



1,200 Calorie Meal Plan

My Actual Meals and Snacks for 1 Day

Breakfast: _____

Morning snacks: _____

Lunch: _____

Afternoon snacks: _____

Dinner: _____

Evening snacks: _____

My New 1,200 Calorie Meal Plan

Breakfast: 1 protein, 1 fruit, 1 starch, 1 fat

Morning snacks: 1 protein, 1 fruit

Lunch: 2 proteins, 1 starch, 1 fat, 2 vegetables

Dinner: 4 proteins, 1 starch, 1 fat, 2 vegetables

Afternoon or evening snack: 1 protein, 1 starch

Totals

Protein:

Vegetables:

Fruits:

Starch:

Healthy fats:

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Nutrition Clinic: 206-598-6004