



1200 Calorie Sample Menu

We all lead busy lives and find ourselves grabbing meals not just at home, but also at work, restaurants, maybe even in the car. Some of these places offer more control over your choices than others. Unfortunately, high-calorie foods are everywhere, so it's important to take the time to plan ahead to make sure healthy options are available wherever hunger strikes.

Whether you are cooking just for yourself, one to two people, or a larger group, planning meals is a good place to start improving your food choices. Taking the time to plan a healthy meal can help you avoid a less healthy "drive-through" dinner.

Research has shown that people feel full based on the amount of food they eat, not the number of calories they take in. Thankfully, eating fewer

calories doesn't have to mean eating less food. You just need to make the calories count. You can cut calories in your favorite foods by lowering the amount of fat and/or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

It's also easier to make healthy choices when nutritious foods and snacks are easily available. Take the time to make a grocery list and stock your pantry and fridge with healthy options. It's also a good idea to think about stocking your office cabinet or car glove box with nutritious, shelf-stable foods if these are places where you snack.

Resource: cdc.gov



RETHINK YOUR DRINKS



High-calorie beverages like soft drinks, juice drinks, energy drinks, specialty coffees, sweet tea and alcohol add lots of unnecessary calories to your day. Replacing these drinks with calorie-free options is a quick and easy way to promote weight loss or help with weight management.

There is a huge selection of these calorie-free drinks available. Be open to try several until you find the one that tastes good to you. While water is always the best option, having drinks that provide flavor is nice when you are craving something different.

- Diet or Zero soft drinks (cola, lemon lime, etc)
- Diet or unsweetened tea
- Zero calorie or low calorie sports drink
- Zero calorie sparkling or bottled water
- Zero calorie vitamin waters
- Any liquid, calorie-free water enhance
- Any artificial sweetener can be added to water, tea or coffee.

BREAKFAST SAMPLES

1200: approximately 330 calories per meal

- 2 hard-boiled eggs
- Apple, small
- Peanut butter, 1 tbsp

Calories: 331
Fat: 18
Carbs: 24
Protein: 16



- Tortilla multigrain, medium
- 1 scrambled egg
- Cheddar cheese, 1 oz

Calories: 341
Fat: 16
Carbs: 23
Protein: 12

- Oatmeal, 1 cup cooked
- 1 tbsp Smart Balance Light
- 1 Hard-boiled egg

Calories: 294
Fat: 14
Carbs: 28
Protein: 12

- Turkey sausage patty
- Cottage cheese, 2%, 1 cup
- Strawberries, 1 ¼ cup

Calories: 322
Fat: 8
Carbs: 24
Protein: 39

- 1 cup grits, cooked
- 2 tbsp Smart Balance Light
- 1 scrambled egg

Calories: 321
Fat: 16
Carbs: 31
Protein: 9

- Whole wheat English muffin
- Peanut butter, 2 tbsp
- 1 tbsp low-sugar jam

Calories: 335
Fat: 17
Carbs: 37
Protein: 13

- 1 scrambled egg
- Canadian bacon, 2oz
- English muffin
- American cheese slice

Calories: 348
Fat: 14
Carbs: 28
Protein: 28

- Greek yogurt, 1 serving
- Granola, ¼ cup (Udi's)
- Walnuts, 7 halves

Calories: 343
Fat: 18
Carbs: 26
Protein: 19

- Cashews, 23
- Banana, large

Calories: 328
Fat: 18
Carbs: 38
Protein: 9

- Special K protein shake
- Almonds, 20 each, raw

Calories: 328
Fat: 17
Carbs: 35
Protein: 15

LUNCH/DINNER SAMPLES

1200: approximately 330 calories per meal



Calories: 326
Fat: 10
Carbs: 35
Protein: 15

- Lean ground beef, 3oz
- Whole wheat bun
- Mustard/ketchup
- Salad, 1 cup raw vegetables
- 2 tsp light ranch dressing

- Whole wheat pasta, 1/3 cup, cooked
- Turkey, ground white meat, 3 oz
- 1/4 cup Ragu spaghetti sauce
- 1 cup non-starchy vegetables*, cooked
- 2 tsp Smart Balance Light

Calories: 316
Fat: 12
Carbs: 28
Protein: 23

- Whole wheat bread, 2 slices
- Turkey breast, deli, 4 oz
- Reduced fat cheese, 1 slice
- Mustard
- 1 small apple, 4 oz

Calories: 336
Fat: 7
Carbs: 36
Protein: 30

- Baked fish with lemon, 3 oz
- 1 tsp olive oil
- Baked sweet potato, 1/2 cup
- 2 tsp Smart Balance Light, canola oil
- 1 cup non-starchy vegetables*, cooked

Calories: 358
Fat: 14
Carbs: 32
Protein: 26

- Whole wheat bread, thin
- Tuna Light pouch, water (2 3/5 oz)
- 1 tbsp mayonnaise
- Dill pickles, chopped
- Grapes, 17 each

Calories: 333
Fat: 12
Carbs: 36
Protein: 22

- Skinless chicken breast, 4 oz
- Brown rice, 1/3 cup
- 1 cup non-starchy vegetables*, cooked
- 2 tbsp Smart Balance Light

Calories: 320
Fat: 7
Carbs: 26
Protein: 25

LUNCH/DINNER SAMPLES

1200: approximately 330 calories per meal

- Pork tenderloin, lean, 4 oz, baked
- 1/3 cup wild rice, cooked
- 2 tsp Smart Balance Light, canola oil
- 1 cup non-starchy vegetables*, cooked
- Sugar free Jell-O

Calories: 338
Fat: 9
Carbs: 23
Protein: 38



- Black-eyed peas, 1/2 cup
- Turkey sausage, 2 oz
- 1 cup non-starchy vegetables*, cooked
- 2 tbsp Smart Balance Light

Calories: 345
Fat: 14
Carbs: 29
Protein: 20

- Progresso Light soup, 1 can
- 1 cup strawberries
- Salad, 1 cup raw vegetables
- 1 tbsp light ranch dressing

Calories: 299
Fat: 7
Carbs: 39
Protein: 13

- Frozen meal (approx. 240 calories)
- Salad, 1 cup raw vegetables
- 1 tbsp light ranch dressing

Calories: 330
Fat: 11
Carbs: 30
Protein: 21



- Salad:
- Shrimp, boiled, 5 oz
 - Corn, 1/2 cup
 - 2 cups spinach, raw
 - Tomatoes/cucumber, raw
 - Balsamic vinaigrette, 1 tbsp

Calories: 336
Fat: 11
Carbs: 19
Protein: 39

*NON-STARCHY VEGETABLES



- Artichoke hearts
- Asparagus
- Bamboo shoots
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Coleslaw
- Cucumber
- Eggplant
- Greens (mustard, collard, turnip)
- Green beans
- Hearts of palm
- Mushrooms
- Okra
- Onions
- Salad greens
- Sauerkraut
- Spinach
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips
- Water chestnuts
- Yellow squash
- Zucchini

200 CALORIE SNACK SAMPLES

- 3/4 cup edamame

Calories: 190
 Fat: 8.5
 Carbs: 15
 Protein: 17



- Zone protein bar (ex: chocolate PB)

Calories: 210
 Fat: 7
 Carbs: 24
 Protein: 14

- Carrot sticks, raw, 1 cup with single serving hummus

Calories: 200
 Fat: 11
 Carbs: 19
 Protein: 5

- 2 pcs light string cheese with 1 cup grapes

Calories: 204
 Fat: 5
 Carbs: 30
 Protein: 13

- 1/2 cup cottage cheese (2%) with 1/2 cup canned peaches

Calories: 162
 Fat: 2.2
 Carbs: 19
 Protein: 17

- 1 small apple with 1 tbsp peanut butter

Calories: 185
 Fat: 8
 Carbs: 25
 Protein: 5

- Fage plain yogurt (2%) with 3/4 cup blueberries

Calories: 213
 Fat: 4
 Carbs: 23
 Protein: 20

- Almonds, 28

Calories: 194
 Fat: 17
 Carbs: 6
 Protein: 7



Infused water recipes

Blueberry Lemon Mint Water

Serves: 8 - 10

Ingredients:

2 pints blueberries
2 medium lemons
1 package (1/2 cup) fresh mint
1 gallon water

Directions:

1. Rinse the blueberries and mint and add to a large pitcher.
2. Scrub lemons and slice thinly before adding to the pitcher.
3. Add water and let steep at least 30 minutes before drinking.
4. Note: Unless you are draining and refilling the pitcher, do not let lemon or mint steep for more than 4 hours as it can make the water taste too bitter or potent.

Cucumber Lemon Basil Water

Serves: 8 - 10

Ingredients:

2 medium cucumbers
2 medium lemons
1 package (1/2 cup) fresh basil
1 gallon water

Directions:

1. Rinse and scrub the cucumbers and lemons. Slice each thinly before adding them to a large pitcher.
2. Rinse basil and add to the pitcher.
3. Add water and let steep at least 30 minutes before drinking.
4. Note: Unless you are draining and refilling the pitcher, do not let lemon or basil steep for more than 4 hours as it can make the water taste too bitter or potent.