

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

1,200 Calorie Sample Meal Plan

Meal	Pattern	Food
Breakfast	1P	1 egg or ¼ cup egg substitute ¹
	3C	1 slice regular bread or 2 slices low calorie bread ² , toasted (1C) 6 oz light yogurt ³ or 1 cup fat-free or 1% milk (1C) 1 orange (1C)
	1F	1 tsp margarine ⁶
Lunch	2P	2 oz deli sliced lean beef or 1 oz beef (1P) and 1 oz low-fat cheese (1P)
	2C	2 slices low calorie bread ² (1C) 1 pear (1C)
	V	lettuce, tomatoes, raw broccoli ⁴
	1F	1 teaspoon mayonnaise or 2 teaspoons whipped salad dressing ⁵
Dinner	3P	3 oz baked boneless skinless chicken breast
	2C	1 cup cooked pasta (2C)
	V	Mushrooms, zucchini, green peppers ⁴
	1F	2 tablespoons low-fat salad dressing or 1 tablespoon regular salad dressing
Snack	2 C	1 cup fat-free or 1% milk (1C) 3 squares graham crackers (1 ½ of the 2-part pieces is 1C serving)

¹ Scramble without fat, boil, or grill with cooking spray. Or, you may use the margarine to cook the egg and eat the toast dry or with sugar free jam or jelly.

² Low-calorie bread has about 40 Calories per slice; substitute 2 slices for 1 slice regular bread.

³ Choose sugar free, fat-free yogurt with less than 100 Calories per serving.

⁴ Eat non starchy vegetables without added fat as desired.

⁵ Use mustard (free food) instead of mayonnaise and save the fat for dinner.

⁶ Soft tub margarines are lower in saturated and *trans* fats than butter or stick margarine.

Notes: