Sample 1200 Calorie Meal Plan

WHAT I ATE:	Calories	Protein (g)	Carbohydrates (g)		Fat (g)
			Total	Sugar (20%rule)	
BREAKFAST					
2 whole eggs/ 1/4 cup liquid egg whites	184	23.6	2	0	10
1 slice Nature's 100% whole grain w/ 1 tbsp natural peanut butter	134	9.0	14	2	6.5
1 oz fat free cheddar cheese on eggs.	45	9	1	0	0
1 cup coffee (black)	5	0	0	0	0
LUNCH					
Subway 6" turkey breast sandwich	280	18	46	7	3.5
16 oz water	0	0	0	0	0
DINNER					
6 oz chicken breast (baked)	150	27	3	0	3
1/2 cup brown rice (before cooked)	150	3	34	0	1.5
1/2 cup broccoli (quickly boiled)	27	1.9	5.6	1.1	0.3
SNACKS					
1 Sargento's light string cheese	50	6.0	0	0	2.5
1 scoop protein powder (whey) w/ water	120	23	3	1	2.0
TOTAL	= 1,145	= 120	= 108.6	= 11.1	= 29.3
Your Goals					
Glasses of Water (8 oz) ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐					