



1200 Calorie Straight-Up Fitness Meal Plan

Meal	Food	Calories	Fat		Total	Carbs		Protein
			Total	Saturated		Fiber		
1	1 scoop Prograde Protein Powder	135	1	0	2	1	24	
	0.5 cup Oatmeal	150	3	0.5	27	4	5	
	0.25 liter Skim Milk	90	0	0	12	0	9	
	1 Cup Blueberries	100	0	0	20	4	1	
2	1 Granny Smith Apple	80	0	0	22	5	0	
3	0.25 Cup Brown Rice	52.5	0.5	0.25	10.5	1	1	
	0.5 Cup Mixed Veggies	50	0	0	7.5	2	1.5	
	2 Chicken Tenderloins	110	2	0.5	6	0	16.5	
4	0.5 Oz Onion Garlic Pistachios	80	6.5	1	4	2	3	
5	1 Turkey Paty	200	6	2	2	0	35	
	2 Cups of Broccoli	50	0	0	4	2	2	
6	0.5 Cup Fat-Free Cottage Cheese	80	0	0	4	0	14	
	5 Almonds	60	5	0.5	2	1	2	
TOTALS		1237.5	24	4.75	123	22	114	

Note: Prograde Protein Powder can be ordered on:
 All food can (and should) be bought at Trader Joe's
 Feel free to substitute the Turkey & Chicken for Fish (such as Tilapia, Tuna, Salmon, etc)

Fat %	17%
Carb %	40%
Protein %	37%