

# 1,200-Calorie Sample Menus

Client Name \_\_\_\_\_ Date \_\_\_\_\_

Dietitian / Dietetic Technician \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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

- **6 servings of protein** (lean meat, fish, poultry, beans, reduced-fat cheese, or egg). Protein foods are marked “**P**.”
- **9 servings of carbohydrate** (milk, fruit, bread, grains, starchy vegetables, or other carbohydrates). Carbohydrate foods are marked “**C**.”
- **3 to 4 servings of nonstarchy vegetables** (lettuce, broccoli, carrots, green beans, 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 (\*).

## Day 1

Meal	Pattern
<b>Breakfast</b> 1 egg (P) 1 slice toast (C) with 1 teaspoon margarine (F) 6 ounces light fruit yogurt (C) Orange (C)	1P 3C 1F
<b>Lunch</b> Ham sandwich: 2 ounces ham (2P), 2 slices low-calorie bread (2C), lettuce and tomato (V), 1 teaspoon mayonnaise (F), mustard (*) Raw broccoli (V) Pear (C)	2P 2C 2V 1F *
<b>Evening Meal</b> Chicken and pasta: 3 ounces chicken (3P), $\frac{2}{3}$ cup bowtie pasta (2C), mushrooms, zucchini, and pepper (V), minced garlic (*) Green salad (V) with 2 tablespoons low-fat salad dressing (F)	3P 2C 2V 1F *
<b>Snack</b> 3 graham crackers (C) and 1 cup fat-free milk (C)	2C



*This handout may be duplicated for client education.*

## Day 2

Meal	Pattern
<b>Breakfast</b> 1 ounce ham <u>or</u> 1 egg (P) 1 waffle (C, F) with ½ cup sugar-free sliced peaches (C) and sugar-free syrup (*) 1 cup fat-free milk (C)	1P 3C 1F *
<b>Lunch</b> Bean salad: 3 ounces grated low-fat cheese (P), ½ cup beans (P, C), tomato, onion, carrots, lettuce, cucumbers (V), 2 tablespoons low-fat ranch dressing (F), salsa (*) Small apple (C)	2P 2C 1V 1F *
<b>Evening Meal</b> 3 ounces roast beef (3P) ½ cup potatoes (C) 1-ounce roll (C) Carrots and onions (V) Tossed salad (V) with 2 tablespoons low-fat salad dressing (F)	3P 2C 2V 1F
<b>Snack</b> ¼ cup Grapenuts (C) mixed with 6 ounces light fruit yogurt (C)	2C

## Day 3

Meal	Pattern
<b>Breakfast</b> 1 ounce lean ham (P) ½ cup cooked oats (C) with 1 cup fat-free milk (C) ½ grapefruit (C)	1P 3C
<b>Lunch</b> Grilled chicken caesar: 2 ounces skinless chicken breast (2P), mushrooms, peppers, romaine lettuce (V), 1 tablespoon caesar dressing (F), 2 tablespoons grated parmesan cheese ¾ ounce pretzels (C) Tangerine (C)	2P 2C 1V 2F
<b>Evening Meal</b> Cheeseburger: 2 ounces lean ground beef (2P), 1 slice low-fat cheese (P), 1 hamburger bun (2C), onion, lettuce, tomato (V), 1 teaspoon mayonnaise (F), catsup (*) Green beans (V)	3P 2C 2V 1F
<b>Snack</b> ¾ cup Cheerios (C) and 1 cup fat-free milk (C)	2C

## Day 4

Meal	Pattern
<b>Breakfast</b> 1 slice low-fat cheese (P) ½ English muffin (C) with 1 teaspoon margarine (F) and sugar-free jam (*) 1 cup fat-free cup milk (C) ½ cup applesauce (C)	1P 3C 1F *
<b>Lunch</b> Roast beef sandwich: 2 ounces roast beef (2P), 2 slices low-calorie bread (2C), lettuce, tomato (V), 1 teaspoon mayonnaise (F) Raw celery (V) Sugar-free gelatin (*)	2P 2C 2V 1F *
<b>Evening Meal</b> 3 ounces broiled fish (3P) ½ ear corn on cob (C) 1-ounce roll (C) with 1 tablespoon reduced-calorie margarine (F) Broccoli (V) Tossed salad (V) with vinegar (*)	3P 2C 2V 1F *
<b>Snack</b> Small banana (C) and 1 cup fat-free milk (C)	2C

## Day 5

Meal	Pattern
<b>Breakfast</b> Veggie omelet: 1 egg (P), onion, mushroom, pepper (V), nonfat cooking spray (*) 1 slice toast (C) with 1 teaspoon margarine (F) 1 cup fat-free milk (C) Orange (C)	1P 3C 1V 1F *
<b>Lunch</b> Tuna salad: 2 ounces tuna in water (2P), 2 teaspoons Miracle Whip (F) 6 saltines (C) Baby carrots and romaine lettuce (V) Dill pickle (*) Small apple (C)	2P 2C 1V 1F *
<b>Evening Meal</b> Fajitas: 3 ounces skinless chicken (3P), 6-inch low-fat tortilla (C), grilled onion, peppers, tomatoes (V), 2 tablespoons sour cream (F), salsa (*) ⅓ cup rice (C) Green salad (V) with 1 tablespoon fat-free salad dressing (*)	3P 2C 2V 1F *
<b>Snack</b> 8 animal crackers (C) and 1 cup fat-free milk (C)	2C