

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

BREAKFAST

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



lunch

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



snacks

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



dinner

SNACK

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