

# 1200 Calorie Meal Plan

## Monday

### Meal 1-

6 Egg Whites

Greens Drink

### Meal 2 –

3 oz. Of Chicken

One Handful Of Kale

4 oz. Quinoa

### Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Oatmeal

Cinnamon

### Meal 4 –

3 oz. Of Turkey

One Handful Of Spinach

### Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Blueberries



Cinnamon

**Meal 6 –**

1 Cup Of Fat Free Cottage Cheese

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

## Tuesday

**Meal 1-**

6 Egg Whites

Greens Drink

**Meal 2 –**

3 oz. Turkey

One Handful Of Broccoli

4 oz. Sweet Potato Fries

**Meal 3 –**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Blueberries

Cinnamon

**Meal 4 –**

2 oz. Of Salmon

One Handful Of Asparagus

**Meal 5** –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 oz Strawberries

Cinnamon

**Meal 6** –

6 Egg-Whites

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

# Wednesday

**Meal 1-**

6 Egg Whites

Greens Drink

**Meal 2** –

4 oz. Of White Fish

One Handful Of Sprouts

4 oz. Yukon Potato

**Meal 3** -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

0.25 Cup Of Oatmeal

Cinnamon

**Meal 4 –**

3 oz. Of Chicken

One Handful Of Green Beans

**Meal 5 –**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 oz. Raspberries

Cinnamon

**Meal 6 –**

1 Cup Fat Free Greek Yoghurt

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

# Thursday

**Meal 1-**

6 Egg Whites

Trader Joes Greens Drink

**Meal 2 –**

3 oz. Of Chicken

One Handful Of Kale

4 oz. Quinoa

**Meal 3 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Oatmeal

Cinnamon

**Meal 4 -**

3 oz. Of Turkey

One Handful Of Spinach

**Meal 5 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Veggies

0.25 Cup Blueberries

Cinnamon

**Meal 6 -**

Cup Of Fat Free Greek Yoghurt

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

# Friday

## Meal 1-

6 Egg Whites

Trader Joes Greens Drink

## Meal 2 –

3 oz. Turkey

One Handful Of Broccoli

4 oz. Sweet Potato Fries

## Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Blueberries

Cinnamon

## Meal 4 –

2 oz. Of Salmon

One Handful Of Asparagus

## Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 oz. Strawberries

Cinnamon

## Meal 6 –

6 Egg-Whites

### **Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout