

Day 1

Breakfast:

One hard boiled egg--cal 85/ pro7/ carb0/ fat 6
One half grapefruit--cal 52/ pro1/ carb 13/ fat 0
One piece whole wheat toast--cal 69/ pro 3/ carb13/ fat 1

Snack:

Chicken breast roasted, skinless (30 gm)--cal 48/ pro 9/ carb 0/ fat 1
Pita bread (small-28 gm)--cal 74/ pro 3/ carb 15/ fat 1
One small apple--cal 55/ pro 0/ carb 15/ fat 0

Lunch:

Hamburger, lean 5% fat (3 ounce-0 85 gm)--cal 139/ pro 22/ carb 0/ fat 5
Lettuce salad, radish, onion--cal 11/ pro 0/ carb 2/ fat 0
Reduced fat Italian dressing--cal 22/ pro 0/ carb 2/ fat 2

Snack:

Turkey breast roasted, skinless (43 gm)--cal 58/ pro 13/ carb 0/ fat 0.5
One piece whole wheat toast (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
Almonds (1/2 ounce-11 nuts-14 gm)--cal 82/ pro 3/ carb 3/ fat 7

Dinner:

Grilled salmon--cal 281/ pro 39/ carb 0/ fat 12
Asparagus--cal 27/ pro 3/ carb 5/ fat 0
One boiled medium potato (178 gm)--cal 154/ pro 4/ carb 34/ fat 0.3

Day 2

Breakfast:

Pork loin, lean, broiled (80 gm) cal 126/ pro 21/ carb 0/ fat 4
Tomato (medium-123 gm) cal 26/ pro 1/ carb 6/ fat 0
One piece whole wheat toast. Cal 69/ pro 3/ carb13/ fat 1

Snack:

Tofu (Morinu brand-6 ounce-168 gm)--cal 92/ pro 12/ carb 3/ fat 3
Brown rice (1/2 cup cooked)--cal 109/ pro 2.2/ carb 23/ fat 1

Lunch:

Chicken breast roasted, skinless (60 gm)--cal 95/ pro 18/ carb 0/ fat 2
Sweet potato-medium-baked (114 gm)--cal 103/ pro 2/ carb 24/ fat 0
Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
Green beans (per cup)--cal 44/ pro 2.4/ carb 10/ fat 0.4

Snack:

Ham, extra lean 4%fat (1.5 ounce-42 gm)--cal 58/ pro 9/ carb 0.2/ fat 2
Cheese-low fat cheddar or Colby (1 ounce)--cal 49/ pro 7/ carb 1/ fat 2
Cracker-saltine (2 cracker-6 gm)--cal 26/ pro 0.6/ carb 4.2/ fat 0.8

Dinner:

Cod (1 fillet-90 gm)--cal 95/ pro 21/ carb 0/ fat 1
One small baked potato (138 gm)--cal 123/ pro 3.2/ carb 27/ fat 0.2
Mushrooms (one cup-70 gm)--cal 15/ pro 2.2/ carb 2.3/ fat 0.2
Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
Spinach salad with peppers and onions--cal 96/ pro 3/ carb 21/ fat 0.5
Italian dressing-low fat(2 tbsp-15 gm)--cal 22/ pro 0.2/ carb1.4/ fat 2

Day 3

Breakfast:

2 Egg (medium-44gm)--cal 130/ pro 11/ carb 0/ fat 8
Cheese-low fat cheddar or Colby (1 ounce)--cal 49/ pro 7/ carb 1/ fat 2
Peach (medium-98 gm)--cal 38/ pro 0.9/ carb 9/ fat 0.2
One piece whole wheat toast--cal 69/ pro 3/ carb13/ fat 1

Snack:

Tuna (1.5 ounce-packed in water)--cal 49/ pro 10.5/ carb 0/ fat 0.5
Mayonnaise-low calorie (1 tbsp-15 gm)--cal 32/ pro 0/ carb 2.2/ fat 2.7
Dill pickle (large-135 gm)--cal 15/ pro 0.4/ carb 3.1/ fat 0.4
Whole wheat bread-one slice (28 gm)--cal 69/ pro 3/ carb13/ fat 1
Almonds (1/2 ounce-11 nuts-14 gm)--cal 82/ pro 3/ carb 3/ fat 7

Lunch:

Turkey breast roasted, skinless (87 gm)--cal 117/ pro 26/ carb 0/ fat 1
Pita bread (small-28 gm)--cal 74/ pro 3/ carb 15/ fat 1

Broccoli (1/2 cup)--cal 22/ pro 2/ carb 4/ fat 0

Snack:

Boiled egg (large-50 gm)--cal 74/ pro 6.3/ carb 0/ fat 5
Brown rice (1/2 cup cooked)--cal 109/ pro 2.2/ carb 23/ fat 1
Lettuce salad, radish, onion--cal 11/ pro 0/ carb 2/ fat 0
Caesar dressing, low cal (2 tbsp-30 gm)--cal 34/ pro 0/ carb 5.6/ fat

Dinner:

Roast beef (tri-tip) (70 gm)--cal 100/ pro 15/ carb 0/ fat 4
Pasta (1.5 ounces dry-42 gm)--cal 123/ pro 10/ carb 23/ fat 1
Pasta sauce, marinara (1/2 cup-125 gm)--cal 71/ pro 1.8/ carb 10/ fat 2.6
Brussels sprouts (one cup-88 gm)--cal 38/ pro 3/ carb 8/ fat 0.3

Day 4

Breakfast:

Ham, extra lean 4%fat (3 ounce-85 gm)--cal 116/ pro18/ carb 0.4/ fat 4.1
One small potato-pan fried (138 gm)--cal 123/ pro 3.2/ carb 27/ fat 0.2
Grapes (1/2 cup seedless-80 gm)--cal 55/ pro 0.6/ carb 15/ fat 0.1

Snack:

Peanut butter (2 tbsp-32 gm)--cal 192/ pro 8/ carb 6/ fat 17
Cracker-saltine (2 cracker-6 gm)--cal 26/ pro 0.6/ carb 4.2/ fat 0.8

Lunch:

Tuna (3 ounce-packed in water)--cal 99/ pro 21/ carb 0/ fat 1
Mayonnaise-low calorie (1 tbsp-15 gm)--cal 32/ pro 0/ carb 2.2/ fat 2.7
Cauliflower (1/2 cup)-- cal 14/ pro 1/ carb 2.5/ fat 0
Lettuce salad, cucumber, sweet pepper--cal 94/ pro 4/ carb 21/ fat 0.8
Caesar dressing, low cal (2 tbsp-30 gm)--cal 34/ pro 0/ carb 5.6/ fat 1.4

Snack:

Chicken breast roasted, skinless (30 gm)--cal 48/ pro 9/ carb 0/ fat1
One piece whole wheat toast (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
Celery (per stalk)--cal 9/ pro 0.4/ carb 1.9/ fat 0.1

Dinner:

Beef, top round, broiled (65 gm)--cal 116/ pro 20/ carb 0/ fat 3.3
Sweet potato-medium-baked (114 gm)--cal 103/ pro 2/ carb 24/ fat 0
Portabella mushroom (100 gm)--cal 26/ pro 2.5/ carb 5.1/ fat 0.2
Green beans (one cup)--cal 44/ pro 2.4/ carb 10/ fat 0.4

Day 5

Breakfast:

Whole egg (large)/ 2 whites-scrambled--cal 119/pro 13.3/carb 0/fat 5
Oatmeal (1/2 cup cooked)--cal 75/ pro 2.5/ carb 14/ fat 1.5
Milk 1% (1/2 cup)--cal 59/ pro 5/ carb 6.5/ fat 1.5
Sugar (one teaspoon)--cal 16/ pro 0, carb 4/ fat 0

Snack:

Turkey breast roasted, skinless (43 gm)--cal 58/ pro 13/ carb0/ fat 0.5
Whole wheat bread-one slice (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
Cherries (one cup-with pits)--cal 74/ pro 1.2/ carb 19/ fat 0.2
Walnuts (1/2 ounce-14 gm)--cal 84/ pro 3.5/ carb 1.4/ fat 8.5

Lunch:

Grilled halibut (3 ounce)--cal 119/ pro 23/ carb 0/ fat 2.5
Black beans (1/2 cup cooked)--cal 110/ pro 8/ carb 20/ fat 0.5
Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
Tomato (medium-123 gm)--cal 26/ pro 1/ carb 6/ fat 0

Snack:

Cheese-low fat cheddar or Colby (2 ounce)--cal 98/ pro 14/ carb 2/ fat 4
Pasta (1.5 ounces dry-42 gm)--cal 123/ pro 10/ carb 23/ fat 1
Asparagus (one cup)--cal 27/ pro 3/ carb 5/ fat 0

Dinner:

Roast beef (tri-tip) (70 gm)--cal 100/ pro 15/ carb 0/ fat 4
One small baked potato (138 gm)--cal 123/ pro 3.2/ carb 27/ fat 0.2
Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
Spinach (one cup-30 gm)--cal 7/ pro 1/ carb 1.1/ fat 0

Food List for 1200 Calorie Diet

You can substitute any of the items on this list for the items listed in your diet. Just substitute protein for protein, starchy carb for starchy carb

Protein

Hamburger, lean 5%fat (3 ounce-0 85 gm)--cal 139/ pro 22/ carb 0/ fat 5
Grilled salmon (3 ounce)--cal 127/ pro21/ carb0/ fat 4
Grilled halibut (3 ounce)--cal 119/ pro 23/ carb 0/ fat 2.5
Chicken breast roasted, skinless (60 gm)--cal 95/ pro 18/ carb 0/ fat 2
Chicken breast roasted, skinless (30 gm)--cal 48/ pro 9/ carb 0/ fat1
Turkey breast roasted, skinless (87 gm)--cal 117/ pro 26/ carb 0/ fat 1
Turkey breast roasted, skinless (43 gm)--cal 58/ pro 13/ carb 0/ fat 0.5
Tuna (3 ounce-packed in water)--cal 99/ pro 21/ carb 0/ fat 1
Tuna (1.5 ounce-packed in water)--cal 49/ pro 10.5/ carb 0/ fat 0.5
Cod (1 fillet-90 gm)--cal 95/ pro 21/ carb 0/ fat 1
Bass (1 fillet-62 gram)--cal 91/ pro 15/ carb 0/ fat 3
Mackerel (3 ounce)--cal 114/ pro 22/ carb 0/ fat 2
Perch (2 fillet-100 gm)--cal 122/ pro 24/ carb 0/ fat 2
Trout 1/2 fittet-40 gm)--cal 105/ pro 16/ carb 0/ fat 4
Egg (large-50 gm)--cal 74/ pro 6.3/ carb 0/ fat 5
Egg (extra large)--cal 85/ pro 7/ carb 0/ fat6
2 Egg (medium-44gm)--cal 130/ pro 11/ carb 0/ fat 8
Egg white--cal 17/ pro 3/ carb 0/ fat 0
Beef, top round, broiled (65 gm)--cal 116/ pro 20/ carb 0/ fat 3.3
Beef, flank steak, broiled (60 gm)--cal 101/ pro/ 16/ carb 0/ fat 4
Beef, top sirloin (2 ounce)--cal 120/ pro 17, carb 0, fat 6
Roast beef (tri-tip) (70 gm)--cal 100/ pro 15/ carb 0/ fat 4
Pork loin, lean, broiled (80 gm)--cal 126/ pro 21/ carb 0/ fat 4
Cottage cheese 1% (4 ounce-113 gm)--cal 81/ pro 14/ carb 3/ fat 1
Milk 1% (1/2 cup)--cal 59/ pro 5/ carb 6.5/ fat 1.5
Tofu (6 ounce-168 gm)--cal 92/ pro 12/ carb 3/ fat 3
Cheese-low fat cheddar or Colby (2 ounce)--cal 98/ pro 14/ carb 2/ fat 4
Cheese-low fat cheddar or Colby (1 ounce)--cal 49/ pro 7/ carb 1/ fat 2
American cheese low fat (2 ounces-56 gm)--cal 101/ pro 14/ carb 2/ fat 4
Swiss low fat cheese (3 slice)--cal 108/ pro 15/ carb 3/ fat 3
Shrimp (3 ounce-85 gm)--cal 90/ pro 17/ carb 0.8/ fat 1.5
Shrimp vegetable salad (no dressing)--cal 106/ pro 15/ carb 7/ fat 2.5
Ham, extra lean 4%fat (3 ounce-85 gm)--cal 116/pro 18/carb 0.4/fat 4.1
Ham, extra lean 4%fat (1.5 ounce-42 gm)--cal 58/ pro 9/ carb 0.2/ fat 2

Starchy carb

Potato- small (138 gm)--cal 123/ pro 3.2/ carb 27/ fat 0.2
Potato-medium (178 gm)--cal 154/ pro 4/ carb 34/ fat 0.3
Sweet potato-medium-baked (114 gm)--cal 103/ pro 2/ carb 24/ fat 0
Black beans (1/2 cup cooked)--cal 110/ pro 8/ carb 20/ fat 0.5
Kidney beans (1/2 cup cooked)--cal 110/ pro 8/ carb 20/ fat 0
Lima beans (1/2 cup cooked)-- cal 108/ pro 7.5/ carb 20/ fat 0.5
Garbanzo beans (1/2 cup cooked)--cal 134/ pro 7.5/ carb 22/ fat 2
Black-eyed peas (1/2 cup cooked)--cal 100/ pro 6.5/ carb 18/ fat 0.5
Peas 1/2 cup cooked)--cal 115/ pro 8/ carb 21/ fat 0.5
Oatmeal (1/2 cup dry)--cal 150/ pro 5/ carb 27/ fat 3
Oatmeal (1/2 cup cooked)--cal 75/ pro 2.5/ carb 14/ fat 1.5
Pasta-spinach (1.5 ounces dry-42 gm)--cal 122/ pro 10/ carb 23/ fat 1
Pasta (1.5 ounces dry-42 gm)--cal 123/ pro 10/ carb 23/ fat 1
Rice noodles (35 gm dry)--cal 121/ pro 1/ carb 27/ fat 0
Brown rice (1/2 cup cooked)--cal 109/ pro 2.2/ carb 23/ fat 1
White rice (2/3 cup cooked)--cal 114/ pro 2/ carb 24/ fat 0
Pita bread (small-28 gm)--cal 74/ pro 3/ carb 15/ fat 1
Raisin bread (2 slices- 46gm)--cal 126/ pro 4 / carb 24/ fat 2
One piece whole wheat toast (28 gm)--cal 69/ pro 3/ carb13/ fat 1
Two pieces whole wheat toast (56 gm)--cal 138/ pro 6/ carb 26/ fat 2
Whole wheat bread-one slice (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
Cracker-wheat (1 cracker-2 gm)--cal 9/ pro 0.2/ carb 1.3/ fat 0.4
Cracker (1/2 ounce-14 gm)--cal 67/ pro 1.2/ carb 9/ fat 3
Cracker-saltine (1 cracker-3 gm)--cal 13/ pro 0.3/ carb 2.1/ fat 0.4
Cracker-saltine (2 cracker-6 gm)--cal 26/ pro 0.6/ carb 4.2/ fat0.8
Cracker-whole wheat (1 cracker-4 gm)--cal 18/ pro 0.4/ carb 2.7/ fat 0.7
Melba toast (1 toast-5 gm)--cal 19/ pro 0.6/ carb 3.8/ fat 0.1

Fibrous Carb

Asparagus (one cup)--cal 27/ pro 3/ carb 5/ fat 0
Small lettuce salad, radish, onion--cal 11/ pro 0/ carb 2/ fat 0
Broccoli (1/2 cup)--cal 22/ pro 2/ carb 4/ fat 0
Lettuce (one cup)--cal 6/ pro 0.4/ carb 1.1/ fat 0
Cauliflower (1/2 cup)--cal 14/ pro 1/ carb 2.5/ fat 0
Zucchini (1/2 cup-120 gm)--cal 19/ pro 0.8/ carb 5/ fat 0
Green beans (one cup)--cal 44/ pro 2.4/ carb 10/ fat 0.4
Cucumber (301 gm)--cal 45/ pro 2/ carb 11/ fat 0.3
Spinach (one cup-30 gm)--cal 7/ pro 1/ carb 1.1/ fat 0
Celery (one large stalk)--cal 9/ pro 0.4/ carb 1.9/ fat 0.1
Cabbage (one cup-70 gm)--cal 17/ pro 1/ carb 3.9/ fat 0.1
Portabella mushroom (100 gm)--cal 26/ pro 2.5/ carb 5.1/ fat 0.2
Mushrooms (one cup-70 gm)--cal 15/ pro 2.2/ carb 2.3/ fat 0.2
Radish (one cup-116 gm)--cal 19/ pro 0.8/ carb 3.9/ fat 0.1
Onion (medium-110 gm)--cal 46/ pro 1/ carb/ 11/ fat 0
Onion (tablespoon)--cal 4/ pro 0/ carb 1/ fat 0
Brussels sprouts (one cup-88 gm)--cal 38/ pro 3/ carb 8/ fat 0.3
Artichoke hearts (1/2 cup-84 gm)--cal 42/ pro 3/ carb 9/ fat 0
Sweet peppers (large-164 gm)--cal 43/ pro 1.6/ carb 10/ fat 0.5
Dill pickle (large-135 gm)--cal 15/ pro 0.4/ carb 3.1/ fat 0.4
Carrot (large-72 gm)--cal 30/ pro 0.7/ carb 6.9/ fat 0.2

Fruit

One half grapefruit--cal 52/ pro 1/ carb 13/ fat 0
One small apple (106 gm)--cal 55/ pro 0/ carb 15/ fat 0
One medium apple (138 gm)--cal 72/ pro 0.4/ car 19/ fat 0.2
One large apple (212 gm)--cal 110/ pro 0.6/ carb 30/ fat 0.4
Tomato (medium-123 gm)--cal 26/ pro 1/ carb 6/ fat 0
Pear (medium-166 gm)--cal 96/ pro 0.6/ carb 26/ fat 0
Banana (medium-118 gm)--cal 72/ pro 0.9/ carb 19/ fat 0.3
Orange (151 gm)--cal 69/ pro 1.1/ carb 17/ fat 0.3
Peach (medium-98 gm)--cal 38/ pro 0.9/ carb 9/ fat 0.2
Grapes (1/2 cup seedless-80 gm)--cal 55/ pro 0.6/ carb 15/ fat 0.1
Cherries (one cup-with pits)--cal 74/ pro 1.2/ carb 19/ fat 0.2
Blueberries (one cup-145 gm)--cal 83/ pro 1.1/ carb 21/ fat 0.5
Raisins (50 raisins-26 gm)--cal 78/ pro 0.8/ carb 20/ fat 0.1

Nuts

Almonds (1/2 ounce-11 nuts-14 gm)--cal 82/ pro 3/ carb 3/ fat 7
Cashews (1/2 ounce-14 gm)--cal 80/ pro 2.5/ carb 4/ fat 6.5
Macadamia nuts (1/2 ounce-6 nuts-14 gm)--cal 102/pro 1.1/carb 2/fat 11
Brazil nuts (1/2 ounce-3.5 nuts-14 gm)--cal 93/ pro 2/ carb 2/ fat 9.5
Pecans (1/2 ounce-10 halves-14 gm)--cal 98/ pro 1.3/ carb 2/ fat 10
Walnuts (1/2 ounce-14 gm)--cal 84/ pro 3.5/ carb 1.4/ fat 8.5
Peanuts (1/2 ounce-14 gm)--cal 80/ pro 3.5/ carb 2.3/ fat 7
Peanut butter (1 tbsp-16 gm)--cal 96/ pro 4/ carb 3/ fat 8.5

Dressings and sauces

Reduced fat Italian dressing (2 tbsp)--cal 22/ pro 0/ carb 2/ fat 2
Italian dressing-low fat (1 tbsp-15 gm)--cal 11/ pro 0.1/ carb 0.7/ fat 1
Italian dressing-low fat (2 tbsp-15 gm)--cal 22/ pro 0.2/ carb 1.4/ fat 2
Catsup (1 tbsp-15 gm)--cal 14/ pro 0.3/ carb 3.6/ fat 0.1
Mustard (1 tsp-5 gm)--cal 3/ pro 0.2/ carb 0.4/ fat 0.2
Mayonnaise-low calorie (1 tbsp-15 gm)--cal 32/ pro 0/ carb 2.2/ fat 2.7
Soy sauce (1 tbsp-15 gm)--cal 11/ pro 1.9/ carb 1/ fat 0
Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
Butter (1 tbsp-14 gm)--cal 102/ pro 0.1/ carb 0/ fat 11.5
Pasta sauce, marinara (1/2 cup-125 gm)--cal 71/ pro 1.8/ carb 10/ fat 2.6
Caesar dressing, low cal (2 tbsp-30 gm)--cal 34/ pro 0/ carb 5.6/ fat 1.4
Sugar (one teaspoon)--cal 16/ pro 0, carb 4/ fat 0
Olive oil (one tablespoon-13.5 gm)--cal 119/ pro 0/ carb 0/ fat 13.5