## 1200 Calorie Diet Meals

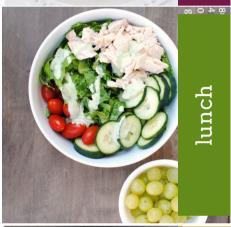
1257 Calories, 116 g Protein, 73 g carbs, and 55 g fat . 36 % protein, 23 % carbs, 39% fat

Health Beet



#### **BREAKFAST**

3/4 cup Egg whites 65 calories 2 whole egg 146 calories Handful of mushrooms 30 grams of Avocado 48 calories



### LUNCH

6 oz cucumber 12 calories 4 oz rotisserie chicken 168 calories 2 TBL cilantro cream dressing 40 calories 2 oz romaine lettuce 4 calories 3 oz grapes 46 calories



#### **DINNER**

1/3 lb Hamburger Patty 330 calorie
6 oz lettuce, 26 calories
3 oz zucchini 14 calories
3 oz mushrooms, 20 calories
2 TBL Bolthouse dressing, 45 calories



# SNACK

6 oz blueberries 97 calories 6 oz cucumber 12 calories 1 TBL ranch 70 calories 3/4 cup plain Greek Yogurt 100 calories