



1200 Calorie Meal Plan

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Day 1</i>	3/4 cup bran flakes (no sugar flakes), 1 medium banana, 1 cup unsweetened almond milk.	Ezekiel Sandwich: 2 toasted slices of Ezekiel bread, 3 ounces Sliced chicken breast, turkey breast cutlets (meat department) condiments: 1/2 tsp of fat free mayo or 1/2 tsp salsa 1 Fat free mozzarella cheese slice 3 oz sliced red apple	4 ounces Cod or tilapia or any white fish. 2 sliced tomatoes sprinkled with 2 tablespoons grated Parmesan cheese 1C green vegetables
<i>Day 2</i>	Iced Smoothie: Blend 1 cup frozen berries, 1/2 banana, and 8 ounces unsweetened almond milk. 1/2 Ezekiel English muffin spread with 1 tsp HEB central market peanut butter only (crunchy or smooth)	4 ounces of chicken breast 2 lettuce scoops lettuce with salsa 6 ounces GREEK PLAIN yogurt (Chobani) 1/4 blueberries (okay to out in the yogurt)	BBQ chicken: Brush 4 ounces boneless, skinless breast with WALDEN FARMS barbecue sauce and grill. 3C green vegetable or large salad with carrots and cucumbers with 2 tblsp Walden Farms dressing .
<i>Day 3</i>	1C HEB organic raw Oats: nuke with either 3/4 unsweetened almond milk or water (your preference) 3 oz red apple slices (Optional) 1 teaspoon honey, a pinch of cinnamon or Splenda/Stevia	Chicken salad: PREP AHEAD OF TIME Toss 4 ounces shredded skinless roast chicken breast with 1/4 cup HEB raisins, 1 tablespoon chopped plain almonds, 1 tablespoon plain guacamole mixed only with pepper and serve over lettuce scoops, 1 medium banana	4 ounces LARGE/DEVEINED shrimp 3 cups spinach, or collard no butter just plainly cooked/steamed 1/2 a pint of HALO ICE CREAM
<i>Day 4</i>	1/2 toasted Ezekiel English muffin topped with 1 tsp of Central Market Peanut Butter & 1/2 tsp of Polaner, sugar Free jelly (any flavor), 3 oz red apple, 6 ounces CHOBANI PLAIN yogurt and 1 tbsp of almonds.	4 oz of ground turkey (95% fat free, no less) large bed of romaine salad, carrots, cucumbers, 1/3c raisins, dressing or distilled white vindicated dressing, 1 Grapefruit 1 fat free mozzarella cheese stick	4 ounces salmon, Slaw: Toss 1 1/4 cups coleslaw mix (package found in produce) and 1 sliced green pepper with 2 tablespoons walden farms dressing, 3/4 cup cooked brown rice, 2 slices of pineapple
<i>Day 5</i>	1 cup Plain Cheerios, 1/4 cup berries, 1 tablespoon slivered almonds, 8 ounces unsweetened almond milk	Quesadilla: Spread 1/4 cup smashed canned black beans unsalted, 1 Ezekiel tortilla. 1 ounce shredded fat free mozzarella cheese, top with salsa and another Ezekiel tortilla; microwave 45 seconds on High, 1/2 cup low-fat cottage cheese OR 6 Oz Chobani yogurt, if you don't like cottage cheese, 15 green grapes(okay to place in yogurt)	3 ounces pork tenderloin grilled in coconut oil (HEB SPRAY), 1 cup green vegetables 3C green vegetable or large salad with carrots and cucumbers with 2 tbsp Walden Farms dressing . 1/2 pint of HALO ice cream
<i>Day 6</i>	2 toasted frozen plain waffles, spread with 1 tablespoon peanut butter on each 1 tsp of Polaner SF jelly on each and topped with 1/2 sliced medium banana on each 8 ounces unsweetened almond milk	Tuna on lettuce scoops: prep ahead 4 ounces water-packed light tuna, 1 tablespoon Walden Farms mayonnaise, HEB plain mustard, and chopped cucumber and 1/4 c raisins or craisins. Mix ingredients and put into a lettuce scoops. 10 baby carrots 6 ounces Greek yogurt added 1/2 tsp Polaner jelly for flavor.	Jambalaya: Combine 3/4 cup cooked brown rice; 1/2 cup unsalted canned corn; 2 ounces cooked lean turkey sausage (Jenny O brand) sliced; 1/3 cup salsa; and 1/4 cup canned white kidney beans. Heat through. 3 cups spinach, or green plain steamed vegetable 3 oz apple
<i>Day 7</i>	1 Ezekiel toasted English muffins layered with 1 slice of mozzarella fat free cheese divided; 1 thin tomato slice on each muffin; 1 fried egg on each (made in coconut oil) 1 cup egg whites, 1 grapefruit (optional: stevia/Splenda)	Black bean salad: Toss 1/2 cup canned unsalted black beans, 1/2 cup mandarin orange sections, and chopped green bell peppers, chopped red onion, 1 teaspoon vinegar. Serve over Romaine salad. 2 Ezekiel corn tortillas 1 medium apple	3 ounces flank steak 3 oz sweet potato plain 1 cup steamed green vegetable 2 slices of pineapples