



1200 calories diet

Day 1

Breakfast (266 calories)

- 1 slice whole-grain bread
- 1/4 medium avocado
- 1 large egg, cooked in 1/4 tsp. olive oil or coat pan with a thin layer of cooking spray (1-second spray)
- Top egg with a pinch of salt and pepper (1/16 tsp. each)
- 1 clementine

Morning Snack (61 calories)

- 1/3 cup blueberries
- 1/4 cup plain non-fat Greek yogurt

Lunch (341 calories)

- 2 cups Ravioli & Vegetable Soup
- 1 Tomato-Cheddar Cheese Toast

Afternoon Snack (93 calories)

- 3 Tbsp. hummus
- 1 cup sliced cucumber

Dinner (451 calories)

Salmon & Vegetables

- 4 oz. baked salmon
- 1 cup roasted Brussels sprouts
- 1/2 cup brown rice
- 1 Tbsp. walnuts
- Salt and pepper to taste (1/8 tsp. each)

Vinaigrette

- Combine 1 1/2 tsp. each olive oil, lemon juice and maple syrup; season with salt to taste (1/8 tsp.).

Coat Brussels sprouts in 1/2 tsp. olive oil and bake at 425 degrees F until lightly browned, about 15-20 minutes. Coat salmon with 1/4 tsp. olive oil or a thin layer of cooking spray (1 second spray), add salt and

pepper to taste (1/8 tsp. each). Bake at 425 degrees F until done, about 4-6 minutes. Serve brown rice, Brussels sprouts and salmon drizzled with vinaigrette and topped with walnuts.

Plan Ahead: Make the Maple-Nut Granola for tomorrow. You can also buy granola, to make things easier. Aim for a granola that has around 130 calories or less and less than 6 grams of sugar per 1/4 cup.

Day 2

Breakfast (266 calories)

Avocado-Egg Toast

- 1 slice whole-grain bread
- 1/4 medium avocado
- 1 large egg, cooked in 1/4 tsp. olive oil or coat pan with a thin layer of cooking spray (1 second spray)
- Top egg with a pinch of pepper (1/16 tsp.)
- 1 clementine

Morning Snack (134 calories)

- 5 dried apricots
- 7 walnut halves

Lunch (295 calories)

Leftover soup

- 2 cups Ravioli & Vegetable Soup
- 1 clementine

Afternoon Snack (93 calories)

- 3 Tbsp. hummus
- 1 cup sliced cucumber

Dinner (424 calories)

- 1 1/2 cups Delicata Squash & Tofu Curry
- 1/2 cup brown rice

Plan Ahead: Hard-boil two eggs—save one for day five. Make the Carrot-Ginger Vinaigrette or opt for a healthy, store-bought Asian-style dressing. When buying salad dressing, choose one made with healthy fats, like olive oil or canola oil. Cook a chicken breast for tomorrow's lunch or substitute precooked chicken or sliced chicken or turkey breast from the grocery store. When choosing deli items, go for low-sodium, preservative-free options.

Day 3

Breakfast (267 calories)

- 1/4 cup Maple-Nut Granola
- 3/4 cup plain non-fat Greek yogurt
- 1/2 cup blueberries

Morning Snack (35 calories)

- 1 clementine

Lunch (351 calories)

Apple & Cheddar Pita Pocket

- 1 whole-wheat pita round (6-1/2-inch)
- 1 Tbsp. mustard
- 1/2 medium apple, sliced
- 1 oz. Cheddar cheese
- 1 cup mixed greens

Cut pita in half and spread mustard inside. Fill with apple slices and cheese. Toast until the cheese begins to melt. Add greens and serve.

Afternoon Snack (47 calories)

- 1/2 medium apple

Dinner (457 calories)

- 1 serving (1 pepper) Moroccan-Style Stuffed Peppers
- 2 cups spinach

Sauté spinach in 1 tsp. of olive oil and a pinch of both salt and pepper (1/16 tsp. each)

Evening Snack (50 calories)

- 1 Tbsp. chocolate chips, preferably dark chocolate

Plan Ahead: Make the Avocado-Yogurt Dip for tomorrow. You can substitute store-bought hummus for the dip, if desired.

Day 4

Warm Lentil Salad with Sausage & Apple

Pictured Recipe: Warm Lentil Salad with Sausage & Apple

Breakfast (267 calories)

- 1/4 cup Maple-Nut Granola
- 3/4 cup plain non-fat Greek yogurt
- 1/2 cup blueberries

Morning Snack (83 calories)

- 1 hard boiled egg
- 1 tsp. hot sauce, if desired

Lunch (336 calories)

- 2 cups mixed greens
- 3 oz. cooked chicken breast
- 1/2 medium red bell pepper, sliced
- 1/4 cup grated carrots
- 1 clementine
- 2 Tbsp. Carrot-Ginger Vinaigrette

Combine ingredients & top salad with vinaigrette.

Afternoon Snack (86 calories)

- 4 dried apricots
- 4 walnut halves

Dinner (444 calories)

- 2 1/4 cup Warm Lentil Salad with Sausage & Apple
- 1/2 cup Quick Pickled Beets

Day 5

Breakfast (266 calories)

- 1 cup all-bran cereal
- 3/4-cup skim milk
- 1/2 cup blueberries

Morning Snack (101 calories)

- 2 medium carrots
- 2 Tbsp. Avocado-Yogurt Dip

Lunch (314 calories)

- 1 Tomato-Cheddar Cheese Toast
- 2 cups mixed greens
- 3 Tbsp. grated carrot
- 1/2 cup cucumber, sliced
- 1 hard-boiled egg
- 1 Tbsp. unsalted dry-roasted almonds

Top greens with grated carrot, cucumber, hard-boiled egg, almonds and 1 1/2 tsp. each olive oil & balsamic vinegar.

Afternoon Snack (93 calories)

- 3 dried apricots
- 1/3 cup plain non-fat Greek yogurt
- 1 1/2 tsp. chopped walnuts

Dinner (427 calories)

- 1 1/2 cups Quick Chicken Tikka Masala
- 1/2 cup brown rice

Day 6

Breakfast (266 calories)

- 1 cup all-bran cereal
- 3/4-cup skim milk
- 1/2 cup blueberries

Morning Snack (66 calories)

- 2 Tbsp. Avocado-Yogurt Dip
- 1 cup sliced cucumber

Lunch (325 calories)

Leftover Chicken Tikka Masala

- 1 1/2 cups Quick Chicken Tikka Masala
- 1 cup spinach

Reheat the chicken on top of the spinach in the microwave.

Afternoon Snack (35 calories)

- 1 clementine

Dinner (507 calories)

- 2 cups Korean Beef Stir-Fry
- 1/2 cup, cooked buckwheat soba noodles (about 1 ounce dry noodles)

Day 7

Breakfast (266 calories)

- 1 cup all-bran cereal
- 3/4-cup skim milk
- 1/2 cup blueberries

Morning Snack (117 calories)

- 4 Tbsp. Avocado-Yogurt Dip
- 1 cup sliced cucumber

Lunch (301 calories)

- 2 cups mixed greens
- 3 oz. cooked chicken breast
- 1/2 medium red bell pepper, sliced
- 1/4 cup grated carrots
- 2 Tbsp. Carrot-Ginger Vinaigrette

Combine ingredients and top salad with vinaigrette.

Afternoon Snack (42 calories)

- 5 dried apricots

Dinner (494 calories)

- 1 serving (1/4 pizza) Wild Mushroom Pizza with Arugula & Pecorino