


THE 1200 CALORIE MEAL PLAN THAT WILL HELP KEEP YOU FULL

This plan contains 3 days' worth of food intake.
Each day contains breakfast, lunch, dinner, & a snack.

DAY 1 127g carbohydrate / 90g protein / 39g fat
= 1196 calories

MEAL	NUTRITION	RECIPE
 BREAKFAST	Calories - 285 Protein - 15g Carbs - 42g Fat - 8g	Fruity Oatmeal with a Side of Egg ¾ cup oatmeal ½ cup unsweetened almond milk ½ cup raspberries 1 cup strawberries 1 tablespoon slivered almonds ¼ cup egg whites
		Chicken Fajita Quinoa Salad 3 cups mixed greens ¼ cup pre-cooked quinoa 3 ounces chicken breast cooked with fajita seasoning 1 ounce low-fat cheese 2 tablespoons salsa 1 tablespoon sour cream
 LUNCH	Calories - 329 Protein - 36g Carbs - 21g Fat - 9g	Fish and Vegetables 4 ounces sole fish Roast together with 1 teaspoon olive oil and seasonings 1 cup mixed vegetables ½ cup sweet potato
		Fish and Vegetables 1 apple 2 tablespoons natural peanut butter
 DINNER	Calories - 329 Protein - 29g Carbs - 37g Fat - 8g	Fish and Vegetables
		Fish and Vegetables
 SNACK	Calories - 275 Protein - 8g Carbs - 31g Fat - 14g	Fish and Vegetables
		Fish and Vegetables

For a custom meal plan designed by our nutrition coaches visit: feastgood.com/coaching-services

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DAY 2 121g carbohydrate / 97g protein / 37g fat =
1201 calories

MEAL	NUTRITION	RECIPE
 <p>BREAKFAST</p>	<p>Calories - 339 Protein - 28g Carbs - 43g Fat - 5g</p>	<p>Cottage Cheese and Fruit</p> <p>¾ cup 2% cottage cheese 1 cup blueberries 1 cup melon</p>
		<p>Tuna wrap</p> <p>1 ancient grain tortilla (8 inch) 1 can tuna (packed in water) ½ avocado ½ cup shredded lettuce 2 tomato slices</p>
 <p>LUNCH</p>	<p>Calories - 430 Protein - 39g Carbs - 37g Fat - 16g</p>	<p>Beef stir fry</p> <p>3 ounces lean beef 2 cups mixed vegetables ½ tablespoon olive oil 1 tablespoon soy sauce Ginger, garlic, chili flakes to taste</p>
		<p>Yogurt bowl</p> <p>½ cup low-fat yogurt 1 banana ½ teaspoon honey Cinnamon to taste</p>
 <p>DINNER</p>	<p>Calories - 268 Protein - 26g Carbs - 11g Fat - 15g</p>	<p>Yogurt bowl</p> <p>½ cup low-fat yogurt 1 banana ½ teaspoon honey Cinnamon to taste</p>
		<p>SNACK</p>

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DAY 3 118g carbohydrate / 95g protein / 41g fat =
1173 calories

MEAL	NUTRITION	RECIPE
 BREAKFAST	Calories - 383 Protein - 20g Carbs - 25g Fat - 22g	Eggs and Avocado Toast
		2 eggs 1 slice sprouted grain toast ½ avocado 4 slices tomato
 LUNCH	Calories - 300 Protein - 34g Carbs - 37g Fat - 3g	Taco Salad
		3 cups mixed greens 3 ounces extra lean ground turkey cooked in taco seasoning 2 tablespoons salsa 1 pear or apple
 DINNER	Calories - 305 Protein - 36g Carbs - 31g Fat - 3g	Pork and rice
		3 ounces pork tenderloin ½ cup brown rice 10 asparagus spears 1 cup roasted brussels sprouts 1 teaspoon olive oil
 SNACK	Calories - 215 Protein - 16g Carbs - 25g Fat - 10g	Mixed raw vegetables
		3 cups mixed raw vegetables 4 tablespoons hummus

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