

SAMPLE MEAL PLANS

1200 Calorie Diet

1200 calories per day is about the lowest a woman should go when aiming for fat loss. For men this figure is around the 1500-1700 calorie mark. See more about this on the [Daily Calorie Needs Calculator](#).

Meal Plan 1

TOTAL CALORIES ~1200

Breakfast

- 1 Cup Fruit Juice
- 1/2 Cup Oatmeal
- 1 Cup Low-Fat Yogurt
- Black Coffee or Herbal Tea

Snack

- Smoothie

(1 Cup Berries blended with 1 Cup Trim (1%) Milk and Ice Cubes).

Lunch

- 2 Slices Whole Wheat Bread
- 1/2 Cup Tuna (in water only)
- Salad (Tomato, Cucumber, Lettuce) with 1 teaspoon mayonnaise + 1/2 tbsp olive oil.

Dinner

- 3.5 oz. (~100g) chicken breast (skinless boneless) - cook in griller.
- 1 Cup Broccoli
- 1/2 Cup Brown Rice

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Meal Plan 2

TOTAL CALORIES ~1200

Breakfast

- 2 Slices Whole Wheat Toast with 1 tsp Butter
- 1/2 Cup Canned Fruit Cocktail (Fruit Salad) - in natural juice only
- 8 oz. (1 cup) Trim (1%) Milk

Snack

- 1 Medium-Sized Banana

Lunch

- 6 Crackers with Low-Fat Cottage Cheese.
- Handful Mixed Nuts (Almonds, Walnuts, Brazil nuts)
- 1 Medium Fruit (Apple, Peach, Plum, Pear, etc)

Dinner

- Medium Baked Potato
- 3 oz. (~85g) Sirloin Steak
- 1/2 Cup Mushrooms
- 1/4 Cup Onions
- 1 Teaspoon olive or canola oil (cooking)
- 1 Cup Mixed Vegetables

Ensure you drink plenty of water - aim for 8-10 glasses per day.

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