



1200 CALORIE



HIGH PROTEIN- LOW CARB - LOW FAT

45% p 30 % c 25 % f

BREAKFAST

- | MON | TUE | WED | THU | FRI |
|---|--|---|---|---|
| <ul style="list-style-type: none"> 1 cup Egg whites 1 lg egg 1 banana 1 ounce mozzarella cheese | <ul style="list-style-type: none"> 1 cup Egg whites 2 lg egg 1/3 c oats | <ul style="list-style-type: none"> 1 lg egg 1 c egg whites 1 oz mozzarella cheese 1 slice toast | <ul style="list-style-type: none"> 1 cup Egg whites 1 80 cal tortilla 1 oz mozzarella cheese | <ul style="list-style-type: none"> 1 cup Egg whites 1 lg egg 1/2 oz cheese |

MID MORNING

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| <ul style="list-style-type: none"> 1 cup nonfat Greek Yogurt 2 TBL peanut butter powder 1 TBL sugar free syrup | <ul style="list-style-type: none"> 1 cup nonfat Greek Yogurt 100 g frozen berries | <ul style="list-style-type: none"> 1 medium grapefruit 1 string cheese | <ul style="list-style-type: none"> 1 cup nonfat Greek Yogurt 2 TBL peanut butter powder 1 TBL sugar free syrup | <ul style="list-style-type: none"> 1 cup lowfat cottage cheese 1 cup berries 1 tbl sugar free jello powder |
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LUNCH

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| <ul style="list-style-type: none"> 4 oz. Ground beef 80 g cooked white rice 1 cup mushrooms | <ul style="list-style-type: none"> 4.5 oz. Ground chicken 100 g sweet potato fries 1 med cucumber | <ul style="list-style-type: none"> 4 oz turkey deli 1 large leaf of lettuce 1 laughing cow cheese 1/2 c strawberries | <ul style="list-style-type: none"> 4 oz. ground beef 80 g white rice 1 cup mushrooms | <ul style="list-style-type: none"> 5 oz.canned chicken 1 tbl light mayo 1 80 calorie tortilla |
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SNACK

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| <ul style="list-style-type: none"> Sugar Free Jello Protein shake | <ul style="list-style-type: none"> Protein shake | <ul style="list-style-type: none"> Protein bar (180 calories) | <ul style="list-style-type: none"> 1 rice cake 3 oz turkey deli meat 1 string cheese | <ul style="list-style-type: none"> protein powder shake |
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DINNER

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| <ul style="list-style-type: none"> 4 oz chicken tenders 100 g mashed sweet potato 1 cup sliced zucchini 2 tsp butter | <ul style="list-style-type: none"> 4.5 oz chicken thighs 75 g white rice 1 cup mushrooms | <ul style="list-style-type: none"> 4.5 oz chicken tenders 1 cup spaghetti squash 1 oz Parmesan cheese spray butter | <ul style="list-style-type: none"> 4 oz steak 100 g sweet potato 1 green salad 2 TBL Bolthouse Ranch dressing | <ul style="list-style-type: none"> 4 oz ground beef 1 green salad 1/2 cup corn 1 oz cheese 2 TBL Bolthouse ranch |
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1183 cal	1148 calories	1147 calories	1167 calories	1146 calories
145 g protein	130 g protein	127 g protein	126 g protein	137 g protein
90 g carbs	85 g carbs	81 g carbs	87 g carbs	73 g carbs
27 g fat	32 g fat	35 g fat	35 g fat	34 g fat