

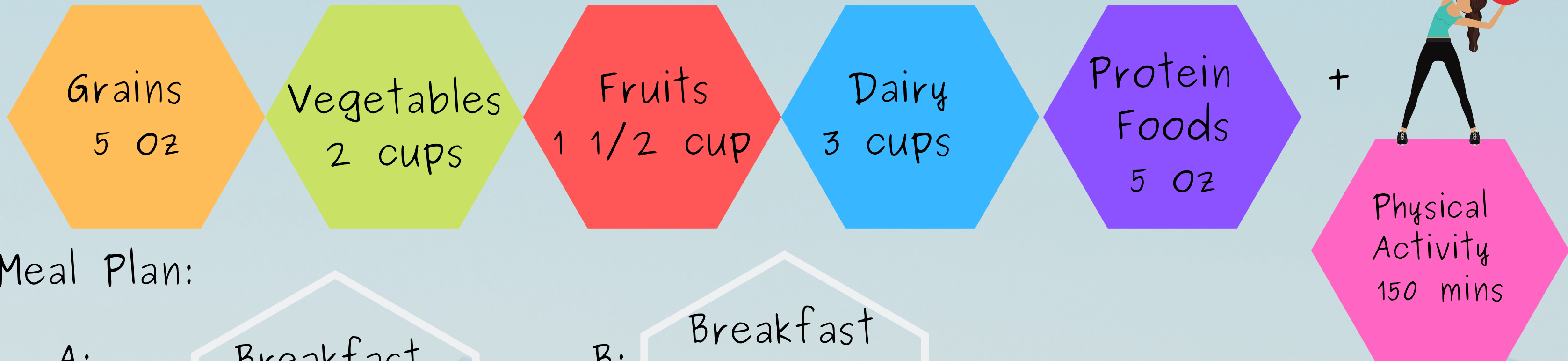


HOUSTON FAMILY NUTRITION

www.houstonfamilynutrition.com

1200 Calorie Meal Plan

TARGET:



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

