



Weight Loss Meal Plan - 1200 Calories

Avg Calories Per Day: 1207

PCF Ratio: 22-58-20

PCF Ratio



Week #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Oatmeal, Fortified, Instant - 4 Oz	Milk, Cow's, Nonfat, Vit-a (skim) - 8 Oz	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup	English Muffin, Plain - 1 Serving	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup	Milk, Cow's, Nonfat, Nfms, Vit-a (skim) - 1 Cup	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup
R	Milk, Cow's, Nonfat (skim) - 1 Cup	All-bran, Rte - 1/2 Cup	Ham And Eggs - 1 Serving	Margarine, Corn - 1 Tsp	Raisin Bran, Rte - 1 Cup	Raisin Bran, Rte - 1 Cup	Special K, Rte - 1 Cup
	Margarine, Corn - 1 Tsp	Banana, Raw - 1 Medium		Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup	Blackberry, Raw - 1 Cup		
M	Apple, Raw - 1 Medium	Pear, Raw - 1 Pear	Fruit Salad, Juice Pack - 4 Oz	Orange, All Varieties, Raw - 1 Small	Orange, California, Raw - 1 Fruit	Pear, Water Pack, Canned - 1/2 Cup	Carrot, Raw - 1 Cup
S							Salad Dressing, French, Diet - 2 Oz
L	Chicken Sandwich - 1 Serving	Cheese And Fruit Submarine Sandwich - 1 Serving	Mixed Vegetables, Boiled, No Salt - 1/2 Cup	Turkey Sandwich - 1 Serving	Spinach Pasta With Olive Oil - 1 Serving	Ham Sandwich - 1 Serving	Enchilada Vegetable Wrap - 1 Serving
	Carrot, Baby, Raw - 6 Oz	Salad Dressing, French, Diet - 1 Tbsp	Tuna On Pita Bread - 1 Serving		Zucchini W/skin, Boiled, No Salt - 1 Cup		
	Beet Greens, Boiled, No Salt - 1/2 Cup	Cantaloupe, Raw - 1 Cup					
	Milk, Cow's, Nonfat (skim) - 1 Cup	Iceberg Lettuce, Raw - 1/2 Cup					
A	Raisin, Seedless - 50 Raisins	Yogurt, Fruit, Lowfat - 4.1 Oz	Broccoli, Raw - 1/2 Cup	Salad Dressing, 1000 Island, Diet - 1 Tbsp	Mixed Fruit, Dried - 1 Oz	Carrot, Baby, Raw - 4 Oz	Apple, Raw - 1 Medium
S			Salsa, Chunky Chili Dip, Canned - 2 Tbsp	Carrot, Baby, Raw - 4 Oz		Yogurt, Fruit, Lowfat - 4 Oz	
			Apple, Raw - 1 Medium			Salad Dressing, French, Diet - 1 Tbsp	
D	Jambalaya - 1 Serving	Channel Catfish, Breaded & Fried - 3 Oz	Milk, Cow's, Nonfat, Nfms, Vit-a (skim) - 1 Cup	Spinach, Boiled, No Salt - 1 Cup	Turnip Greens, Boiled, No Salt - 1 Cup	Asparagus, Boiled - 1/2 Cup	Orange Roughy - 1 Serving
	Broccoli, Chopped, Frozen - 1 Cup	Mixed Vegetables, Boiled, No Salt - 4 Oz	Salad Dressing, French, Diet - 2 Oz	Fettucine Alfredo - 1 Serving	1 Cup	Beef Roast Au Jus - 1 Serving	
	Margarine, Corn - 1 Tsp	Kale, Boiled, No Salt - 1/2 Cup	Sloppy Joes - 1 Serving	Salad Dressing, 1000 Island, Diet - 1 Tbsp	Steak Kabobs - 1 Serving		
		Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup	Cauliflower, Frozen - 1/2 Cup	Lettuce, Cos Or Romaine, Raw - 1/2 Cup			
			Iceberg Lettuce, Raw - 4 Oz				
			Potato, Mashed, Hp - 1/2 Cup				
E	Yogurt, Fruit, Lowfat - 4.1 Oz	Pudding, Chocolate, Rte - 1 Nlea Serving	Cantaloupe, Raw - 1 Wedge	baked Banana - 1 Serving	Strawberry, Raw - 1/2 Cup	Granola Bar, Chocolate Chip, Soft - 1 Bar	Watermelon, Raw - 1 Cup
S			Almond, Dry Roasted, No Salt - 1 Oz			Banana, Raw - 1 Medium	
	1223 Calories(kcal); 78 Protein(g); 190 Carbs(g); 20 Fat(g); 5 Sat Fat(g); 225 Cholest(mg); 20 Fiber(g); 1574 Sodium(mg)	1246 Calories(kcal); 69 Protein(g); 197 Carbs(g); 29 Fat(g); 11 Sat Fat(g); 111 Cholest(mg); 27 Fiber(g); 1412 Sodium(mg)	1204 Calories(kcal); 73 Protein(g); 172 Carbs(g); 31 Fat(g); 5 Sat Fat(g); 60 Cholest(mg); 22 Fiber(g); 1573 Sodium(mg)	1212 Calories(kcal); 77 Protein(g); 191 Carbs(g); 19 Fat(g); 4 Sat Fat(g); 87 Cholest(mg); 19 Fiber(g); 1604 Sodium(mg)	1158 Calories(kcal); 60 Protein(g); 188 Carbs(g); 27 Fat(g); 7 Sat Fat(g); 93 Cholest(mg); 39 Fiber(g); 876 Sodium(mg)	1258 Calories(kcal); 68 Protein(g); 191 Carbs(g); 33 Fat(g); 11 Sat Fat(g); 114 Cholest(mg); 22 Fiber(g); 2217 Sodium(mg)	1258 Calories(kcal); 68 Protein(g); 191 Carbs(g); 33 Fat(g); 11 Sat Fat(g); 114 Cholest(mg); 22 Fiber(g); 2217 Sodium(mg)