

7-Day Sample Menus 1200 Calories

MONDAY

BREAKFAST

- ½ cup cantaloupe
- 1 slice whole wheat toast
- 1 tsp. almond butter
- 1 cup lemon nonfat yogurt

LUNCH

- 1 cup minestrone soup
- 1 oz. low-fat mozzarella cheese
- 2 fresh tomato slices
- 1 slice whole wheat bread
- 1 tsp. prepared mustard

SNACK

- 1 oz. oil roasted peanuts

DINNER

- 3 oz. broiled swordfish
- ½ cup sweet potato
- 5 mushrooms
- ½ cup asparagus
- 1 cup tossed green salad
- 1 tbsp. olive oil
- 1 tbsp. vinegar
- ½ cup strawberries

Calories 1216

Fat 47.9gms/34% of calories

Sat 10.0 gms/7.2%

Mono 24.1gms/17.2%

Poly 10.4 gms/7.4%

Cholesterol 64 mg

Sodium 1864 mg

Fiber 15.9 gm

TUESDAY

BREAKFAST

- ¼ cup egg substitutes
- 2 slices onion
- ¼ cup green pepper
- 1 slice whole wheat toast
- 1 tsp. peanut butter
- 1 medium orange

LUNCH

- 1 cup salad greens
- 2 oz. skinless roasted chicken breast
- 1 tbsp. olive oil
- 1 tbsp. cider vinegar
- 1 sesame breadstick
- 2 cup nonfat skim milk
- 1 medium peach

SNACK

- 1 oz. dried almonds

DINNER

- 3 oz. large shrimp
- 1 cup broccoli
- ½ cup sweet red bell pepper
- ½ cup summer squash
- 2 tsp. peanut oil
- ½ cup brown rice
- 4 oz. tomato juice
- 1 medium apple

Calories 1235

Fat 50.3gms/36% of calories

Sat 7.5gms/5.5%

Mono 28.4gms/19.4%

Poly 10.1gms/7.8%

Cholesterol 216 mg

Sodium 1137 mg

Fiber 22.6 gm

WEDNESDAY

BREAKFAST

- ¾ cup bran flakes
- ½ cup nonfat skim milk
- ½ cup blueberries
- ½ whole wheat English muffin
- 1 tsp. almond butter

LUNCH

- 2 oz. turkey breast
- 1 oz. whole wheat pita bread
- ½ cup alfalfa sprouts
- 3 slices tomato
- 2 tsp mustard
- ½ cup nonfat skim milk

SNACK

- 1 oz. roasted macadamia nuts

DINNER

- 4 oz. fresh whole wheat pasta
- ½ cup marinara sauce
- ½ cup eggplant
- 2 tsp. grated parmesan cheese
- 1 cup mixed salad greens
- 2 tsp. olive oil
- 1 tbsp. vinegar

Calories 1143

Fat 47.1gms/35% of calories

Sat 8.5gms/6.4%

Mono 29.2gms/21.9%

Poly 6.0gms/4.5%

Cholesterol 87 mg

Sodium 1287 mg

Fiber 22.1 gms

THURSDAY

BREAKFAST

- 1 whole wheat bagel (small)
- 1 tbsp. chunky peanut butter
- ½ cup orange juice

LUNCH

- ½ cup garbanzo beans
- ½ cup yellow corn
- 1 cup mixed salad greens
- 2 tsp. olive oil
- 1 tbsp. vinegar
- 1 whole wheat roll

SNACK

- 1 oz. mixed nuts

DINNER

- 3 oz. skinless roasted chicken breast
- ½ cup yams
- ½ cup carrots
- ½ cup snap-green beans
- ½ pink grapefruit

Calories 1210

Fat 45.2 gms/32% of calories

Sat 7.9gms/5.6%

Mono 23.1gms/16.3%

Poly 10.7gms/7.6%

Cholesterol 71 mg

Sodium 813 mg

Fiber 26.5 gms

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FRIDAY

BREAKFAST

- 1 multigrain bran waffle
- ¾ cup red raspberries
- 2 tsp. almond butter
- 2 tsp. maple syrup
- ½ cup nonfat skim milk

LUNCH

- 2 oz. extra lean ham
- 1 slice fat-free Swiss cheese
- 2 tsp prepared mustard
- 2 leaves butterhead lettuce
- 3 slices fresh tomato
- 2 slices whole wheat bread
- 1 fresh kiwi fruit

SNACK

- 1 oz. pecans

DINNER

- 4 oz. broiled haddock
- ½ cup corn
- 2 cup Italian green beans
- 1 cup spinach salad
- 2 tsp. olive oil
- 1 tbsp. vinegar

Calories 1216

Fat 52.3 gms/37% of calories

Sat 8.0 gms/ 5.7%

Mono 29.2gms/20.9%

Poly 11.2 gms/8.1%

Cholesterol 213 mg

Sodium 1778 mg

Fiber 17.5 gm

SATURDAY

BREAKFAST

- ¾ cup oatmeal
- ½ cup nonfat skim milk
- 1 slice whole wheat toast
- 2 tsp. chunky peanut butter

LUNCH

- 2 oz. sardines in oil
- 2 slices whole grain bread
- 2 tsp. prepared mustard
- 2 slices fresh tomato
- 2 leaves butterhead lettuce
- 1 orange

SNACK

- 1 oz. hazelnuts

DINNER

- 3 oz. pork tenderloin
- ½ cup brown rice
- ½ cup beets
- ½ cup zucchini
- 1 cup tossed green salad
- 2 tsp. olive oil
- 2 tbsp. cider vinegar

Calories 1208

Fat 49 gms/36% of calories

Sat 7.3gms/5.3%

Mono 28.6gms/20.7%

Poly 9.5gms/6.9%

Cholesterol 163 mg

Sodium 1049 mg

Fiber 18.9 gm

SUNDAY

BREAKFAST

- 2 cranberry cornmeal pancakes
- 2 tsp. almond butter
- 1 tbsp. maple syrup
- ½ fresh fruit salad

LUNCH

- 1/3 cup hummus
- ½ cup three bean salad
- 1 whole wheat roll

SNACK

- 1 oz. cashews

DINNER

- 3 oz. broiled scallops
- ½ cup broccoli
- ½ cup carrots
- ½ cup yellow peppers
- 2 tsp. peanut oil
- ½ cup Chinese noodles

Calories 1220

Fat 48 gms/34% of calories

Sat 8.1gms/5.8%

Mono 23.2gms/16.6%

Poly 14.7gms/10.5%

Cholesterol 45 mg

Sodium 1319 mg

Fiber 17.3 gms