



PRINTABLE
**1200 CALORIE
MEAL PLAN**
FOR WEIGHT LOSS

DESIGNED BY A CERTIFIED CLINICAL DIETITIAN & NUTRITIONIST

make it HAPPEN

A Plan That Actually Works.

Plan 1

BREAKFAST: EGGS AND BREAD

- 2 large eggs (Season with salt & pepper) (100g)
- 2 slices of Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread (56g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



NUTRITION INFORMATION

Calories	284
Carbs	27g
Protein	18.5g
Fat	12g

LUNCH: RED SAUCE BAKED PASTA

- 56g (Dry Weight) 365 by Whole Foods Market, Organic Angel Hair Pasta
- 118g (1/2 cup) 365 by Whole Foods Market, Organic Italian Herb Pasta Sauce
- 10g (2 tablespoons) 365 by Whole Foods Market, Parmesan Shred



NUTRITION INFORMATION

Calories	300
Carbs	52g
Protein	12g
Fat	6.5g

DINNER: CHICKEN WALDORF SALAD

- 113g boneless, skinless chicken breast
- 38g Oikos Blended Non Fat Greek Yogurt (1/4 cup)
- 15g lemon juice (1 tablespoon)
- 90g seedless red grapes
- 4g walnuts, preferably toasted
- 50g granny smith apple
- 50g chopped red onion



NUTRITION INFORMATION

Calories	323
Carbs	34g
Protein	31.5g
Fat	6g

SNACKS FOR THE DAY

- 1 Pure Protein Bar (Chocolate Peanut Caramel) (50g)
- The Only Bean Crunchy Dry Roasted Edamame Snack Pack (Sea salt) (26g)



NUTRITION INFORMATION

Calories	290
Carbs	22g
Protein	31g
Fat	10g



NUTRITION FACTS FOR THE DAY

Calories	1197
Carbs	135g
Protein	93g
Fat	34.5g
Fiber	14.5g

Plan 2

BREAKFAST: BAGELS WITH CREAM CHEESE

- 1 Piece (95g) Dave's Killer Bread Organic Everything Bagel
- 30g Philadelphia Light Cream Cheese
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)
- 19g fresh raspberries (Around 10 pieces)



NUTRITION INFORMATION

Calories	316
Carbs	48g
Protein	15.5g
Fat	8.5g

LUNCH: SHRIMP & SQUASH SKILLET WITH RICE

- 130g shrimps (raw weight)
- 118g zucchini (1 small)
- 118g yellow squash/crookneck (1 small)
- 74g green bell pepper (1 small)
- 10g canola/extra virgin olive oil (3/4 tablespoon)
- 3g garlic, minced (1 clove)
- 1/3 tablespoon paprika spice
- 1/2 teaspoon cajun seasoning
- salt and pepper and fresh parsley to taste
- 1/2 cup cooked long grain brown rice (without oil or other fat)



NUTRITION INFORMATION

Calories	392
Carbs	40g
Protein	32.5g
Fat	13g

DINNER: TORTILLA BAKED EGGS

- 2 large eggs
- 1 piece *Mission Zero Net Carb Original Tortilla* (18g)
- 14g *Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese*
- 50g fresh baby spinach
- 76g grape tomatoes (1/2 cup)
- Season with salt, black pepper, red pepper flakes to taste



NUTRITION INFORMATION

Calories	261
Carbs	14g
Protein	19.5g
Fat	17g

SNACKS FOR THE DAY

- 1 bag *Wonderful Pistachios No Shells, any from the 3 flavor* (21g)
- 1 package *gimMe - Sea Salt Organic Roasted Seaweed Sheets* (5g)
- *Pirate's Booty Aged White Cheddar Cheese Puffs* (14g)



NUTRITION INFORMATION

Calories	230
Carbs	16g
Protein	7g
Fat	15g

NUTRITION FACTS FOR THE DAY

Calories	1199
Carbs	118g
Protein	74.5g
Fat	53.5g
Fiber	22.5g

Plan 3

BREAKFAST: ALMOND BUTTER OVERNIGHT OATS & BOILED EGG

- 123g cup low fat milk (1/2 cup). Add water if you want it more runny.
- 40g whole grain old fashioned oats (1/2 cup)
- 15g tablespoon Great Value Natural Almond Butter (1 tablespoon)
- 72g blackberries (1/2 cup)
- Stevia to sweeten if needed
- 1 large egg (50g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



NUTRITION INFORMATION

Calories	400.5
Carbs	44g
Protein	20g
Fat	16g

LUNCH: CHEESEBURGER SALAD

- Wish-Bone Light Thousand Island Salad Dressing, 2 tbsp, 30 ml
- 145g ground beef (97% lean, 3% fat) (raw weight)
- 3g garlic (1 clove) garlic, minced
- Salad items:
 - 86g romaine lettuce, chopped
 - 76g (1/2 cup) grape tomatoes, chopped
 - 28g (1 piece) 365 by Whole Foods Market, Organic Baby Dill Pickles
 - 49g (1/4 piece) red onion, sliced
 - 14g Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese, shredded



NUTRITION INFORMATION

Calories	358
Carbs	18g
Protein	37g
Fat	14.5g

DINNER: BAKED SALMON AND GREEN BEANS

- 70g salmon, Chicken of the Sea Wild Caught Alaskan Pink Salmon in Spring Water
- 15g (1 tablespoon) lemon juice
- 1/2 teaspoon olive/canola oil
- 56g green beans (raw weight)
- 3g (1 clove) garlic, minced
- Season with salt, pepper and dill to taste



NUTRITION INFORMATION

Calories	290
Carbs	38g
Protein	26g
Fat	4.5g

SNACKS FOR THE DAY

- 18g (1 bag) Blue Diamonds Almond Dark Chocolate Cocoa Dusted Snacks
- 28g (1 stick) 365 by Whole Foods Market, Cheese String Mozzarella



NUTRITION INFORMATION

Calories	180
Carbs	6g
Protein	10g
Fat	14g

NUTRITION FACTS FOR THE DAY

Calories	1228
Carbs	106g
Protein	93g
Fat	49g
Fiber	22g

Plan 4

BREAKFAST: EGGS WITH TOAST

- 2 large eggs (Season with salt & pepper) (100g)
- 2 slices of Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread (56g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



NUTRITION INFORMATION

Calories	284
Carbs	27g
Protein	18.5g
Fat	12g

LUNCH: BUFFALO TUNA SALAD SERVED ON LETTUCE

- 165g (1 can) light tuna, canned in water
- 25g (1/4 cup) diced celery
- 50g (1 small) carrots, diced
- 49g (1/4 piece) red onion, diced (instead of 1/8 small red onion diced)
- 15g (1 tablespoon) Hellman's light mayo
- 1/4 tsp + 1/8 tsp franks red hot or to taste
- Salt and pepper to taste
- 75g (1/2 cup) Oikos Blended Non Fat Greek Yogurt



NUTRITION INFORMATION

Calories	316.5
Carbs	14.5g
Protein	51g
Fat	5g

DINNER: TURKEY QUINOA SALAD

- 66.5g Ground Turkey (93% lean 7% fat) (raw weight)
- 92.5g (1/2 cup) cooked quinoa
- 85g of canned artichoke
- 149g (1 cup) of cherry tomatoes
- Season with salt pepper, garlic powder
- 30g (1 cup) fresh spinach



NUTRITION INFORMATION

Calories	274.5
Carbs	36.5g
Protein	19g
Fat	7g

SNACK FOR THE DAY: MILK SHAKE

- 24g (3 tablespoons) PBfit All-Natural Peanut Butter Powder
- 2 mejdool dates, pitted (48g)
- 246g (1 cup) low fat milk
- Ice cubes or water if desired



NUTRITION INFORMATION

Calories	329
Carbs	57.5g
Protein	21g
Fat	5.5g

NUTRITION FACTS FOR THE DAY

Calories	1204
Carbs	136g
Protein	110g
Fat	30g
Fiber	23g

Plan 5

BREAKFAST: EGGS & CHEESE QUASADILLA

- 2 large eggs (Season with salt & pepper) (100g)
- 18g (1 piece) Mission Zero Net Carb Original Tortillas
- 14g Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese Block, shredded
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



NUTRITION INFORMATION

Calories	224
Carbs	8.5g
Protein	17.5g
Fat	16g

LUNCH: ROASTED CAULIFLOWER BOWL

- 101g (1/2 cup) cooked long grain brown rice (cooked weight)
- 265g (1 small head) cauliflower (4" dia)
- 4.5g (1 teaspoon) canola oil
- 5.7g (2 teaspoons) taco seasoning
- 113g boneless, skinless chicken breast (raw weight)
- 4g (1/4 cup) fresh cilantro
- 67g (1 piece) lime (2 " dia)
- 30g (1/2 piece) Roma tomato
- 1 teaspoon hot sauce for topping or to taste
- 50g (1/4 piece) avocado sliced / 1 serving
- 1/4 cup water



NUTRITION INFORMATION

Calories	492
Carbs	55g
Protein	35.5g
Fat	17g

DINNER: CHICKEN FLATBREAD PIZZA

- 48g (1 piece) flatbread *Flatout* Thin Pizza Crust, Rustic White
- 62g (1/4 cup) *365 by Whole Foods Market*, Organic Pizza Sauce
- 113g boneless, skinless chicken breast (raw weight). Cook without oil, season to taste.
- 7g *365 by Whole Foods Market*, Mozzarella Shred Organic
- Sprinkle oregano, red pepper flakes



NUTRITION INFORMATION

Calories	338.5
Carbs	31g
Protein	31.5g
Fat	6.5g

SNACK FOR THE DAY

- 18g (1 snack size bag) *SkinnyPop* Original Popcorn
- 34g (1 bar) *Atkins Endulge* Chocolate Caramel Mousse Bar



NUTRITION INFORMATION

Calories	200
Carbs	32g
Protein	4g
Fat	11.5g

NUTRITION FACTS FOR THE DAY

Calories	1255
Carbs	126.5g
Protein	88.5g
Fat	51g
Fiber	31.5g

Plan 6

BREAKFAST: EGGS WITH ENGLISH MUFFIN

- 2 large eggs (Season with salt & pepper) (100g)
- 1 Thomas Light Multigrain English muffin (57g)
- 1/2 teaspoon olive/canola oil
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



NUTRITION INFORMATION

Calories	263.5
Carbs	27g
Protein	16.5g
Fat	13.5g

LUNCH: BROCCOLI CHICKEN ALFREDO

- 56g (dry weight) Barilla Protein Penne Pasta
- 152g (1/4th bunch) broccoli (raw weight)
- 1 teaspoon olive oil (4.5g)
- 113g boneless, skinless chicken breast (raw weight)
- 1/4 teaspoon salt & 1/8 teaspoon black pepper or to taste
- 3g (1 clove) garlic, minced
- 1/2 tablespoon all purpose flour (4g)
- 92g (1/4 cup + 1/8 cup) low fat milk
- 7.5g (1 tablespoon) Kraft reduced fat grated parmesan



NUTRITION INFORMATION

Calories	506
Carbs	61g
Protein	45g
Fat	11.5g

DINNER: SHRIMP TACO SALAD

- 130g shrimps (raw weight)
- 6g (2 teaspoons) McCormick Premium Taco Seasoning
- 149g (1 cup) cherry tomatoes, halved
- 86g romaine lettuce, chopped
- 125g (1/2 cup) Goya canned golden corn
- 1/2 teaspoon olive/canola oil
- 15g (1 tablespoon) lemon juice



NUTRITION INFORMATION

Calories	258.5
Carbs	26.5g
Protein	30.5g
Fat	3.5g

SNACK FOR THE DAY

- 144g (1 cup) whole strawberries
- 1 bag (30g) Quest Nutrition Cheese Crackers, Cheddar Blast



NUTRITION INFORMATION

Calories	176
Carbs	21g
Protein	11g
Fat	7.5g

NUTRITION FACTS FOR THE DAY

Calories	1204
Carbs	135.5g
Protein	103g
Fat	36g
Fiber	28g

Plan 7

BREAKFAST: VEGGIE OMELET

- 2 large eggs (Season with salt & pepper)
- 35g onion
- 31g tomato
- 50g baby spinach
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



NUTRITION INFORMATION

Calories	177
Carbs	6.5g
Protein	14.5g
Fat	10.5g

LUNCH: CREAMY TURKEY SALAD

- 242g (1 large) apple
- 300g cucumber
- 72g (1 large) carrot
- 100g turkey breast, meat only (raw weight)
- 2 tablespoons *Wish Bone* Light Creamy Dressing (30ml)
- 100g bell pepper



NUTRITION INFORMATION

Calories	416.5
Carbs	58.5g
Protein	27.5g
Fat	2.5g

DINNER: MEDITERRANEAN SALMON SALAD

- 1/2 tablespoon olive oil/canola oil + 1/4 tbsp water
- 1/2 tablespoon lemon juice (6g)
- 1/4 tablespoons red wine vinegar (optional)
- 1/4 tablespoons fresh chopped parsley
- 1/2 teaspoon minced garlic
- 1/4 teaspoon dry oregano
- 1/4 teaspoon salt
- Cracked pepper to taste
- 150g pink salmon (Raw weight)
You can remove skin if you like

Salad

- 47g (1 cup) shredded Romaine or Cos Lettuce
- 65g (1 Mini) cucumber
- 30g (1/2 piece) roma tomato, chopped
- 50g red onion sliced
- 56g President Fat Free Feta Crumbles (about 2x1 inch cube)



NUTRITION INFORMATION

Calories	370
Carbs	14.5g
Protein	44.5g
Fat	14g

SNACK FOR THE DAY

- 1 pack (32g) *Quest Nutrition* Tortilla Style Protein Chips, from Variety Pack (nacho cheese, chili lime, loaded taco)
- 200g (1 medium) apple



NUTRITION INFORMATION

Calories	252
Carbs	34.5g
Protein	18.5g
Fat	6.5g

NUTRITION FACTS FOR THE DAY

Calories	1216
Carbs	114g
Protein	105g
Fat	33.5g
Fiber	18.5g

*Make!
it HAPPEN*

EMBRAVE.

EMBRACE.

EMPOWER.

