

1200-1400 Calorie Menu Plan

Diet Type: Sports Endurance Plan

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

- 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, especially when performing endurance sports.



300 Calorie Breakfasts

Greek Yogurt & Blueberries

½ cup 0% Greek Yogurt (or 1% cottage cheese or lite ricotta)
2 cups blueberries (1½ cup mixed berries or 2½ cups strawberries)
1 Tbsp slivered almonds

Turkey Omelet with Cereal

1 whole egg, 1 slice deli turkey (use nonstick spray)
1¼ cup natural cereal (see below) + 1 cup 1% or soy milk
6 almonds or cashews on the side

Berry Banana Shake

¾ scoop (¼ cup) protein powder
1 medium green-tipped banana
½ cup blueberries or 1 cup raspberries or strawberries
½ cup 1% skim or soy milk
1½ tsp natural peanut butter on the side

Oatmeal with protein powder

¾ scoop (¼ cup) protein powder
¾ cup dry oatmeal (1 cup cooked) with 2 Tbsp 1% skim or soy milk
Use cinnamon (any amount) with 2 Tbsp natural applesauce or sprinkle with a few blueberries, raspberries or strawberries.
2 tsp natural peanut butter

Cheese Omelette with Toast

2 egg whites
1 slice low fat cheese
2 slices high fiber toast
1 apple or orange
1 Tbsp light buttery spread

Blueberry Yogurt

¼ cup vanilla protein powder mixed in 1 cup low fat plain yogurt
1 cup blueberries, strawberries, raspberries or mixed berries.
1 Tbsp slivered almonds

Cheese Omelet with Oatmeal

1 whole egg 1 slice low fat cheese
¾ cup dry oatmeal (1¼ cup cooked)
2 Tbsp 1% skim or soy milk
cinnamon (any amount)
Pan fry eggs in olive oil

Turkey Bacon with Bagel

2 slices turkey bacon (lean)
¾ pumpernickel bagel (or 1 whole bagel and hollow out the top bun only)
Lightly spread with 1½ Tbsp light cream cheese, 2 tsp butter or 1 Tbsp light buttery spread

Fat substitutions: 1½ Tbsp shredded coconut (unsweetened), 6 whole cashews or almonds, 15 pistachios, or 1 Tbsp sunflower seeds.

Cereal substitutions: Choose a natural breakfast cereal that has approximately 20 grams of available carbohydrates (total carbohydrates minus dietary fiber) per cup. For example, Wheaties®, Cheerios®, Special K®

300 Calorie Lunches

Grilled Chicken Over Salad

2 oz cooked grilled chicken
1 large tossed salad (see below)
1½ Tbsp light Italian dressing
1 side fruit (apple, orange, pear, grapefruit or 1 cup blueberries)

Classic Cheeseburger

½ patty (2 oz cooked) lean hamburger or turkey burger
½ slice low fat cheese
1 English muffin, split in half
lettuce leaf, tomato, etc.
6 Tbsp organic ketchup or a side fruit (apple, orange, pear, etc)
6 cashews or almonds on the side

Turkey Wrap

2 slices (2oz) deli turkey or ham
1 whole wheat wrap (9-inch)
lettuce leaf, tomato, etc.
1 Tbsp olive oil mayonnaise
1 apple or orange

Two Hot Dogs

1 Hebrew National® 97% fat-free hot dog (or 1 chicken dog)
2 slices wheat or sourdough bread
mustard (any amount)
1 side fruit (apple or orange)
6 cashews or almonds on the side

Tuna Salad with Baby Carrots

1/3 can tuna fish (2 oz)
(or 2 oz chicken or turkey)
Diced onion & celery (optional)
1 Tbsp olive oil mayonnaise
1 tossed salad (see below)
2 cups baby carrots

Deli Sandwich

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

Egg Salad Sandwich

1 whole egg & 2 egg whites
Salt & pepper
1 Tbsp olive oil mayonnaise
2 slices high fiber bread
1 apple, orange or pear

Tuna or Chicken Salad Sandwich

1/3 can tuna fish (2 oz)
(or 2 oz chicken cooked & diced)
Diced onion & celery (optional)
2 slices high fiber bread
1 Tbsp olive oil mayonnaise
1 side fruit (apple or orange)

300 Calorie Dinners

Fish with Barley

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

Burger with Sweet Potato

½ turkey burger (2 oz cooked)
1 medium sweet potato (2"x6")
1-2 cups cooked free vegetable
(see examples below)
1 Tbsp light buttery spread

Fish with Pasta & a Side Salad

2 oz cooked fish, any kind
1 cup cooked whole wheat pasta
¾ cup tomato sauce
1 large bed of lettuce (with cucumbers, diced tomato, etc.)
1½ Tbsp light Italian dressing

Turkey Sausage & Fries

2 oz cooked chicken or turkey sausage
1 medium sweet potato (2"x6") or 1 red potato (4-inch dia) cut into fries or chips (add salt)
Brush on olive oil, bake on a sheet pan and add salt

Pasta with Cheese

1/3 cup part-skim mozzarella
1 cup cooked whole wheat pasta
¾ cup tomato sauce
1 Tbsp parmesan cheese

Meat Sauce over Pasta

2 oz cooked chicken breast (or lean ground meat)
1 cup cooked whole wheat pasta
¾ cup tomato sauce
1 Tbsp parmesan cheese

Taco Salad

2 oz ground lean meat cooked
1 large tossed salad
4 whole baked tortilla chips
¾ cup chunky salsa
1½ Tbsp light sour cream and 1½ Tbsp guacamole

Chicken with Rice Stir Fry

2 oz chicken, cooked
1 cup brown rice, cooked
1-2 cups sliced free vegetable (your choice of peppers, onions, broccoli, asparagus, etc.)
Splash of soy & terriaki sauce
1 tsp or more olive oil

Bread substitution: Choose whole wheat, high fiber, rye, pumpernickel or sourdough bread. 2 slices of bread can be substituted with 1 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: Asparagus, Broccoli, brussels sprouts, 1 cup baby carrots, green beans, spinach, summer squash, zucchini or 1 cup vegetable juice. **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 Taco Salad

1 oz diced chicken, cooked
1 bed of lettuce
8 whole baked tortilla chips
¾ cup chunky salsa
1 Tbsp light sour cream

Hot Dog

½ link Hebrew National®
97% fat-free hot dog
1½ slice high fiber bread
mustard (any amount)
½ cup baby carrots
4 almonds or cashews

String Cheese & Fruit

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

Chef Salad

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

Tuna Salad over lettuce

¼ can tuna fish (or 1 oz
chicken or turkey, diced)
1 Tbsp light mayonnaise
1 tossed salad
1 apple or orange

Tri-O-Plex® Cookie

1½ Tri-O-Plex®
chocolate chip cookie

Cottage Cheese & Blueberries

¼ cup 1% cottage cheese,
0% Greek yogurt or lite ricotta
1½ cup blueberries (or 1½ cup
raspberries or strawberries)
2 tsp slivered almonds

Half Tuna Sandwich

¼ can tuna fish (or ½ slice low
fat cheese & ½ slice deli meat)
Diced onion & celery (optional)
2 tsp light mayonnaise
2 slices high fiber bread

Hard Boiled Egg & Chick Pea Salad

1 hard boiled egg
¾ cup chick peas
Diced onion & peppers (optional)
1 Tbsp light Italian dressing

Blueberry Yogurt

1 Tbsp vanilla protein powder
mixed in ⅔ cup low fat plain yogurt
½ cup blueberries
(or 1 cup strawberries)
2 tsp slivered almonds

Grilled Cheese

1 slice low fat cheese
1 slice high fiber toast
1 apple or orange
1 Tbsp light Italian dressing

Nutrition Bar

1 Balance Bar® or
1 Zone Perfect® Bar or

100 Calorie Before Bed Snacks

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

Chips & Cheese

½ slice low fat cheese
6 baked tortilla chips
Diced scallions (any amount)
There's enough fat in the cheese

Tuna Fish Salad with Fruit

2 Tbsp tuna fish
1 apple or orange
1 tsp light mayonnaise

Mini Turkey Salad

1 slice deli turkey, diced
1 large bed of lettuce
1 cup baby carrots
1 Tbsp light Italian dressing

English Muffin Pizza

2 Tbsp shredded mozzarella
3 Tbsp tomato sauce
1 English Muffin
There's enough fat in the cheese

Protein powder in Applesauce

1 Tbsp vanilla protein powder
¾ cup natural applesauce
Cinnamon, any amount
2 cashews or almonds

String Cheese & Fruit

½ string cheese
1 apple or orange
There's enough fat in the cheese

Grilled Cheese

½ slice 2% American cheese
½ slice high fiber toast
1 apple or orange
There's enough fat in the cheese

Cottage Cheese & Blueberries

2 Tbsp 1% cottage cheese
1 cup blueberries
1 tsp slivered almonds

Nutrition Bar or Cookie

½ Balance Bar®, Zone Perfect®
Bar or 1 Tri-O-Plex®
Chocolate Chip Cookie

Blueberry Yogurt

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

Cheese & Wasa® Cracker

½ slice low fat cheese
1½ Wasa® cracker
1 tsp light mayonnaise

Hard Boiled Egg with Fruit

1 hard boiled egg (white only)
1 apple or orange
There's enough fat in the cheese