

1200 Calorie 5 Day Menu Sample A

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Day One

Breakfast

1/2 cup plain yogourt (fat free) with 8 small/medium strawberries, 1/2 medium banana and 1/4 cup fiber one cereal made into a parfait.

- (Total: 200 cal)

Lunch

• Veggie Sandwich with spinach, tomato, shredded carrot, broccoli, mushrooms, 1 tbsp fat free miracle whip and 1/2 tsp dijon on 2 slices of multigrain Dempster's Bodywise or Weight Watchers 50 calorie bread.

- 1 cup carrot sticks
- 1 nectarine
- (Total: 350 calories)

Dinner

• Portobello Mushroom Burger, marinated in 1 tbsp Aged balsamic vinaigrette - broiled and served on a Whole grain (diet) bun, with lettuce, tomato, onions, 1 tbsp fat free miracle whip, 1/2 tsp dijon)

- 8 spears of grilled asparagus
- 1 large ear of corn on the cob
- (Total: 350 calories)

Snacks throughout the day / evening

1. 1 piece Weight Watchers bread, toasted with 1 tbsp fat free cream cheese (70 cal)
2. 2 cups watermelon (80 cal)
3. 1/2 cup Kashi Go Lean (100 cal)

All Day total: 1150.

Day Two

Breakfast

• 2 egg whites made into an omlette with 1/2 cup chopped spinach, tomato, mushroom pieces)

- 8 small/medium strawberries with 1/2 cup plain fat free yogourt.
- (Total: 150 cal)

Lunch

• Spinach salad with 1/2 cup broccoli and carrot, grated, 10 cherry tomatoes, 1/2 cup corn, 1/2 cup black beans, and 1/3 cup shredded reduced fat mozzarella cheese. 2 tsp balsamic vinaigrette.

- (Total: 420 calories)

Dinner

- 4 oz lean pork, BBQ'd plain
- 1 small baked (BBQ) potato with 1 tbsp salsa and 1 tbsp fat free sour cream.
- 8 stalks grilled asparagus

- (Total: 400 calories)

Snacks throughout the day / evening

1. 1 cup special K cereal (100 calories)
2. 1 nectarine or peach

All Day total: 1140.

Day Three

Breakfast

- 1 whole egg and two egg whites cooked with 1/8 cup skim milk
- 1 cup strawberries, halved
- 1 piece calorie-reduced weight watchers toast,
- (Total: 300 cal)

Lunch

- Pizza Bagels! 1 whole wheat weight watchers bagel, toasted then topped with 1/4 cup pizza sauce, spinach, tomato, red onion, pepper, and 1/3 cup reduced fat cheese. Bake in toaster oven until cheese is melted.
- 1 nectarine
- (Total: 400 calories)

Dinner

- Spinach blueberry salad, 1/3 cup reduced fat feta cheese, 1/2 cup blueberries and a fat free balsamic vinaigrette.
- 2 pieces of toasted whole wheat baguette with home made garlic spread (becel spray and crushed garlic) and 1/3 cup shredded mozzarella reduced-fat cheese.
- 1 skewer of shrimp on the BBQ (6 shrimp) to top the salad.
- (Total: 500 calories)

Snacks throughout the day / evening

- None :(

All Day total: 1200.

Day Four

Breakfast

- 1/2 cup fiber one cereal with 1/2 cup skim milk
- 3 boiled eggs - only eat the whites
- 1/2 cup strawberries
- 1 piece calorie-reduced weight watchers toast.
- (Total: 275 cal)

Lunch

- Veggie Sandwich with spinach, tomato, shredded carrot, broccoli, mushrooms, 1 tbsp fat free miracle whip and 1/2 tsp dijon on a whole grain (burger first by President's Choice) bun.
- 2 cups watermelon and 1/2 cup blueberries
- (Total: 400 calories)

Dinner

- 8 shrimp, skewered and broiled (marinated - see below)
- Veggie skewers with 6 tomatoes, 6 mushrooms, 1 cup eggplant, 1 cup zucchini marinated (shake in a ziplock bag) in 1/2 tsp olive oil, 1 tsp balsamic vinegar, 2 tsp lemon juice, fresh cilantro, basil, parsley.
- 1/2 cup wild rice
- (Total: 375 calories)

Snacks throughout the day / evening

- All Bran Bar (130 calories)

All Day total: 1180.

Day Five

Breakfast

- 1 whole egg and 2 egg whites made into an omelette with 1/8 cup skim milk, spinach, tomato and 1/4 cup reduced fat cheese sprinkled on top.
- 6 oz Orange Juice

- (Total: 330 cal)

Lunch

- 1/2 whole wheat pita stuffed Chicken Salad (1/2 small can of low-sodium light canned chicken (President's Choice Blue Menu Chunk Chicken) with 1/2 cup celery chopped and 1 tbsp fat free mayo.)

- 1 nectarine

- (Total: 325 calories)

Dinner

- 1 cup chicken breast, diced and skewered, broiled on BBQ

- 1 large ear corn

- Salad with lettuce, tomato, carrot, peppers and 1 tbsp balsamic vinaigrette.

- (Total: 400 calories)

Snacks throughout the day / evening

- All Bran Bar (130 calories)

All Day total: 1185.