

---

## **Grocery List**

---

- ✓ Fruit (strawberries, blackberries, pears, bananas, oranges, grapefruit, apples)
  - ✓ Green Peppers
  - ✓ Onions
  - ✓ Butternut Squash
  - ✓ Celery
  - ✓ Asparagus
  - ✓ Mixed Vegetables
  - ✓ Broccoli
  - ✓ Spinach
  - ✓ Mixed Salad
  - ✓ Grape Tomatoes
  - ✓ Sweet Potatoes
  - ✓ Raw Baby Carrots
  - ✓ Salmon
  - ✓ Tilapia
  - ✓ Chicken Breast
  - ✓ Turkey Breast
  - ✓ Sliced Grilled Deli Turkey
  - ✓ Ground Turkey
  - ✓ Lean Cut Sirloin Steak
  - ✓ Eggs
  - ✓ Grated Parmesan Cheese
  - ✓ Feta Cheese Crumbles
  - ✓ Dannon Light & Fit Greek Yogurt
  - ✓ Halo Top Ice Cream
  - ✓ Light Cool Whip
  - ✓ Nature's Own Double Fiber Wheat Bread
  - ✓ Toufayan Smart Pita Pocket
  - ✓ Quinoa
  - ✓ Quaker Weight Control Oatmeal
  - ✓ Chia Seeds
  - ✓ Whole Wheat Penne Pasta
  - ✓ Reduced Fat Peanut Butter
  - ✓ Light Miracle Whip
  - ✓ Boar's Head Black Bean Hummus
  - ✓ Salsa
  - ✓ Pasta Sauce
  - ✓ Rice Cakes (cheddar, caramel)
  - ✓ Vinagrette Dressing
  - ✓ Truvia (Optional)
  - ✓ Fiber One Brownie
  - ✓ Croutons
  - ✓ Tomato Soup
  - ✓ Sugar Free Jell-O
- Cheese slices (Reduced Fat Swiss Cheese, Reduced Fat Cheddar Cheese)
-

**1200 Calorie Meal Plan Day 1**

Item	Serving Size	Calories
<b>Breakfast</b>		
Banana	1	98
Nature's Own Double Fiber Wheat Bread	2 Slices	100
Reduced Fat Peanut Butter	1 Tbsp	90
Coffee (black, +/- truvia)	1 cup	0
<b>Snack</b>		
Apple	1	78
<b>Lunch</b>		
Stuffed Pepper	1	
Bell Pepper	1	40
Lean Ground Turkey	2 Oz	75
Quinoa	½ Cup	110
Spinach	1 Cup	10
Diced Tomatoes	½ Cup	25
Parmesan Cheese, grated (sprinkled on top)	2 Tbsp	54
Broccoli	1 Cup	30
<b>Snack</b>		
Celery	4 Stalks	30
Boar's Head Black Bean Hummus	2 Tbsp	35
<b>Dinner</b>		
Salmon, grilled	4 oz	220
Mixed Salad	2 Cup	20
Quinoa	½ Cup	110
Vinagrette Dressing	2 Tbsp	20
<b>Dessert</b>		
Strawberries	1 cup	50
Light Cool Whip	2 Tbsp	20
<b>Total</b>		<b>1,215 kcal</b>

---

**1200 Calorie Meal Plan Day 2**

---

Item	Serving Size	Calories
Breakfast		
Dannon Light & Fit Greek Yogurt	1	80
Strawberry	1 Cup	50
Chia Seeds	1 Tbsp	60
Snack		
Banana	1	98
Lunch		
Mixed Greens	3 Cups	30
Grilled Chicken Breast	1	140
Kraft Light Caesar Dressing	2 Tbsp	40
Crouton	2 Tbsp	30
Parmesan Cheese, grated	2 Tbsp	54
Grape Tomato, sliced	3 oz	30
Snack		
Grapes	1 Cup	50
Dinner		
Lean Cut Sirloin Steak, grilled	3 oz	171
Steamed Mixed Vegetables	1 Cup	45
Baked Sweet Potato	1 Small	180
Dessert		
Fiber One Brownie	1	90
Total		1,148 Kcal

---

**1200 Calorie Meal Plan Day 3**

---

Item	Serving Size	Calories
Breakfast		
Quaker Weight Control Oatmeal	1 packet	160
Grapefruit	½	52
Coffee (black, +/- truvia)	1 cup	0
Snack		
Cheddar Rice Cake	1	45
Salsa	2 Tbsp	25
Lunch		
Grilled Chicken Breast	1	140
Asparagus	8 Spears	27
Baked Sweet Potato	1 Small	180
Tangerine	1	40
Snack		
Grapefruit	½	52
Dinner		
Baked Turkey Breast without skin	6 oz	230
Green Beans	2 Cups	60
Quinoa	½ Cup	110
Dessert		
Halo Top Ice Cream, Vanilla Bean	½ Cup	60
Total		1,181 kcal

---

**1200 Calorie Meal Plan Day 4**

---

Item	Serving Size	Calories
Breakfast		
Egg Whites	8 Oz	123
Spinach	1 Cup	10
Green Peppers and Onions, sliced	$\frac{3}{4}$ Cup	20
Nature's Own Double Fiber Bread	1 Slice	50
Pear	One	57
Snack		
Banana	1	98
Lunch		
Ground Turkey	4 Oz	160
Whole Wheat Penne Pasta	$\frac{1}{2}$ Cup	100
Spinach	1 Cup	10
Grape Tomatoes, sliced	3 Oz	30
Pasta Sauce	$\frac{1}{2}$ Cup	60
Asparagus	8 Spears	27
Snack		
Raw Baby Carrots	6 oz	70
Salsa	2 Tbsp	25
Dinner		
Salmon, grilled	4 Oz	220
Green Beans	1 Cup	30
Butternut Squash	1 Cup	63
Dessert		

Grapes	1 Cup	60
Light Cool Whip	2 Tbsp	20
Total		1,233 Kcal

---

**1200 Calorie Meal Plan Day 5**

---

Item	Serving Size	Calories
<b>Breakfast</b>		
Egg, boiled	2	140
Turkey Bacon	2 Slices	70
Nature's Own Double Fiber Wheat Bread	2 Slices	100
Sliced Melon	1 Cup	60
<b>Snack</b>		
Raw Baby Carrot	6 Oz	70
Boar's Head Black Bean Hummus	2 Tbsp	35
<b>Lunch</b>		
Toufayan Smart Pocket Pita	1	90
Grilled Chicken Breast, sliced	½	90
Spinach	1 Cup	10
Light Miracle Whip Mayonnaise	1 Tbsp	20
Green Peppers and Onions, sliced	¾ Cup	20
Pear	1	57
<b>Snack</b>		
Blackberries	1 Cup	50
Dannon Light & Fit Greek Yogurt	1	80
<b>Dinner</b>		
Tilapia	1 Fillet	110
Broccoli	1 Cup	30
Mixed Salad	2 Cup	20

Vinagrette Dressing	2 Tbsp	20
Dessert		
Halo Top Ice Cream, Vanilla Bean	½ Cup	60
Total		1,165 Kcal

---

**1200 Calorie Meal Plan Day 6**

---

Item	Serving Size	Calories
Breakfast		
Nature's Own Double Fiber Wheat Bread	2 slices	100
Kale, cooked	1 Cup	45
Feta Cheese Crumbles	1 Oz	70
Dannon Light & Fit Greek Yogurt	1	80
Snack		
Orange	1	45
Lunch		
Starkist Tuna Packet	1	70
Mixed Green Salad	3 Cups	30
Grape Tomatoes	3 Oz	30
Boiled Egg	1	70
Vinagrette Dressing	2 Tbsp	20
Raw Baby Carrots	6 oz	78
Tangerine	1	40
Snack		
Apple	1	78
Dinner		
Tomato Soup	1 Cup	110

Grilled Cheese (2 Slices Nature's Own Double Fiber Wheat Bread + One Slice Cheese)	1	190
Steamed Mixed Vegetables	1 Cup	45
Dessert		
Caramel Rice Cake	1	50
Light Cool Whip	2 Tbsp	20
Total		1,171 Kcal

---

**1200 Calorie Meal Plan Day 7**

---

Item	Serving Size	Calories
Breakfast		
Dannon Light & Fit Greek Yogurt	1	80
Strawberry	1 Cup	50
Chia Seeds	1 Tbsp	60
Snack		
Celery	4 Stalks	30
Reduced Fat Peanut Butter	1 Tbsp	90
Lunch		
Grilled Deli Turkey Breast, sliced	3 Slices	90
Reduced Fat Swiss Cheese	1 Slice	50
Tomato	1 Slice	10
Light Miracle Whip Mayonnaise	1 Tbsp	35
Nature's Own Double Fiber Wheat Bread	2 Slices	100
Apple	1	78
Snack		
Grapes	1 Cup	60
Dinner		



Baked Chicken Breast	1	140
Steamed Mixed Vegetables	1 Cup	45
Baked Sweet Potato	1 Small	180
Quinoa	½ Cup	110
Dessert		
Sugar Free Jell-O	½ Cup	10
Total		1,208 Kcal