

1,200 -1,499 Calorie Sample Meal Plan

Day	Meals	Menu	Veg	Fruit	Protein	Carbs/ Starch	Nuts/ Cheese	Seeds/ Oils
			3	2	4	2	1	8
Sunday	Break	1 baked egg cup, berries	0.25	1	1			
	Snack	cucumber slices, cottage cheese	1		1			
	Lunch	Greek chicken quesadillas	0.5		1	1	0.5	
	Snack	apple slices, 2 Tbsp. almonds		1			0.5	
	Dinner	steak, ½ sweet potato, salad/seeds	1.25		1	1		7
Monday	Break	2 waffles, 1/2 banana, 1 T. PB		1		2		3
	Snack	Greek yogurt, blueberries		1	1			
	Lunch	Greek salad in mason jar	1		1		1	3
	Snack	cottage cheese, tomatoes	1		1			
	Dinner	summer squash and chicken	1		1			1
Tuesday	Break	strawberry yogurt parfait		1	0.5	1		1
	Snack	raw vegetables and hummus	1				1	
	Lunch	chicken, spinach salad, 1 tsp. seeds	1		1.5		1	4
	Snack	Apple slices, 1 T. almond butter		1				3
	Dinner	turkey/black bean chili	1		1	1		
Wednesday	Break	2 eggs, toast/2 tsp. PB, honeydew		1	1	1		2
	Snack	pear, 2 T. almonds		1			0.5	
	Lunch	buffalo chicken quinoa salad	1		1	1	0.5	1
	Snack	2 hardboiled eggs			1			
	Dinner	salmon burgers, asparagus, salad	2		1			3
Thursday	Break	1 c. oatmeal, 1/2 banana, 2 tsp. PB		1		2		2
	Snack	Greek yogurt, strawberries		1	1			
	Lunch	ham/turkey salad greens	1		1			3
	Snack	cottage cheese			1			
	Dinner	cauliflower crusted pizza, salad	2				1	3
Friday	Break	breakfast burrito	1		1	1	1	1
	Snack	Apple, 1 T. peanut butter		1				3
	Lunch	tuna salad on lettuce/tomato	1		1			1
	Snack	Greek yogurt, mango		1	1			
	Dinner	chicken, quinoa, grilled eggplant	1		1	1		
Saturday	Break	WG pancake, 1/2 cup strawberries		0.5		1		
	Snack	Greek yogurt, 1/2 cup strawberries		0.5	1			
	Lunch	Chicken apple salad	2	1	1			6
	Snack	cottage cheese			1			
	Dinner	chicken enchiladas	1		1	1	1	