

Chef Solus': 1200 Calorie Menu Plan



Grain group 4 ounces
Vegetable group 1 $\frac{1}{2}$ cup
Fruit group 1 cup
Milk group 2 cups
Meat & Beans group 3 ounces

Breakfast

- 1 oz Granola
- 1 8 oz container low fat plain yogurt
- $\frac{1}{2}$ cup halves strawberry/blueberries

Snack

- 1 oz wheat cracker
- 1 oz (1/2 cup) baby carrot

Lunch

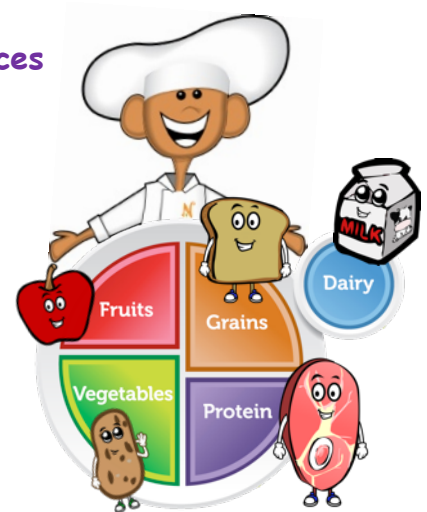
- Turkey sandwich (2 thin slices or 1 regular slice whole wheat bread (1 oz) + 2 slices (1 oz) turkey breast + $\frac{1}{2}$ Tsp Mayonnaise + lettuce)
- $\frac{1}{2}$ cup chopped broccoli
- $\frac{1}{2}$ cup low fat (1%) milk

Snack

- $\frac{1}{2}$ cup cottage cheese (low fat 1% milk fat)
- $\frac{1}{2}$ cup banana

Dinner

- $\frac{1}{2}$ cup cooked rice
- 2 oz grilled chicken
- 1 cups green salad + 1/2 Tsp extra virgin olive oil + 1 Tsp vinegar



Calorie Breakdown: 1212 Calorie

Carbohydrate (54%)

Fat (22%)

Protein (24%)

