

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