

1200 CALORIE HIGH PROTEIN

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

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