Sample Menu for 1200 calorie healthy eating plan

	Breakfast	Lunch	Snack	Dinner	Snack
Mon	½ c bran flakes	2c. lettuce with	1 small apple	3 oz. pork loin chop	6 oz nonfat
	8oz skim milk	1 tbsp salad dressing,	1 Tbsp peanut	1/2c. broccoli	yogurt
	1 small banana	2oz. Chicken	butter	60z baked potato	1/4c. granola
		1 large dinner roll		1 tsp tub margarine	
Tues	2 slices wheat	2 eggs, scrambled in 1	8oz. skim	3 oz. chicken breast	8oz. skim milk
	toast	tsp canola oil, with 1c	milk	2/3 c. brown rice with 6	2/3 c Wheaties
	1tbsp. Peanut	fresh vegetables, such	1	almonds and 1/2c. water	
	butter	as mushrooms, peppers		chestnuts	
	1 1/4c fresh	and onions		1 c. sliced tomato	
	strawberries	1 6-inch tortilla			1
		1/2c. tropical fruit		<u> </u>	
Wed	1 4-in. pancake	Roast beef sandwich	8oz choc milk	3oz. round steak	3c. popcorn
	1 Tbsp. peanut	made with 2 oz meat, 2	-mix sugar-	1c boiled potato	popped in 1 tsp.
	butter	slices bread	free powder	1 tsp margarine	canola oil
	2 tsp light jelly	ketchup/mustard	with skim	1 c. cooked carrots	8 oz. skim milk
	1 c. apricots	1c. sliced cucumber	milk		
Thur	½ c. prepared	2 tacos, each with ½ oz	6 oz. nonfat	Spaghetti;	Trail mix:
	oatmeal	grd beef, ½ oz cheddar	yogurt	2/3 c. pasta	1 Tbsp
	8oz. skim/soy	cheese, lettuce, tomato,		1/2c red sauce	sunflower seeds
	milk	green pepper, salsa		3 meatballs (golf ball	2 Tbsp raisins
	1 small orange	1/3 c. rice		size)	3/4c Cheerios
				½ c. carrot/broc blend	
Fri	2 slices cinnamon	1/2c beef and bean chili	17 grapes	3oz. fish	1 small
	toast-with total 1	2-in square corn bread		6oz. baked potato	nectarine
	tsp margarine	1c. carrots/ celery		1tsp margarine	8 oz skim/soy
	8 oz. skim milk	2 Tbsp peanut butter		2c. sliced tomato/cucumber	milk
Sat	1 slice French	Shish cabob-	3 graham	3oz ground beef patty	1/4c cottage
	toast	2 oz cubed chicken	cracker	whole wheat bun	cheese
	4 pecan halves	1c. grilled pepper,	squares	1c lettuce, radishes,	1/2c peaches
	2 Tbsp sugar-free	onion, mushroom	8oz. skim/soy	peppers	-
	syrup	1/2c grilled pineapple	milk	1 Tbsp salad dressing	
	8oz skim/soy	2/3 c. brown and wild		_	·
	milk	rice			
Sun	1 scrambled egg	Taco salad	Sugar-free	3oz turkey tender	8oz skim/soy
	1c. hash browns	-1 1/2c lettuce, 1/4c	gelatin with	1/2c sweet potato	milk
	1 tsp canola	tomato, 1/4c peppers	1/2c banana	1/2c green beans	1 cookie (made
	oil(for frying)	½ c black beans, ¼ c	•	1 tsp margarine	with canola oil)
	½ c. orange juice	com, ¼ c salsa,		8oz. skim/soy milk	
		2oz cheddar cheese		·	
		7 tortilla chips			

^{**}Consider MVI and calcium supplement per dietitian recommendations**