

## 7-day 1200-calorie meal plan

### Day 1

#### Breakfast

- 3/4 cup bran flakes, 1 banana, 1 cup fat-free milk

#### Lunch

- Sandwich: 1 mini whole wheat pita, 3 ounces turkey breast, 1/2 roasted pepper, 1 teaspoon light mayonnaise, mustard, lettuce

- 1 stick part-skim mozzarella string cheese

- 2 kiwifruits

#### Dinner

- 4 ounces broiled flounder or sole

- 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden

- 1 cup brown rice

- 1 cup steamed broccoli

- 1 fat-free pudding cup

### Day 2

#### Breakfast

- Smoothie: Blend 1 cup frozen berries, 1/2 banana, and 8 ounces fat-free milk.

- 1/2 English muffin spread with 1 teaspoon light margarine

#### Lunch

- 1 cup vegetarian vegetable soup

- 1 veggie burger in a mini whole wheat pita with lettuce and salsa

- 6 ounces light yogurt

- 15 grapes

#### Dinner

- BBQ chicken: Brush 4 ounces boneless, skinless breast with barbecue sauce and grill.
- 1/2 cup vegetarian baked beans
- 3 small boiled red potatoes topped with 1 teaspoon light margarine and a pinch of dill

#### Day 3

##### Breakfast

- Oatmeal: In the microwave, cook 1/2 cup quick-cooking oats with 3/4 cup fat-free milk; 1/2 apple, chopped; 1 teaspoon honey; and a pinch of cinnamon

##### Lunch

- Chicken salad: Toss 4 ounces shredded skinless roast chicken breast with 1/4 cup sliced red grapes, 1 tablespoon slivered almonds, 1 tablespoon light mayonnaise, and 1 tablespoon fat-free sour cream. Serve over lettuce.

- 1 banana

##### Dinner

- 4 ounces steamed shrimp
- 1 baked potato topped with 3 tablespoons salsa and 1 tablespoon fat-free sour cream
- 3 cups spinach, steamed
- 1 low-fat pudding cup

#### Day 4

##### Breakfast

- 1/2 toasted English muffin topped with 1/2 small apple, sliced, and 1 ounce shredded reduced-fat cheese, any type. Microwave 30 seconds on High.
- 6 ounces light yogurt sprinkled with 1 tablespoon slivered almonds

## Lunch

- 1 cup tomato soup
- Sandwich: 1 mini whole wheat pita, 3 ounces thinly sliced roast beef, 1 teaspoon horseradish, mustard, tomato slices, lettuce
- 1 cup raw veggies
- 1 pear

## Dinner

- 3 ounces poached salmon
- spinach salad: 1 ½ cup of spinach with 2 tablespoons fat-free dressing (no more than 30 calories per 2 tablespoons)
- ¾ cup cooked brown rice
- fruit of your choice

## Day 5

### Breakfast

- 1 cup Cheerios, ½ cup berries, 1 tablespoon slivered almonds, 8 ounces fat-free milk

## Lunch

- Quesadilla: Spread ¼ cup fat-free refried beans over 1 small whole wheat tortilla. Sprinkle on 1 ounce shredded reduced-fat cheese. Top with salsa and another tortilla; microwave 45 seconds on High.
- ½ cup low-fat cottage cheese topped with ½ cup mandarin orange sections
- Cucumber spears

## Dinner

- 3 ounces roasted pork tenderloin
- 1 cup baked acorn squash, mashed with a pinch of cinnamon
- 2 to 3 cups salad greens with 2 tablespoons fat-free dressing

- 1/2 cup vanilla fat-free yogurt topped with 1 cup berries

## Day 6

### Breakfast

- 1/2 English muffin, spread with 1 tablespoon peanut butter and topped with 1/2 sliced banana
- 8 ounces fat-free milk

### Lunch

- Tuna pita: 1 mini whole wheat pita, 2 ounces water-packed light tuna, 1 tablespoon light mayonnaise, mustard, and cucumber and onion slices
- 10 baby carrots
- 6 ounces light yogurt mixed with 1/2 banana

### Dinner

- Jambalaya: Combine 3/4 cup cooked brown rice; 1/2 cup corn; 2 ounces cooked turkey sausage, sliced; 1/3 cup salsa; and 1/4 cup canned kidney beans. Heat through.
- 3 cups spinach, steamed
- 1 medium apple

## Day 7

### Breakfast

- 1/2 toasted English muffin layered with 1 ounce reduced-fat cheese, sliced; 1 tomato slice; 1/2 cup steamed spinach, drained; and 1 poached egg
- 1 apple

### Lunch

- Black bean salad: Toss 1/2 cup canned black beans, 1/2 cup mandarin orange sections, and chopped red bell peppers, red onion, and with 1 teaspoon vinegar. Serve over salad greens.

- 1 mini whole wheat pita

- 1 pear

Dinner

- 3 ounces broiled or grilled flank steak

- 1 baked sweet potato with 1 teaspoon light margarine

- 1 cup steamed zucchini

- 1/2 cup fruit of choice

Shopping List for the 7 Day Meal Plan

Bananas

Bran Flakes (Cereal)

Whole Wheat Pita Bread

Turkey Breast (lunch meat)

Roasted canned Red Peppers

Light Mayonnaise

Mustard

Head of Lettuce

Flounder/Sole

Plum Tomatoes

Parmesan Cheese

Head of Broccoli

Fat- Free Pudding Cups

Bag of Frozen Berries

Fat Free Milk

English Muffins

Margarine

Veggie burgers (freezer section)

Vegetarian Vegetable soup (Can)

Salsa

Light Yogurt

Grapes (Red)

Barbecue Sauce

Chicken

Baked Beans-Vegetarian Style

Red Potatoes

Vinegar

Red onion

Red Bell Peppers

Black Beans

Flank Steak

Sweet Potatoes

Zucchini

Cucumbers

Low-Fat Cottage Cheese

Mandarin Oranges

Refried Beans

Wheat Tortillas

Cheerios (cereal)

Fat Free Dressing of Choice

Brown Rice

Salmon

Raw Vegetables

Pears

Horseradish

Roast beef lunch meat

Tomato Soup (Can)

Reduced-fat cheese (Any Type)

Bag of Spinach

Fat free sour cream

Almonds

Honey

Cinnamon

Apples

Oat mill

Dill seasoning

Eggs

Corn (can)

Turkey Sausage

Kidney beans

Baby carrots

Water-Packed Light Tuna

Peanut butter (Unsweet or sweet)

Acorn squash

Pork Tenderloin