

1200 Calorie Sample 5-Day Menus

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

The menus in this handout provide about 1,200 calories per day. Each daily menu has:

- **6 servings of protein** (lean meat, fish, poultry, beans, reduced-fat cheese or egg). Weight for meat is after cooking. Protein foods are marked (P). A 3-oz. portion would count as 3 servings.
- **9 servings of carbohydrate** (skim or 1% milk or “lite” yogurt with less than 100 Calories, fruit, bread, grains, starchy vegetables or other carbohydrates). Measure cooked hot cereals and pasta. Carbohydrate foods are marked (C). Substitute 2 slices reduced calorie (40 Calories/slice) bread for 1 slice regular bread.
- **3 or more servings nonstarchy vegetables** (lettuce, broccoli, cabbage, carrots, cauliflower, green beans, tomatoes, etc.) Nonstarchy vegetables are marked (V).
- **3 servings of fat** (margarine, salad dressing, mayonnaise, nuts, olives, etc.) Fat servings are marked (F)
- **“Free” foods** (foods with very few calories and little fat or carbohydrate). Free foods are marked with an asterisk (*).

| <i>Meal</i> | <i>Day 1</i> | <i>1200 Calorie</i> | <i>Pattern</i> |
|------------------|--|---------------------|-----------------------------|
| Breakfast | 1 egg or ¼ cup egg substitute (P) 1 slice toast (C) with 1 tsp margarine (F) 6 oz “lite” yogurt (C) Orange (C) | | 1 P 3 C 1 F |
| Lunch | Ham sandwich: 1 oz ham (P), 1 slice low fat cheese (P), 2 slices bread (2C), lettuce and tomato (V), 1 tsp mayonnaise (F), mustard (*) Raw broccoli (V) | | 2 P 2 C V 1 F * |
| Evening | 3 oz boneless, skinless chicken breast (3P), ½ cup cooked pasta (C) with mushrooms, zucchini, pepper (V), 1 tsp olive oil (F) Green salad (V) with 1 tablespoon fat free salad dressing (*) 17 small grapes (C) | | 3 P 2 C V 1 F * |
| Snack | 3 graham cracker (2 ½ inch) squares (C) and 1 cup fat-free milk (C) | | 2 C |

| <i>Meal</i> | <i>Day 2</i> | <i>1200 Calorie</i> | <i>Pattern</i> |
|------------------|---|---------------------|-----------------------------|
| Breakfast | 1 oz ham or 1 egg or ¼ cup egg substitute (P) 4 inch square waffle (C, F) with 2 Tbs sugar free syrup (*) 1 cup fresh or frozen (sugar free) berries (C) 1 cup fat free or 1% milk (C) | | 1 P 3 C 1 F |
| Lunch | Bean salad with ¼ cup grated low fat cheese (P), ½ cup beans (1P, 1C), tomato, onion, carrots, lettuce, cucumbers (V), 2 Tbs reduced fat ranch dressing (F) and salsa (*) 15 fat free or baked snack chips (C) | | 2 P 2 C V 1 F * |
| Evening | 3 oz roast beef (3P) ½ cup potatoes (C) Steamed carrots and cauliflower (V) Tossed salad (V) with 2 Tbs reduced fat salad dressing (F) 1 cup melon cubes (C) | | 3 P 2 C V 1 F * |
| Snack | 6 saltine crackers (C) Small apple (C) | | 2 C |

| <i>Meal</i> | <i>Day 3</i> | <i>1200 Calorie</i> | <i>Pattern</i> |
|------------------|--|---------------------|-----------------------------|
| Breakfast | 1 oz lean ham (P) ½ cup oatmeal (C) with 1 tsp margarine (F) and sugar substitute (*) 1 cup fat free or 1% milk (C) ½ grapefruit (C) | | 1 P 3 C 1 F |
| Lunch | Grilled chicken Caesar salad: romaine lettuce (V), 2 oz boneless skinless chicken breast (2P), mushrooms, peppers (V), 1 Tbs Caesar dressing (F), 1 Tbs grated parmesan cheese (*) 6 saltine crackers (C) Small pear (C) | | 2 P 2 C V 1 F * |
| Evening | Hamburger: 3 oz lean ground beef (3P), 1 hamburger bun (2C), onion, lettuce, tomato (V), 1 tsp mayonnaise or 2 tsp whipped salad dressing (F), mustard (*) Green beans (V) | | 3 P 2 C V 1 F * |
| Snack | ¾ cup whole wheat flakes cereal (C) and 1 cup fat-free or 1% milk (C) | | 2 C |

| <i>Meal</i> | <i>Day 4</i> | <i>1200 Calorie</i> | <i>Pattern</i> |
|------------------|--|---------------------|-----------------------------|
| Breakfast | 1 slice low fat cheese (P) 1 English muffin (2C) with 1 tsp margarine (F) and sugar-free jam (*) ½ cup unsweetened applesauce (C) | | 1 P 3 C 1 F |
| Lunch | Roast beef sandwich: 2 oz roast beef (2P), 2 slices bread (2C), lettuce and tomato (V), 1 tsp mayonnaise or 2 tsp whipped salad dressing (F) Raw celery (V) Sugar-free gelatin dessert (*) | | 2 P 2 C V 1 F * |
| Evening | 3 oz broiled fish (3P) 4 inch corn on cob or ½ cup whole kernel corn (C) Steamed broccoli (V) Tossed salad (V) with vinegar or 1 Tbs. fat free salad dressing (*) 1 tsp margarine (F) Nectarine (C) | | 3 P 2 C V 1 F * |
| Snack | 2 rice cakes (C) and 1 cup fat free or 1% milk (C) | | 2 C |

| <i>Meal</i> | <i>Day 5</i> | <i>1200 Calorie</i> | <i>Pattern</i> |
|------------------|--|---------------------|-----------------------------|
| Breakfast | Vegetable omelet: 1 egg or ¼ cup egg substitute (1P), onion, mushroom, pepper (V), nonfat cooking spray (*) 1 slice toast (C) with 1 tsp margarine (F) 1 cup fat free or 1% milk (C) Orange (C) | | 1 P 3 C 1 F |
| Lunch | Tuna salad: 2oz tuna in water (2P), celery, onions (V), dill pickle (*), 1 tsp mayonnaise or 2 tsp whipped salad dressing (F) Baby carrots and romaine lettuce (V) 6 saltine crackers or 1 slice bread (C) Small apple (C) | | 2 P 2 C V 1 F * |
| Evening | Chicken fajitas: 3 oz boneless, skinless chicken breast (3P), 6-inch low fat tortilla (C), grilled onions, peppers and tomatoes (V), 2 Tbs sour cream (F), salsa (*) 1/3 cup rice (C) Green salad (V) with 1 Tbs fat free salad dressing (*) | | 3 P 2 C V 1 F * |
| Snack | 8 animal crackers (C) and 1 cup fat free or 1% milk (C) | | 2 C |