

1200 Calorie Day

Here is what you can do with 1200 calories! Make sure you have nutrient variety in what you choose, and that you focus on foods low in saturated fat and sugars. For balance in each meal, it is best to pair both carbs and proteins. In addition, try to use your calories throughout the day. Instead of a large dinner, spread calories between all meals.

Breakfast: Tomato Basil Scramble	Amount	Calories
Whole egg	2 servings	143
Liquid egg whites	2 servings	50
Cherry Tomatoes	1/4 c.	10
Feta Cheese	1/2 oz	35
Basil	1 teaspoon	0
Total		248
Snack: Berry Yogurt and Almonds		
Vanilla greek yogurt	3/4 c.	110
Fresh blueberries	1/4 c.	20
Whole almonds	1/2 c.	80
Total		210
Lunch: Chicken and Rice		
Grilled chicken breast tender	4 oz.	110
Steamed brown rice	1/2 c.	175
Total		285
Snack: Strawberry Protein Shake		
Vanilla whey protein	1 serving	110
Vanilla soy milk	1 c.	100
Frozen strawberries	1 c.	50
Chia seeds	2 teaspoons	40
Total		300
Dinner: Salmon and Steamed Broccoli		
Baked Salmon	4 oz.	100
Broccoli	2 cups	62
Total		162

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