



## Sample 1200 Daily Calorie Meal Plans

Breakfast	Snack 1	Lunch	Snack 2	Dinner
2 eggs, scrambled  2 turkey sausage patties  1 cup of fresh strawberries	1 ounce of raw almonds  1 small apple	Tuna sandwich (light tuna w/ one tbsp. of mayo on sandwich thin)  Low-fat mozzarella cheese stick	1 container of non-fat Greek yogurt (Chobani Simply 100, Yoplait 100 Greek and Dannon Light n' Fit Greek are great choices)	4 ounces of grilled chicken breast  2 cups of steamed broccoli  1/3 cup of brown rice

*Calories: 1,179 / Carbohydrates: 96 g / Fat: 46 g / Protein 102 g*

Breakfast	Snack 1	Lunch	Snack 2	Dinner
1/2 cup of non-fat Fage Greek yogurt  ½ cup Special K Protein Plus cereal  ½ cup mixed berries	1 hard-boiled egg  1 small peach	Turkey sandwich (4 slices of turkey on sandwich thin)  1 cup of mixed greens with 2 tbsps. of light vinaigrette dressing	1 ounce of raw walnuts	4 ounces of lean, roasted pork tenderloin  2 cups of sautéed squash  ½ cup of cooked quinoa

*Calories: 1,220 / Carbohydrates: 101 g / Fat: 48 g / Protein 107 g*

Breakfast	Snack 1	Lunch	Snack 2	Dinner
½ cup low-fat cottage cheese  1 cup of cantaloupe  1 hard-boiled egg	1/3 cup of roasted soy nuts	Mediterranean salad with spinach, cherry tomatoes, olives and 4 ounces of grilled chicken dressed with 2 tbsp. light yogurt based salad dressing	Low-fat mozzarella cheese stick	6 ounces of baked wild salmon  10 spears of asparagus  ½ cup of roasted sweet potato

*Calories: 1,264 / Carbohydrates: 71 g / Fat: 60 g / Protein 108 g*