HOUSTON FAMILY NUTRITION

www.houstonfamilynutrition.com

1200 Calorie Meal Plan

TARGET:

- Grains 5 oz
- Vegetables 2 cups
- Fruits 1 1/2 cup
- Dairy 3 cups
- Protein Foods 5 oz
- \+ Physical Activity 150 mins



Meal Plan:

A:

Breakfast
Grains 1 oz
Fruits 1/2 cup
Dairy 1/2 cup

Morning Snack
Grains 1 oz
Fruits 1/2 cup

Lunch
Grains 1 oz
Fruits 1/2 cup
Vegetables 1/2 cup
Dairy 1 cup
Protein 2 1/2 oz

Afternoon Snack
Vegetables 1/2 cup
Dairy 1/2 cup

Dinner
Grains 2 oz
Vegetables 1 cup
Dairy 1 cup
Protein 2 1/2 oz

B:

Breakfast
Grains 1 oz
Protein 1 oz
Dairy 1 cup

Morning Snack
Dairy 1/2 cup
Fruits 1/2 cup

Lunch
Grains 2 oz
Vegetables 1/2 cup
Dairy 1/2 cup
Protein 2 oz

Afternoon Snack
Vegetables 1/2 cup
Grains 1 oz



Dinner
Grains 1 oz
Vegetables 1 cup
Dairy 1 cup
Protein 2 oz
Fruits 1 cup

C:

Breakfast
Fruits 1 cup
Dairy 1 cup

Morning Snack
Grains 1 oz
Dairy 1/2 cup
Protein 1 oz

Lunch
Grains 1 1/2 oz
Vegetables 1/2 cup
Dairy 1/2 cup
Protein 2 oz

Afternoon Snack
Grains 1 1/2 oz
Vegetables 1/2 cup
Dairy 1/2 cup

Dinner
Grains 1 1/2 oz
Vegetables 1 cup
Fruits 1/2 cup
Protein 2 oz