

1200 Calorie Sample Menu

	Energy (Kcal)	Fat (GM)	% Fat	Exchange for:
Breakfast				
whole wheat bread, 1 med slice	70	1.2	15	1 bread/starch
jelly, regular, 2 tsp	30	0	0	½ fruit
cereal, shredded wheat, ½ cup	104	1	4	1 bread/starch
milk, 1%, 1 cup	102	3	23	1 milk
orange juice, ¾ cup	78	0	0	1 ½ fruit
coffee, regular, 1 cup	5	0	0	free
Breakfast Total	389	5.2	10	
Lunch				
roast beef sandwich				
whole wheat bread, 2 med. slices	139	2.4	15	2 bread/starch
lean roast beef, unseasoned, 2 oz	60	1.5	23	2 lean protein
lettuce, 1 leaf	1	0	0	
tomato, 3 med. slices	10	0	0	1 vegetable
mayonnaise, low-calorie, 1 tsp	15	1.7	96	1/3 fat
apple, 1 med	80	0	0	1 fruit
water, 1 cup	0	0	0	free
Lunch Total	305	56	16	
Dinner				
salmon, 2 oz edible	103	5	40	2 lean protein
vegetable oil, 1 ½ tsp	60	7	100	1 ½ fat
baked potato, ¾ med	100	0	0	1 bread/starch
margarine, 1 tsp	34	4	100	1 fat
green beans seasoned, with margarine, ½ cup	52	2	4	1 vegetable & ½ fat
carrots, seasoned, ½ cup	35	2	0	1 vegetable
white dinner roll, 1 small	70	2	26	1 bread/starch
iced tea, unsweetened, 1 cup	0	0	0	free
water, 2 cups	0	0	0	free
Dinner Total	454	20	39	
Snack				
Popcorn, 2 ½ cups	69	0	0	1 bread/starch
margarine, ¾ tsp	30	3	100	¾ fat
Snack Total	99	3	100	
Total	1247	34-36	24-26	

*Calories: 1,247 SFA (% kcals): 7
 Total carb (% kcals): 58 Cholesterol, mg: 96
 Total fat (% kcals): 26 Protein (% kcals): 19
 *Sodium, mg: 1,043

* Calories have been rounded. No salt added in recipe preparation or as seasoning. Consume at least 32 oz water.

<http://www.WeightLossAnswersOnline.com>

Visit our website for tons of tips on losing weight, exercising for weight loss, more recipes & meal plans, how to evaluate your weight and ideal weight, a section just for women, and so much more.

© Copyright 2007