



Eating right, simplified.

1,200 Calorie Plan (Basic) 4meals/day

DAY 1

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
blueberries	1/2 Cup(s)	41 cal
oatmeal, steel cut	1/4 Cup(s)	150 cal
soy milk with calcium	1 Cup(s)	105 cal
ground flaxseed	1 Tbsp	70 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 54 g (56%) / **Protein** 15 g (15%) / **Fat** 12 g (29%) / **Fluid** 18

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
rice cakes, no salt	1 cake	35 cal

MEAL TOTAL: **Calories** 184 cal / **Carbs** 25 g (51%) / **Protein** 5 g (11%) / **Fat** 8 g (38%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

turkey breast, roasted	2 oz	77 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
avocados	1/3 avocado	107 cal
cucumber	1/2 cup	3 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 29 g (34%) / **Protein** 23 g (27%) / **Fat** 15 g (39%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
white beans, no salt, boiled	1/4 Cup(s)	64 cal
quinoa, cooked	1/2 Cup(s)	111 cal
halibut fish, cooked	2 oz	63 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 42 g (47%) / **Protein** 25 g (27%) / **Fat** 11 g (26%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,236 cal / **Carbs** 150 g (47%) / **Protein** 68 g (21%) / **Fat** 46 g (32%) / **Fluid** 85

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DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
blueberries	3/4 Cup(s)	62 cal
brown rice cereal	3/4 Cup(s)	93 cal
soy milk with calcium	1 Cup(s)	105 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 49 g (64%) / **Protein** 16 g (21%) / **Fat** 5 g (15%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
cherries	1 Cup(s)	74 cal

MEAL TOTAL: **Calories** 196 cal / **Carbs** 23 g (47%) / **Protein** 22 g (44%) / **Fat** 2 g (9%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
arugula	2 Cup(s)	5 cal
quinoa, cooked	1/2 Cup(s)	111 cal
green peas, no salt, boiled	1/2 Cup(s)	69 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 34 g (33%) / **Protein** 26 g (26%) / **Fat** 19 g (41%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach-stuffed sole	1 serving	156 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
whole wheat spaghetti, cooked	1 Cup(s)	174 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 53 g (50%) / **Protein** 30 g (29%) / **Fat** 10 g (21%) / **Fluid** 28

NOTES:

DAY 2 TOTAL: Calories 1,272 cal / **Carbs** 159 g (48%) / **Protein** 95 g (28%) / **Fat** 35 g (24%) / **Fluid** 96



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
blueberries	1/2 Cup(s)	41 cal
soy milk with calcium	1 Cup(s)	105 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 26 g (41%) / **Protein** 11 g (17%) / **Fat** 12 g (42%) / **Fluid** 18

NOTES:

Snack

10:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
cherries	3/4 Cup(s)	55 cal
rice cakes, no salt	2 cake	70 cal

MEAL TOTAL: **Calories** 203 cal / **Carbs** 29 g (57%) / **Protein** 9 g (18%) / **Fat** 5 g (25%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	3 oz	84 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
tomatoes	1/2 Cup(s)	16 cal
whole wheat tortillas	1/2 tortilla	64 cal
arugula	1 Cup(s)	3 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 44 g (50%) / **Protein** 23 g (27%) / **Fat** 9 g (23%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach-stuffed sole	1 serving	156 cal
quinoa, cooked	1/2 Cup(s)	111 cal
green peas, no salt, boiled	1/2 Cup(s)	69 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 49 g (47%) / **Protein** 31 g (30%) / **Fat** 11 g (23%) / **Fluid** 29

NOTES:

DAY 3 TOTAL: Calories 1,160 cal / **Carbs** 147 g (49%) / **Protein** 74 g (24%) / **Fat** 37 g (27%) / **Fluid** 92



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
6-grain hot cereal	1/2 serving	149 cal
soy milk with calcium	1 Cup(s)	105 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 337 cal / **Carbs** 61 g (69%) / **Protein** 12 g (14%) / **Fat** 7 g (17%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
rice cakes, no salt	1 cake	35 cal
cucumber	1 cup	5 cal
carrots	10 medium strip	16 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 17 g (38%) / **Protein** 23 g (52%) / **Fat** 2 g (10%) / **Fluid** 15

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
arugula	1 Cup(s)	3 cal
quinoa, cooked	1/2 Cup(s)	111 cal
white beans, no salt, boiled	1/2 Cup(s)	127 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 355 cal / **Carbs** 54 g (59%) / **Protein** 16 g (17%) / **Fat** 10 g (24%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	3 oz	163 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
whole wheat spaghetti, cooked	3/4 Cup(s)	130 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 35 g (34%) / **Protein** 34 g (33%) / **Fat** 15 g (33%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,265 cal / **Carbs** 167 g (51%) / **Protein** 85 g (26%) / **Fat** 34 g (23%) / **Fluid** 92



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
soy milk with calcium	1 Cup(s)	105 cal
6-grain hot cereal	1/2 serving	149 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 50 g (66%) / **Protein** 11 g (15%) / **Fat** 6 g (19%) / **Fluid** 24

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 232 cal / **Carbs** 34 g (56%) / **Protein** 22 g (36%) / **Fat** 2 g (8%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal
tomatoes	1/2 Cup(s)	16 cal
arugula	1 Cup(s)	3 cal
hummus, lower sodium	2 Tbsp	52 cal
whole wheat tortillas	1 tortilla	127 cal
cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 28 g (35%) / **Protein** 33 g (40%) / **Fat** 9 g (25%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
extra virgin olive oil	1/2 Tbsp	60 cal
quinoa, cooked	1/2 Cup(s)	111 cal
green peas, no salt, boiled	1/2 Cup(s)	69 cal
pork tenderloin, lean, cooked	3 oz	122 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 44 g (42%) / **Protein** 35 g (32%) / **Fat** 13 g (26%) / **Fluid** 27

NOTES:

DAY 5 TOTAL: Calories 1,263 cal / **Carbs** 157 g (48%) / **Protein** 100 g (31%) / **Fat** 30 g (21%) / **Fluid** 101



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1/2 muffin	67 cal
blueberries	1/2 Cup(s)	41 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
soy milk with calcium	1 Cup(s)	105 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 39 g (48%) / **Protein** 14 g (17%) / **Fat** 13 g (35%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal
cherries	1 Cup(s)	74 cal
pecans, no salt, dry-roasted	1/4 oz	50 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 23 g (42%) / **Protein** 16 g (30%) / **Fat** 7 g (28%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
arugula	2 Cup(s)	5 cal
soup pea low sodium with water	1 Cup(s)	155 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 52 g (49%) / **Protein** 14 g (13%) / **Fat** 18 g (38%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
polenta with fresh vegetables	1 serving	183 cal
chicken breast, boneless skinless	3 oz	92 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 36 g (41%) / **Protein** 30 g (35%) / **Fat** 9 g (24%) / **Fluid** 39

NOTES:

DAY 6 TOTAL: Calories 1,298 cal / **Carbs** 150 g (45%) / **Protein** 75 g (23%) / **Fat** 47 g (32%) / **Fluid** 104



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
soy milk with calcium	1 Cup(s)	105 cal
brown rice cereal	1 Cup(s)	124 cal
egg whites, cooked	2 large	34 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 61 g (68%) / **Protein** 17 g (19%) / **Fat** 5 g (13%) / **Fluid** 22

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
cucumber	1 cup	5 cal
carrots	10 medium strip	16 cal
hummus, lower sodium	2 Tbsp	52 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 16 g (27%) / **Protein** 31 g (52%) / **Fat** 5 g (21%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	3 oz	84 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/2 Cup(s)	16 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole wheat tortillas	1/2 tortilla	64 cal
arugula	1 Cup(s)	3 cal
soup pea low sodium with water	1 Cup(s)	155 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 39 g (42%) / **Protein** 30 g (32%) / **Fat** 11 g (26%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
extra virgin olive oil	1/2 Tbsp	60 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
polenta with fresh vegetables	1 serving	183 cal

MEAL TOTAL: **Calories** 376 cal / **Carbs** 25 g (29%) / **Protein** 27 g (31%) / **Fat** 16 g (40%) / **Fluid** 34

NOTES:

DAY 7 TOTAL: Calories 1,329 cal / **Carbs** 141 g (43%) / **Protein** 105 g (32%) / **Fat** 37 g (25%) / **Fluid** 108

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2 Servings

spinach-stuffed sole

Ingredients

extra virgin olive oil
1/2 Tbsp

fresh spinach
2 Cup(s)

garlic
2 clove

black pepper
1/8 tsp

sole fish
10 oz

butter, no salt
1 tsp

Nutrition Totals

Calories 312 / **Carbs** 9 g / **Protein** 38 g / **Fat** 16 g / **Fluid** 8 fl oz

Instructions

1. Preheat oven to 400 degrees F. Lightly coat a baking dish with cooking spray.
2. In a medium skillet, heat the olive oil over medium heat.
3. Saute spinach and minced garlic until spinach begins to wilt. Season with black pepper.
4. Place the two, 5 oz, sole fillets in the prepared baking dish.
5. In the middle of each fillet, place half of the spinach mixture and roll up.
6. Place the rolled fillets seam-side down. Drizzle with melted butter.
7. Bake fish for 8-10 minutes, or until the fish is opaque throughout.



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Nutrition Label

Spinach-Stuffed Sole		
Amount Per Serving		
Calories		156
		% Daily Value*
Total Fat	8.1g	13%
Saturated Fat	2.3g	12%
Trans Fat	0g	
Cholesterol	68.9mg	23%
Sodium	470.3mg	20%
Total Carbohydrates	4.5g	2%
Dietary Fiber	3.5g	14%
Total Sugar	0g	
Protein	18.8g	
Vitamin D	161.6IU	27%
Calcium	66.3mg	7%
Iron	3mg	17%
Potassium	241.1mg	
* 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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4 Servings

6-grain hot cereal

Ingredients

barley pearled raw
1/2 Cup(s)

red wheat berries, hard
1/2 Cup(s)

rice brown medium-grain raw
1/2 Cup(s)

oatmeal, steel cut
1/4 Cup(s)

ground flaxseed
2 Tbsp

quinoa
3 Tbsp

drinking water
6 Cup(s)

Nutrition Totals

Calories 1189 / **Carbs** 222 g / **Protein** 36 g / **Fat** 21 g / **Fluid** 49 fl oz

Instructions

1. Combine barley, wheat berries, rice, oats, quinoa and flaxseed in a large saucepan.
2. Pour water over grains, stir, and bring to a boil over medium heat.
3. Reduce heat to low and simmer for 45 minutes, or until tender. Stir occasionally.



Eating right, simplified.

Nutrition Label

6-Grain Hot Cereal		
Amount Per Serving		
Calories		297
		% Daily Value*
Total Fat	5.1g	8%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	3.7mg	0%
Total Carbohydrates	55.5g	19%
Dietary Fiber	8.3g	34%
Total Sugar	0.5g	
Protein	9g	
Vitamin D	0IU	0%
Calcium	35.3mg	4%
Iron	2.5mg	14%
Potassium	178.8mg	
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4 Servings

polenta with fresh vegetables

Ingredients

polenta

1 Cup(s)

drinking water

4 Cup(s)

garlic

2 clove

mushrooms

1 cup

onions

1 cup

broccoli

1 cup

parmesan cheese, grated

2 Tbsp

basil

1/2 Cup(s)

extra virgin olive oil

1 Tbsp

zucchini/summer squash

1 cup

Nutrition Totals

Calories 730 / Carbs 74 g / Protein 16 g / Fat 22 g / Fluid 42 fl oz

Instructions

1. Preheat oven to 350 degrees F. Lightly coat an ovenproof casserole dish with cooking spray.
2. In a medium bowl, stir dried polenta, water and minced garlic. Spread in prepared casserole dish.
3. Bake uncovered for 40 minutes, or until the polenta pulls away from the sides of dish.
4. While polenta is baking, place olive oil in a skillet over medium heat. Saute onions, mushrooms, zucchini, and broccoli until tender.
5. When polenta is cooked top with prepared vegetables and garnish with Parmesan and fresh basil.



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Nutrition Label

Polenta With Fresh Vegetables	
Amount Per Serving	
Calories	183
% Daily Value*	
Total Fat 5.5g	9%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 2.2mg	1%
Sodium 50.7mg	2%
Total Carbohydrates 18.4g	6%
Dietary Fiber 2.1g	9%
Total Sugar 2.7g	
Protein 4g	
Vitamin D 1.7IU	0%
Calcium 62.6mg	6%
Iron 0.6mg	4%
Potassium 275.2mg	
* 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

olive oil, mayonnaise, light
2 Tbsp

Beef

beef flank, lean, broiled
3 oz

Beverages

drinking water
49.5 Cup(s)
iced tea, green
16 fl. oz.
soy milk with calcium
7 Cup(s)

Bread

whole wheat english muffin
1.5 muffin
whole wheat tortillas
3 tortilla

Cereal & Grain Products

brown rice cereal
1.75 Cup(s)
oatmeal, steel cut
0.31 Cup(s)
quinoa
0.76 Tbsp
quinoa, cooked
2.5 Cup(s)
whole wheat spaghetti, cooked
1.75 Cup(s)

Dairy & Egg

butter, no salt
1 tsp
egg, hard boiled

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Eating right, simplified.

1 large
egg whites, cooked
4 large
low-fat cottage cheese, 1%
3.75 Cup(s)
parmesan cheese, grated
1 Tbsp

Fats & Oils

extra virgin olive oil
5.5 Tbsp

Finfish & Shellfish

halibut fish, cooked
2 oz
sole fish
10 oz
tuna fish, very low-sodium, in water
6 oz

Fruits & Juices

apples
1 small
2 large
avocados
0.33 avocado
blueberries
4.75 Cup(s)
cherries
2.75 Cup(s)
red wheat berries, hard
0.12 Cup(s)

Legumes & Beans

hummus, lower sodium
4 Tbsp
white beans, no salt, boiled
0.75 Cup(s)

Nuts & Seeds

ground flaxseed
1.5 Tbsp

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Eating right, simplified.

pecans, no salt, dry-roasted
0.25 oz
smooth peanut butter, no salt
3 Tbsp

Pork

pork tenderloin, lean, cooked
3 oz

Poultry

chicken breast, boneless skinless
9 oz
turkey breast, roasted
5 oz

Snacks

rice cakes, no salt
4 cake

Spices & Herbs

basil
0.26 Cup(s)
black pepper
0.12 tsp

Uncategorized

barley pearled raw
0.12 Cup(s)
polenta
0.5 Cup(s)
rice brown medium-grain raw
0.12 Cup(s)
soup pea low sodium with water
2 Cup(s)

Vegetables

arugula
8 Cup(s)
broccoli
0.5 cup

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Eating right, simplified.

broccoli, no salt, boiled

6 Cup(s)

carrots

20 medium strip

cucumber

3.5 cup

fresh spinach

2 Cup(s)

garlic

3 clove

green peas, no salt, boiled

1.5 Cup(s)

mushrooms

0.5 cup

onions

0.5 cup

romaine lettuce

3 leaf

spinach, no salt, boiled

3 Cup(s)

tomatoes

2 Cup(s)

zucchini/summer squash

0.5 cup