

Daily Meal Plan 1200 Calories

Food Groups	Recommended Daily Servings
Starch/Breads/Cereals/Pasta	5
Meat/Fish/Poultry (1 oz per serving)	5
Vegetables	2
Fruits	3
Fats	1
Dairy/Milk	2

Breakfast	Sample Menu	Sample Menu
1 Starch/bread	½ cup oatmeal	½ cup bran flakes
1 Fruit	½ grapefruit	½ banana
1 Milk	8 oz skim or 1% milk	8 oz skim or 1% milk

Lunch	Sample Menu	Sample Menu
2 Starch/Breads	2 Slices whole wheat bread	1 Hamburger roll
2 Meat (lean)	2 oz sliced lean ham	2 oz lean hamburger patty
1 Free Food	Lettuce & tomato	Lettuce & tomato
1 Vegetable	Carrot Sticks	Carrot sticks
1 Fruit	15 small grapes	1 cup Watermelon
1 Free Food	1 tsp mustard	1 tsp Catsup

Dinner	Sample Menu	Sample Menu
2 Starch/Breads	2/3 cup Rice	1 cup Mashed Potatoes
3 Meat (lean)	3 oz Baked Chicken	3 oz Fresh Flounder
1 Vegetable	½ cup Cooked Zucchini	½ cup Asparagus
1 Fruit	1 cup Cantaloupe	1 cup Fresh Strawberries
1 Fat	1 tbsp Salad dressing	1 tbsp Salad Dressing
1 Free food	Green Salad	Green Salad