



Eating right, simplified.

1,200 Calorie Plan (Protein Focused) 4 meals/day

DAY 1

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	2 large	182 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
raisins, seedless	1/4 cup, packed	123 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 53 g (52%) / **Protein** 13 g (13%) / **Fat** 16 g (35%) / **Fluid** 19

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1/2 small	28 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 226 cal / **Carbs** 20 g (36%) / **Protein** 19 g (34%) / **Fat** 9 g (34%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1/2 tortilla	64 cal
turkey breast, roasted	5 oz	193 cal
romaine lettuce	2 leaf	2 cal
hummus, lower sodium	1 Tbsp	26 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 12 g (17%) / **Protein** 45 g (64%) / **Fat** 6 g (20%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	3 oz	111 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1/3 Cup(s)	77 cal
extra virgin olive oil	1/2 tsp	20 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 36 g (45%) / **Protein** 36 g (46%) / **Fat** 4 g (11%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,234 cal / **Carbs** 121 g (39%) / **Protein** 114 g (37%) / **Fat** 35 g (25%) / **Fluid** 87

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DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
multi-grain cheerios cereal	1/2 Cup(s)	60 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 349 cal / **Carbs** 32 g (37%) / **Protein** 34 g (39%) / **Fat** 8 g (21%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1 oz	157 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 225 cal / **Carbs** 26 g (46%) / **Protein** 6 g (11%) / **Fat** 13 g (50%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 tsp	16 cal
iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/4 cup, sliced	58 cal
chicken, boneless, roasted	3 oz	142 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 21 g (28%) / **Protein** 25 g (34%) / **Fat** 13 g (40%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	3 oz	161 cal

MEAL TOTAL: **Calories** 441 cal / **Carbs** 66 g (60%) / **Protein** 28 g (25%) / **Fat** 8 g (16%) / **Fluid** 26

NOTES:

DAY 2 TOTAL: Calories 1,315 cal / **Carbs** 145 g (44%) / **Protein** 93 g (28%) / **Fat** 42 g (29%) / **Fluid** 92



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
whole wheat mini bagel	1/2 bagel	50 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 33 g (41%) / **Protein** 21 g (26%) / **Fat** 13 g (37%) / **Fluid** 19

NOTES:

Snack

10:00 AM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1/2 bar	64 cal

MEAL TOTAL: **Calories** 153 cal / **Carbs** 32 g (83%) / **Protein** 2 g (6%) / **Fat** 3 g (19%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	2 leaf	2 cal
olive oil, mayonnaise, light	1 tsp	16 cal
whole wheat tortillas	1 tortilla	127 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 20 g (21%) / **Protein** 55 g (60%) / **Fat** 9 g (22%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

marinara spaghetti sauce, ready to serve	1/4 Cup(s)	31 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
drinking water	2 Cup(s)	0 cal
italian spiced pork chops	1 serving	100 cal
rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 44 g (59%) / **Protein** 24 g (33%) / **Fat** 4 g (11%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,144 cal / **Carbs** 128 g (45%) / **Protein** 103 g (36%) / **Fat** 29 g (23%) / **Fluid** 81



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DAY 4

Breakfast

7:00 AM

bananas	1/2 small	45 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 32 g (39%) / **Protein** 13 g (16%) / **Fat** 16 g (43%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	2/3 oz	111 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 22 g (48%) / **Protein** 6 g (13%) / **Fat** 10 g (48%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

italian spiced pork chops	1 serving	100 cal
extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 28 g (38%) / **Protein** 23 g (31%) / **Fat** 11 g (34%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
asparagus, boiled	6 spears	20 cal
beef t-bone, broiled	5 oz	268 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 21 g (23%) / **Protein** 42 g (46%) / **Fat** 13 g (31%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,171 cal / **Carbs** 102 g (35%) / **Protein** 83 g (29%) / **Fat** 49 g (38%) / **Fluid** 86



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

multi-grain cheerios cereal	1 Cup(s)	120 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 284 cal / **Carbs** 43 g (61%) / **Protein** 22 g (31%) / **Fat** 2 g (6%) / **Fluid** 21

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
drinking water	2 Cup(s)	0 cal
apples	1/2 small	28 cal

MEAL TOTAL: **Calories** 169 cal / **Carbs** 12 g (28%) / **Protein** 6 g (15%) / **Fat** 12 g (65%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 small	74 cal
turkey breast, roasted	4 oz	154 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/4 cup, sliced	58 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 27 g (29%) / **Protein** 41 g (44%) / **Fat** 13 g (31%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

mediterranean chicken	1 serving	186 cal
wild rice, cooked	2/3 Cup(s)	110 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 29 g (36%) / **Protein** 30 g (37%) / **Fat** 11 g (31%) / **Fluid** 26

NOTES:

DAY 5 TOTAL: Calories 1,151 cal / **Carbs** 112 g (39%) / **Protein** 99 g (34%) / **Fat** 38 g (30%) / **Fluid** 87



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
whole wheat mini bagel	1/2 bagel	50 cal
skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 28 g (32%) / **Protein** 31 g (36%) / **Fat** 13 g (34%) / **Fluid** 20

NOTES:

Snack

10:00 AM

raisins, seedless	1/4 cup, packed	123 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 228 cal / **Carbs** 42 g (74%) / **Protein** 16 g (29%) / **Fat** 1 g (2%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	1 small	74 cal
green snap beans, no salt, boiled	1/2 Cup(s)	22 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken	1 serving	186 cal

MEAL TOTAL: **Calories** 282 cal / **Carbs** 21 g (30%) / **Protein** 27 g (38%) / **Fat** 11 g (35%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
salmon, cooked	5 oz	217 cal
marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
asparagus, boiled	4 spears	13 cal
rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 32 g (34%) / **Protein** 39 g (42%) / **Fat** 9 g (22%) / **Fluid** 24

NOTES:

DAY 6 TOTAL: Calories 1,231 cal / **Carbs** 123 g (40%) / **Protein** 114 g (37%) / **Fat** 34 g (25%) / **Fluid** 85



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

skim milk with calcium	1 1/2 Cup(s)	130 cal
whole wheat mini bagel	1 bagel	100 cal
whole eggs, scrambled	1 large	91 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 39 g (49%) / **Protein** 23 g (28%) / **Fat** 8 g (22%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
wheat thin crackers	5 crackers	40 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 18 g (33%) / **Protein** 8 g (15%) / **Fat** 14 g (58%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
sliced ham, extra lean, low-sodium	4 oz	149 cal
olive oil, mayonnaise, light	1 tsp	16 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 22 g (30%) / **Protein** 24 g (31%) / **Fat** 10 g (29%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	3 oz	142 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 47 g (47%) / **Protein** 26 g (25%) / **Fat** 13 g (29%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,239 cal / **Carbs** 126 g (41%) / **Protein** 80 g (26%) / **Fat** 44 g (32%) / **Fluid** 89



Eating right, simplified.



2 Servings

italian spiced pork chops

Ingredients

sage, ground
1/4 tsp

onions
1/4 cup, sliced

pork tenderloin
6 oz

black pepper
2 dash

paprika
1/4 tsp

Nutrition Totals

Calories 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4.46 fl oz

Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.



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Nutrition Label

Italian Spiced Pork Chops		
Amount Per Serving		
Calories		100
% Daily Value*		
Total Fat	1.9g	3%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.2mg	18%
Sodium	45.8mg	2%
Total Carbohydrates	1.6g	1%
Dietary Fiber	0.3g	2%
Total Sugar	0.6g	
Protein	18g	
Vitamin D	6.8IU	1%
Calcium	10mg	1%
Iron	0.9mg	5%
Potassium	368.5mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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Eating right, simplified.



4 Servings

mediterranean chicken

Ingredients

chicken breast, boneless skinless
16 oz

olive oil
2 Tbsp

lemon juice
1 1/2 fl. oz.

garlic
1 clove

Nutrition Totals

Calories 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 13.09 fl oz

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

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Eating right, simplified.

Nutrition Label

Mediterranean Chicken	
Amount Per Serving	
Calories	186
% Daily Value*	
Total Fat 10.1g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 72.5mg	24%
Sodium 196.5mg	8%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugar 0.2g	
Protein 23.1g	
Vitamin D 2.2IU	0%
Calcium 7.7mg	1%
Iron 0.4mg	2%
Potassium 391.3mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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Shopping List

Accompaniments

marinara spaghetti sauce, ready to serve

0.58 Cup(s)

olive oil, mayonnaise, light

3 tsp

Beef

beef t-bone, broiled

8 oz

Beverages

drinking water

47 Cup(s)

iced tea, green

32 fl. oz.

Bread

whole-wheat pita bread

3 small

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

2 bagel

whole wheat tortillas

2.5 tortilla

Cereal & Grain Products

multi-grain cheerios cereal

1.5 Cup(s)

rice penne pasta, low-carb

2 oz

whole grain rolled oats, dry

0.66 Cup(s)

wild rice, cooked

1.67 Cup(s)

Cookies & Crackers

wheat thin crackers

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5 crackers

Dairy & Egg

cottage cheese, non-fat

2 Cup(s)

egg whites, cooked

10 large

skim milk with calcium

7 Cup(s)

whole eggs, scrambled

6 large

Fats & Oils

extra virgin olive oil

0.5 tsp

1 Tbsp

olive oil

1 Tbsp

Finfish & Shellfish

salmon, cooked

5 oz

tuna fish, very low-sodium, in water

8 oz

yellowfin tuna fish, cooked

3 oz

Fruits & Juices

apples

1 small

avocados

0.5 cup, sliced

bananas

1.5 small

lemon juice

0.76 fl. oz.

oranges

2 fruit

raisins, seedless

0.5 cup, packed

Ingredients

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Eating right, simplified.

balsamic vinegar
0.5 Tbsp

Legumes & Beans

green snap beans, no salt, boiled
4 Cup(s)
hummus, lower sodium
4 Tbsp
lentil beans, no salt, boiled
0.33 Cup(s)

Nuts & Seeds

cashews
1 oz
peanuts, no salt, dry-roasted
0.67 oz
smooth peanut butter, no salt
7 Tbsp

Pork

pork tenderloin
6 oz

Poultry

chicken, boneless, roasted
6 oz
chicken breast, boneless skinless
8 oz
turkey breast, roasted
9 oz

Sausages & Meats

sliced ham, extra lean, low-sodium
4 oz

Snacks

nut and raisin granola bars
0.5 bar

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Spices & Herbs

black pepper

2 dash

paprika

0.26 tsp

sage, ground

0.26 tsp

Vegetables

asparagus, boiled

10 spears

cauliflower, no salt, boiled

2 Cup(s)

celery

5 medium stalk

garlic

0.5 clove

onions

0.26 cup, sliced

romaine lettuce

6 leaf

1 Cup(s)

tomatoes

1 Cup(s)

yams, no salt, boiled or baked

2.5 Cup(s)