

Sample Menu for 1200 calorie healthy eating plan

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

Consider MVI and calcium supplement per dietitian recommendations