

1200 CALORIE HIGH PROTEIN, LOW CARB MEAL PLAN

1151 cal / 153 g protein, 86 g carbs, 16 g fat per day (gluten-free)



	BREAKFAST	LUNCH	DINNER	DESSERT
MON	1 c egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 C blueberries	2 cups lettuce greens 8 oz Chicken 1 cup broccoli 1 tomato 2 TBL Bolthouse Ranch	4 oz lean Ground Beef 1 C mushrooms 1 med. zucchini, sliced 4 oz Healthy Noodle	1 scoop Protein Powder 1 cup almond milk 1 cup strawberries
TUE	1 cup egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 banana	2 cups lettuce greens 8 oz Chicken 1 C cucumbers 1 tomato 2 TBL Bolthouse Ranch	4 oz lean Ground Beef 1 C broccoli 1/4 C spaghetti sauce 1 C Spaghetti Squash	1 scoop Protein Powder 1 cup almond milk 1 cup peaches
WED	1 C egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1.5 C strawberries	2 C lettuce greens 1 C Cabbage 8 oz Chicken 1 red onion, 2 T Olive Garden light	4 oz lean Ground Beef 1 C Bell Peppers 1/2 med. onion 4 oz Healthy Noodle	1 scoop Protein Powder 1 cup water 1 T.PB powder 1/2 banana
THU	1 C egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1.5 C peach slices	2 cups lettuce greens 8 oz Chicken 1 cup sliced carrots 1 tomato 2 TBL Bolthouse Ranch	4 oz lean Ground Beef 1 C mushrooms 1 lg Spiralized zucchini 1 TBL Parmesan cheese	1 scoop Protein Powder 1 cup almond milk 1 cup blueberries
FRI	1 c egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 C blueberries	2 C lettuce greens 8 oz Chicken 1 C cauliflower 1 tomato 2 T Olive Garden Light	4 oz lean Ground Beef 1 C sliced carrots 1 med. zucchini, sliced 4 oz Healthy Noodle	1 scoop Protein Powder 1 cup almond milk 1 T Cocoa Powder 2 T PB powder
SAT	1 cup egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1 med banana	2 cups lettuce greens 8 oz Chicken 1 cup mushrooms 1 c green beans 2 T Light Olive Garden	4 oz lean Ground Beef 1 C Broccoli 1 med. tomato 1/2 c spaghetti sauce 1 C Spaghetti squash	1 scoop Protein Powder 1 cup almond milk 1 cup strawberries
SUN	1 C egg whites 1 oz low fat cheese 1 C NF Greek yogurt 1.5 C strawberries	2 cups lettuce greens 8 oz Chicken 1 cup broccoli 1 tomato 2 TBL Bolthouse Ranch	4 oz lean Ground Beef 1 C mushrooms 1 med. onion 1 lg Spiralized zucchini	1 scoop Protein Powder 1 cup almond milk 1 cup blueberries