad Dressings: Italian

Dinner

- 1 medium, cooked (6 oz) of Beef Steaks: Steak, Sirloin, Lean, broiled
- 1 medium, 2" dia, 5" long, raw (4 oz) of Vegetables, Fresh: Sweet Potato, baked in skin, no salt added, edible portion
- 1 wedge, 1/8 of small melon (4.4 oz) of Fresh Fruits: Honeydew Melon, raw
- 1 cup (4.4 oz) of Vegetables, Fresh: Beans, green snap or string, boiled, drained, no salt added

Snack

No snack for this day

1200 Calorie Meal Plan - Day 2

Breakfast

- 1 slice, thick (40g) of Bread: Mixed Grain
- 2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached
- 1 carton (200g) of Yoghurt: Fruit Flavoured, fat-free
- 1 cup (9.1 oz) of Fruit & Vegetable Juices: Orange Juice, fresh

Lunch

- 1 medium, 7" to 7-7/8" long (4.2 oz) of Fresh Fruits: Banana, raw
- 1 taco (5.3 oz) of Baja Fresh: Tacos: Americano Soft, Shrimp, without tortilla chips

Dinner

- 1/2 serving, 2 teaspoons (11g) of Gourmet Garden: Herbs: Ginger Blend
- 1/2 tablespoon (15mL) of Kikkoman: Sauces: Soy, 43% Less Salt
- 1/2 serving, 2 teaspoon (12g) of Gourmet Garden: Herbs: Lemongrass Blend
- 1/2 tablespoon (25g) of Sauces: Thai Sweet Chilli
- 10 g of Sugars: Brown
- 1 slices or diced, 1/2 cup (70g) of Vegetables, fresh: Carrots, raw
- 2 shredded, 1/2 cup (40g) of Vegetables, fresh: Cabbage, Chinese, raw
- 1 serving, 1/4 cup (4g) of Vegetables, fresh: Coriander, raw
- 4 fl.oz of Fruit & Vegetable Juices: Lime, fresh
- 1 fillet (6.8 oz) of Foster Farms: Chicken: Breasts, Fillets, boneless skinless

Snack

- 1 serving, 1/4 cup (0.1 oz) of Vegetables, Fresh: Cilantro (coriander), leaves, raw, edible portion

1200 Calorie Meal Plan - Day 3

Breakfast

- 1 cup (250mL) of Milk: Light (1% fat)
- 12 medium strawberry (30g) of Fruit, fresh: Strawberries, raw
- 2 biscuit oblong (0.9 oz) of Breakfast Cereals, Ready To Eat: Shredded Wheat

Lunch

- 1 salad (11 oz) of Wendy's: Salads: Garden Sensations, Mandarin Chicken, without almonds crispy noodles or dressing
- 1 serving, 2 tablespoons of Naturally Fresh: Salad Dressings: Ginger
- 10 cracker, thin square (0.1 oz) of Crackers: Wheat, thin

Dinner

- 10 mL of Always Fresh: Oils: Olive, Extra Light
- 1 medium (5.3 oz) of Vegetables, Fresh: Sweet Potato, boiled, no skin, no salt added
- 2 serving, 4 spears, 1/2" base (2.1 oz) of Vegetables, Fresh: Asparagus, boiled, drained, no salt added
- 1 serving (6 oz) of Omaha Steaks: Fish, Fresh: Mahi-Mahi Steaks
- 1 tablespoon (0.5 fl.oz) of Oils: Olive
- 4 serving, 1/4 teaspoon of Mrs Dash: Seasonings: Blend, Onion & Herb

Snack

No snack for this day

1200 Calorie Meal Plan - Day 4

Breakfast

2 meal of Egg Dishes: Scrambled Eggs, 1 large egg w. 1 tbsp non-fat milk, no added fat
1 serving (4 oz) of Chipotle: Meal Components: Black Beans
1/4 cup, sliced (5.1 oz) of Fresh Fruits: Avocados, average all types, raw
1/2 cup, chopped or sliced (6.3 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
1/4 cup, chopped (5.6 oz) of Vegetables, Fresh: Onions, all types, raw, edible portion

Lunch

1 serving of B.L.T.
10 medium strawberry (30g) of Fruit, fresh: Strawberries, raw

Dinner

1 pouch (120g) of Birds Eye: Vegetables, frozen: Steam Fresh, Asian Mix
1/4 serving (20g) of Always Fresh: Vegetables, packaged: Garlic, Minced
1 tablespoon (15mL) of Kikkoman: Sauces: Soy, 43% Less Salt
1 cup (6.9 oz) of Rice: Brown, long-grain, cooked
1 breast, single (1/2 whole) (4.2 oz) of Chicken: Broilers or Fryers, Breast, raw, meat only, without skin
1 teaspoon (0.1 oz) of Vegetables, Fresh: Ginger root, raw, edible portion

Snack

No snack for this day

1200 Calorie Meal Plan - Day 5

Breakfast

- 1 cup cubes/balls (150g) of Fruit, fresh: Melon, Watermelon, raw, peeled
- 1 cup (8.6 oz) of Yogurts: Fruit Flavored, Fat-Free

Lunch

- 2 slice, thick (40g) of Bread: Mixed Grain
- 4 oz of Deli & Luncheon Meat: Ham, 11% fat, sliced
- 2 serving, 3 leaves (1 oz) of Vegetables, Fresh: Spinach, raw, edible portion
- 3 teaspoon (0.2 oz) of Condiments: Mustard, yellow, prepared

Dinner

- 2 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 1 serving, 3 cups (3 oz) of Fresh Express: Salads: Tender Lettuce Mixes, Fancy Field Greens
- 1/2 cup, slices (2.5 oz) of Vegetables, Fresh: Mushrooms, brown, Italian or Crimini, raw, edible portion
- 1/2 cup, sliced (4.2 oz) of Vegetables, Fresh: Cucumber, peeled, raw
- 6 cherry (0.6 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion
- 2 potato small, 1-3/4" to 2-1/2" dia (4.9 oz) of Vegetables, Fresh: Potatoes, red, baked, flesh & skin
- 5 oz of Fish, Fresh: Salmon, pink, cooked, dry heat

Snack

No snack for this day

1200 Calorie Meal Plan - Day 6

Breakfast

- 2 piece of Souplantation & Sweet Tomatoes: Bakery: Muffins, 96% Fat-Free, Fruit Medley Bran
- 1 tall (12 fl.oz) of Coffees: Caffe Latte, non-fat milk (Starbucks)
- 2 serving, 1/2 cup of Fresh Choice: Desserts: Fruit Salad w. Grapes

Lunch

- 2 medium slice, 1/4" (20g) of Vegetables, fresh: Tomato, ripe, raw
- 1 pita of Pita Pit: Sandwiches & Burgers: Meat Pitas, Club, with White Pita, without toppings, sauces & cheese
- 2 slice, thin (0.3 oz) of Vegetables, Fresh: Onions, all types, raw, edible portion
- 1/4 cup, shredded (2.5 oz) (2.5 oz) of Vegetables, Fresh: Cabbage, average all types, raw, edible portion
- 2 tablespoon of Greek: Meals, Tzatziki (cucumber & yogurt dip)

Dinner

- 3 serving, 1/2 cup of Fresh Choice: Salads: Prepared, Thai Shrimp & Snow Pea

Snack

- No snack for this day

1200 Calorie Meal Plan - Day 7

Breakfast

- 1 slice, thick (40g) of Bread: Mixed Grain
- 2 egg, extra large (60g) of Eggs: Chicken Egg, whole, boiled or poached
- 3 slice, medium, 1/4" thick (0.7 oz) of Vegetables, Fresh: Tomato, red, ripe, raw, edible portion

Lunch

- 2 tray (10 oz) of Dinty Moore: Packaged Meals: Microwave Trays, Beef Stew w. Fresh Potatoes & Carrots
- 1 serving, 1 1/2 cups (7.3 oz) of Salads: Mixed vegetable tossed, no dressing
- 1 serving, 2 tablespoons (1 fl.oz) of Wish-Bone: Salad Dressings: Oil & Vinegar, Balsamic Vinaigrette

Dinner

- 1/2 serving, 1/2 jar (172g) of Bertolli: Sauces: Pasta Vegetable, Eggplant, Mushroom & Olive
- 1 cup, spaghetti (5 oz) of Pasta, Spaghetti, Macaroni: Whole wheat, cooked
- 1 serving (4 oz) of Fish, Canned, Packaged: Tuna, Light, canned in water, drained solids

Snack

No snack for this day

1200 Calorie Meal Plan - Day 8

Breakfast

1 cup (250mL) of Milk: Light (1% fat)

1 cup (3 oz) of Breakfast Cereals, Ready To Eat: Muesli, dried fruit & nuts

Lunch

1 small bunch, 22 medium size (120g) of Fruit, fresh: Grapes, Green, average all types, raw

1 sub (6") (8 oz) of Subway: Sandwiches & Burgers: 6 Grams of Fat or Less Subs on Wheat Bread, Turkey Breast

Dinner

5 small (10g) of Vegetables, fresh: Mushrooms, Button

1 small (118g) of Vegetables, fresh: Zucchini, raw

1 serving, 2 teaspoons (10g) of Kraft: Cheese: Parmesan, Grated, non-refrigerated

1 tablespoon (0.5 fl.oz) of Oils: Olive

6 oz of Pork: Fresh, top loin (chops), boneless, lean only, raw

4 serving, 1/4 teaspoon of Mrs Dash: Seasonings: Blend, Lemon Pepper

1 small (2.1 oz) of Vegetables, Fresh: Sweet Potato, baked in skin, no salt added, edible portion

Snack

No snack for this day

1200 Calorie Meal Plan - Day 9

Breakfast

- 2 serving of medium scrambled egg
- 1 slice, thick (40g) of Bread: Mixed Grain
- 1 medium, 8 per kg (115g) of Fruit, fresh: Peach, raw

Lunch

- 1 serving of Salmon Frittata
- 1 serving of cup of mixed vegetables/salad
- 1 cup cubes (150g) of Fruit, fresh: Melon, Honey Dew, raw, peeled

Dinner

- 1 small, cooked (4 oz) of Beef Steaks: Steak, Sirloin, Lean, broiled
- 1 serving, 2/3 cup frozen (3 oz) of Green Giant: Vegetables, Frozen / Refrigerated: Vegetables, Mixed, steam bag
- 1 serving (3 oz) of Ore-Ida: Vegetables, Frozen / Refrigerated: Potato Wedges w. Skins
- 1 serving, 10 grapes (1.7 oz) of Fresh Fruits: Grapes, Red or Green (European type, such as Thompson seedless), raw

Snack

- No snack for this day

1200 Calorie Meal Plan - Day 10

Breakfast

3/4 cup (250mL) of Milk: Light (1% fat)

1 small (1 pint) of Fruit & Vegetable Juices: Smoothies, Fruit with Low Calorie Dairy Base (Jamba Juice)

1 cup (1 oz) of Cheerios: Breakfast Cereals, Ready To Eat: Cheerios, Oat

1 serving, 1/2 cup (4.3 oz) of Canned or Bottled Fruits: Apricots w. Skin, in juice, solids & liquids

Lunch

1 serving of medium serving of fruit

1 bowl (10.9 oz) of Subway: Soups: Spanish Style Chicken, with Rice

6 cracker (0.1 oz) of Crackers: Saltines (incl. oyster, soda, soup)

Dinner

1 serving of cup of mixed vegetables/salad

1 serving of Salmon Frittata

Snack

No snack for this day

1200 Calorie Meal Plan - Day 11

Breakfast

- 2 slice, thick (40g) of Bread: Mixed Grain
- 1 extra large (56g) of Eggs: Chicken Egg, whole, raw, fresh
- 4 tablespoon (20mL) of Milk: Light (1% fat)
- 1 teaspoon (5g) of Riviana: Sprays: Extra Light Olive Oil
- 1 cup cubes (150g) of Fruit, fresh: Melon, Honey Dew, raw, peeled

Lunch

- 1 sub, 6" (266g) of Subway: Burgers / Sandwiches: 6" Subs w. 6g Fat or Less, Sweet Onion Chicken Teriyaki, no dressing, cheese or oil
- 1 serving (12 oz) of Target Food Court: Menu Items: V-8, Vegetable Juice

Dinner

- 1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
- 1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
- 5 small (10g) of Vegetables, fresh: Mushrooms, Button
- 1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
- 1 small bunch, 22 medium size (120g) of Fruit, fresh: Grapes, Green, average all types, raw
- 1 serving, cooked (4 oz) of Pork: Loin Chop, Lean, broiled
- 1 serving, 1 1/2 cups (3 oz) of Dole: Salads: Fresh Discoveries, Baby Spinach

Snack

- No snack for this day

1200 Calorie Meal Plan - Day 12

Breakfast

1 serving (45g) of Uncle Toby's: Breakfast Cereals: Plus, Fibre
3/4 cup (250mL) of Milk: Light (1% fat)
1/2 medium (180g) of Fruit, fresh: Mango, raw, peeled

Lunch

1 serving, 1/3 packet (50g) of Coles / Farmland: Salads: Salads, Baby Spinach
1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
5 small (10g) of Vegetables, fresh: Mushrooms, Button
1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
150 g of Chicken Baked: Breast Meat, no skin, no bones, baked
1 medium, 3" dia (6.4 oz) of Fresh Fruits: Apples, with Skin, raw

Dinner

1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw
1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled
5 small (10g) of Vegetables, fresh: Mushrooms, Button
1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian
1 serving, 1 1/2 cups (3 oz) of Dole: Salads: Fresh Discoveries, Baby Spinach
1 1/2 cup, spiral shaped (4.7 oz) of Pasta, Spaghetti, Macaroni: Plain, cooked
2 serving, 1/2 cup (4.4 oz) of Del Monte: Pasta Sauces: Spaghetti, with Meat

Snack

No snack for this day

1200 Calorie Meal Plan - Day 13

Breakfast

1 cup (200g) of Fruit, fresh: Fruit Salad

1 serving, 1/3 cup (1 oz) of Breakfast Cereals, Cooked: Oats, regular & quick & instant, dry

1 cup (8.6 oz) of Yogurts: Fruit Flavored, Fat-Free

Lunch

1 serving of Tuna and Green Bean Salad with Vinaegrette Dressing

1 serving, 10 grapes (1.7 oz) of Fresh Fruits: Grapes, Red or Green (European type, such as Thompson seedless), raw

1 serving, 3 cups (3 oz) of Fresh Express: Salads: Tender Lettuce Mixes, Fancy Field Greens

Dinner

6 serving of black olives

1 small whole (85g) of Vegetables, fresh: Tomato, ripe, raw

5 small (10g) of Vegetables, fresh: Mushrooms, Button

1 medium (100g) of Vegetables, fresh: Cucumber, Lebanese, raw, unpeeled

1 tablespoon (20mL) of Kraft: Salad Dressings: Free, Balsamic Italian

1 serving, 3 cups (3 oz) of Fresh Express: Salads: Tender Lettuce Mixes, Fancy Field Greens

1 serving, cooked (4 oz) of Fish, Fresh: Swordfish, cooked, dry heat

Snack

No snack for this day

1200 Calorie Meal Plan - Day 14

Breakfast

- 1 muffin (67g) of English Muffins: English
- 2 tablespoon (25g) of Philadelphia: Cheese Spread: Cream Cheese Spreadable Tub, Extra Light
- 1 cup (200g) of Fruit, fresh: Fruit Salad
- 2 oz (1 oz) of Kosher / Deli Foods: Lox, smoked salmon

Lunch

- 1 slice, thick (40g) of Bread: Mixed Grain
- 1 medium, 8 per kg (115g) of Fruit, fresh: Peach, raw
- 2 bowl (5 fl.oz) of Souper Salad: Soups: White Bean Chicken Chilli Stew

Dinner

- 2 serving of Vegetable & Garlic Chicken with Rice

Snack

- No snack for this day