

1200-1400 Calorie Menu Plan

Diet Type: Accelerated Fat Loss

3 MEALS, 2 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
100 Calorie mid-day snack
100 Calorie evening snack
= 1100 Calories Per Day

3 MEALS, 2 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
200 Calorie mid-day snack
100 Calorie evening snack
= 1200 Calories Per Day

3 MEALS, 3 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
100 Calorie morning snack
200 Calorie mid-day snack
100 Calorie evening snack
= 1300 Calories Per Day

3 MEALS, 3 SNACKS

300 Calorie breakfast
300 Calorie lunch
300 Calorie dinner
200 Calorie morning snack
200 Calorie mid-day snack
100 Calorie evening snack
= 1400 Calories Per Day

**USA DIET PLANS® MEAL
TIMING STRATEGIES**

1. Eat within an hour of waking up. If you work out in the morning, have a before bed snack before you go (100 calories) and eat your full breakfast afterwards.

2. Do not go more than 5 hours without eating. Eat your mid-day snack between breakfast or lunch or between lunch and dinner.

3. Eat a 100 calorie snack a half an hour before bed.

- You do not have to be that strict to get results. Use the food portions as a reference only!
- In order of importance, make sure you regulate your carbohydrate intake at each meal. Your protein and fat food sources can vary to a greater degree without impacting the fat-loss benefits of this food plan.
- You can always go higher on the level of fat if you would like. Despite traditional belief, fat is the least offensive (fattening) nutrient.



300 Calorie Breakfasts

Greek Yogurt & Blueberries

¾ cup 0% Greek Yogurt (or 1% cottage cheese or lite ricotta)
1 cup blueberries (1½ cup mixed berries or 2 cups strawberries)
2 Tbsp slivered almonds

Tomato onion Omelet

1 whole egg, 1 egg white, 1 slice deli turkey (use nonstick spray)
2 tomatoes & 1 onion, diced
2 tsp olive oil & cooking spray
1 Tbsp parmesan cheese

Berry Shake

1 scoop (¼ cup) protein powder
1 cup blueberries (1½ cup mixed berries or 2 cups strawberries)
½ cup 1% skim or soy milk
2 Tbsp slivered almonds or 1 Tbsp natural peanut butter on the side

Breakfast Burrito

1 whole egg, 1 slice deli ham or turkey and 1 slice low fat cheese
1 low carb whole wheat wrap (with 5-7 grams of carbohydrates)
1 apple or orange
2 tsp olive oil & cooking spray

Cheese Omelette with Toast

1 whole egg & 1 egg white
1 slice low fat cheese
1 slice high fiber toast
1 apple or orange
2 Tbsp light buttery spread

Blueberry Yogurt

2 Tbsp vanilla protein powder mixed in ¾ cup low fat plain yogurt
⅓ cup blueberries (or ½ cup strawberries)
2 Tbsp slivered almonds

Egg omelet with oatmeal

1 whole egg, 1 egg white and 1 slice low fat cheese
⅓ cup dry oatmeal (¾ cup cooked)
2 Tbsp 1% skim or soy milk
cinnamon (any amount)
Pan fry eggs in 1 Tbsp olive oil

Turkey Bacon with Bagel

3 slices turkey bacon (lean)
⅓ pumpernickel bagel (or ½ whole bagel hollowed out)
3 Tbsp light cream cheese, 1½ Tbsp butter 2½ Tbsp butters sub.

Fat substitutions: 2 Tbsp shredded coconut (unsweetened), 8 whole cashews or almonds, 20 pistachios, or 1 ½ Tbsp sunflower seeds.

Cereal substitutions: Choose a natural breakfast cereal that has approximately 15 grams of available carbohydrates (total carbohydrates minus dietary fiber) per cup.

300 Calorie Lunches

Grilled Chicken Over Salad

3 oz cooked grilled chicken
1 tossed salad (see below)
2 Tbsp light Italian dressing
1 side fruit (apple, orange, peach, plum or 1 cup blueberries)

Classic Cheeseburger

1 patty (3 oz cooked) lean hamburger or turkey burger
1 slice low fat cheese
1 English muffin, split in half
lettuce leaf, tomato, etc.
8 cashews or almonds on the side

Turkey Wrap

4 slices (4 oz) deli turkey or ham
½ whole wheat wrap (9-inch)
lettuce leaf, tomato, etc.
1 Tbsp olive oil mayonnaise
1 apple or orange

Hot Dog

2 Hebrew National® 97% fat-free hot dogs (or 2 chicken dogs)
2 slices high fiber bread
mustard (any amount)
8 cashews or almonds on the side

Tuna Salad with Baby Carrots

½ can tuna fish (3 oz) (or 3 oz chicken or turkey)
Diced onion & celery (optional)
1 Tbsp olive oil mayonnaise
1 tossed salad (see below)
1 cup baby carrots

Deli Sandwich

2-3 slices (4 oz) deli meat (ham, turkey or roast beef)
1 slice low fat cheese
1 slice high fiber bread
lettuce leaf, tomato, etc.
1½ Tbsp olive oil mayonnaise
1 apple or orange

Egg Salad Sandwich

2 whole eggs & 1 egg white
Salt & pepper
1 Tbsp olive oil mayonnaise
1 slice high fiber bread
½ cup baby carrots

Tuna or Chicken Salad Sandwich

½ can tuna fish (or 3 oz chicken cooked & diced)
Diced onion & celery (optional)
2 slices high fiber bread
1½ Tbsp olive oil mayonnaise

300 Calorie Dinners

Fish with Barley

3-4 oz cooked fish, any kind
½ cup barley, cooked
1-2 cups cooked free vegetable
1½ Tbsp light buttery spread

Cheeseburger with Sweet Potato

3 ounces cooked turkey burger
1 slice low fat cheese
¾ medium sweet potato (2"x5")
1-2 cups cooked free vegetable (see examples below)
1½ Tbsp light buttery spread

Turkey Sausage & Sweet Potato

3-4 oz cooked chicken or turkey sausage
¾ medium sweet potato (2"x5") or 1 red potato (3-inch dia)
1½ Tbsp light buttery spread

Meat Sauce Over Pasta

3 oz cooked ground meat or turkey (lean)
½ cup cooked pasta
¾ cup tomato sauce
Pan fry 1 diced tomato, 1 onion and the pasta in olive oil (to increase volume of meal)
1 Tbsp parmesan cheese

Spaghetti Squash Parmesan

3 oz turkey sausage, cooked
¼ cup shredded mozzarella
½ spaghetti squash, cooked
¾ cup tomato sauce
1½ Tbsp parmesan cheese

Squash Stir Fry

3 oz cooked protein (chicken, fish or lean meat)
½ yellow squash & ½ green squash
½ onion, diced
¾ cup tomato sauce
2 tsp olive oil & cooking spray

Chicken with Baked Pear

3 oz cooked chicken
1 large tossed salad
1 pear (dice, sprinkle with cinnamon and bake)
6 almonds or cashews on the side

Chicken with Rice Stir Fry

3 oz chicken, cooked
⅓ cup brown rice, cooked
1-2 cups diced vegetable (your choice of peppers, onions, broccoli, asparagus, etc.)
Splash of soy & teriyaki sauce
2 tsp olive oil

Bread substitution: Choose whole wheat, high fiber, rye, pumpernickel or sourdough bread. 1 slice of bread can be substituted with ½ whole wheat pita bread.

Tossed salad: A tossed salad can include any of the free vegetables: tomato wedges, cucumber slices, red onions, scallions, etc.

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Grain substitutions: Barley, corn, couscous, pasta, quinoa, or brown rice.

Vegetable examples: Asparagua, Broccoli, brussels sprouts, ½ cup baby carrots, green beans, spinach, summer squash or zucchini.

Seasonings: You may use salt, pepper and other spices.

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200 Calorie Mid-day snacks

Eat between breakfast or lunch or between lunch and dinner.

Mini Chicken Salad

2 oz diced chicken, cooked
1 bed of lettuce
diced tomato & cucumbers
1 peach or plum or small apple
1½ Tbsp light Italian dressing

Cottage Cheese & Blueberries

½ cup 1% cottage cheese,
0% Greek yogurt or lite ricotta
½ cup blueberries (or 1½ cup
raspberries or strawberries)
1 Tbsp slivered almonds

Bunless Hot Dog

1½ link Hebrew National®
97% fat-free hot dog
mustard (any amount)
1 carrot or ½ cup baby carrots
8 almonds or cashews

Half Tuna Sandwich

1/3 can tuna fish (or 1 slice low
fat cheese & 1 slice deli meat)
Diced onion & celery (optional)
1 Tbsp light mayonnaise
1 slice high fiber bread

String Cheese & Fruit

1 part-skim string cheese
1 apple or orange
There's enough fat in the cheese

Hard Boiled Egg over Salad

2 hard boiled eggs
Tossed salad
Diced onion & peppers (optional)
1½ Tbsp light Italian dressing

Chef Salad

1 slice deli turkey or ham, diced
1 slice low fat swiss cheese
1 large bed of lettuce
1½ Tbsp light Italian dressing
½ cup baby carrots

Blueberry Yogurt

1 Tbsp vanilla protein powder
mixed in 2/3 cup low fat plain yogurt
1/3 cup blueberries
(or 1 cup strawberries)
1 Tbsp slivered almonds

Tuna Salad over lettuce

1/3 can tuna fish (or 2 oz
chicken or turkey, diced)
1½ Tbsp light mayonnaise
1 tossed salad
1 peach or plum or small apple

Grilled Ham & Cheese

1 slice low fat cheese
1 slice deli ham
1 slice high fiber toast
1½ Tbsp light Italian dressing

Tri-O-Plex® Cookie

1½ Tri-O-Plex®
chocolate chip cookie

Nutrition Bar

¾ Organic Food Bar®
Protein Flavor

100 Calorie Before Bed snacks

Eat a 100 calorie snack a half an hour before bed.

Nutrition Bar

½ Organic Food Bar®
Protein Flavor

Grilled Cheese

1 slice low fat shredded
cheddar (or 2% American)
½ slice high fiber toast
There's enough fat in the cheese

Tuna Fish Salad with Fruit

¼ can tuna fish
1 peach or plum or small apple
1 Tbsp light mayonnaise

Cottage Cheese & Blueberries

¼ cup 1% cottage cheese
1/3 cup blueberries
2 tsp slivered almonds

Mini Turkey Salad

1 slice deli turkey, diced
1 large bed of lettuce
1 carrot (or ½ cup baby carrots)
1½ Tbsp light Italian dressing

Cucumber Salad

1 slice deli turkey, diced
1 cucumber, diced
diced red onion
1½ Tbsp light Italian dressing

English Muffin Pizza

¼ cup shredded mozzarella
2 Tbsp tomato sauce
½ English Muffin
There's enough fat in the cheese

Blueberry Yogurt

½ Tbsp vanilla protein powder
1/3 cup low fat plain yogurt
1/3 cup blueberries
2 tsp slivered almonds

Protein powder in Applesauce

2 Tbsp vanilla protein powder
1/3 cup natural applesauce
Cinnamon, any amount
6 cashews or almonds

Wasa® Cracker Sandwich

½ slice deli turkey, diced
½ slice low fat cheese
½ Wasa® cracker
1 Tbsp light mayonnaise

String Cheese & Fruit

1 string cheese
1 apple or orange
There's enough fat in the cheese

Hard Boiled Egg with Fruit

1 hard boiled egg
1 peach or plum or small apple
There's enough fat in the egg