

1,200 Calorie Meal Plan

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