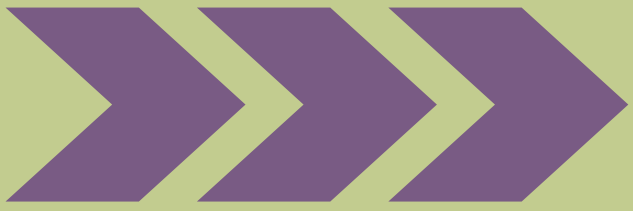


The background of the image shows several clear plastic meal prep containers. One container in the top left holds green beans, cherry tomatoes, and a basil leaf. Another container on the left shows a hard-boiled egg on top of rice, garnished with green onions and black sesame seeds. A third container on the right holds more green beans and tomatoes. The bottom container shows a larger portion of rice with a hard-boiled egg, green onions, and black sesame seeds. A yellow plastic spoon is visible in the bottom container.

# WHAT TO EAT 1200 CALORIES

*7-Day Plan*





# Intro

Be a champion for change  
in your kitchen.

You can become a champion for change for your family by making meals and snacks that are packed with plenty of fruits and vegetables and making sure that your family is physically active every day.

Keeping physically active daily gives you more energy. It helps lower stress, and it helps keep you a healthy body weight. To take care of your health and lower the risk of serious health problems you need at least 30 minutes of moderate intensity physical activity every day like dancing, walking even doing gardening.

For children give them slightly more time for physical activities every day.

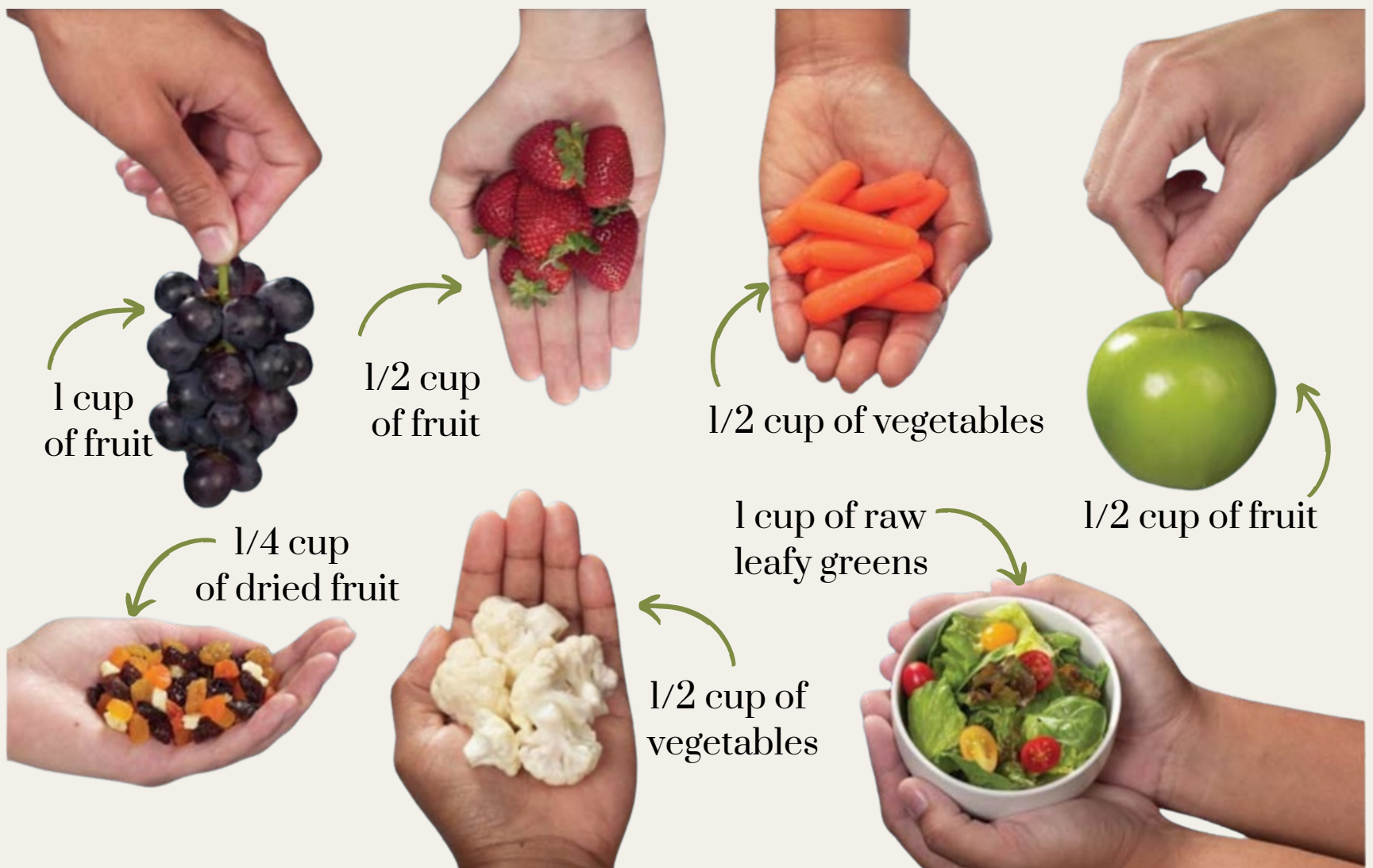
TRY out this 7 days low cost , easy recipes to keep you and your family healthy and happy.





# Grab & Go

YOU DO NOT NEED TO CARRY MEASURING CUPS WITH YOU TO EAT YOUR RECOMMENDED AMOUNT OF FRUITS AND VEGETABLES. THE KEY TO A HEALTHY LIFE IS IN YOUR HANDS!







# Day 1

Breakfast (271 calories)  
1 serving Avocado Egg Toast

A.M. Snack (84 calories)  
1 cup blueberries

Lunch (374 calories)  
1 serving Loaded Black Bean Nacho Soup  
P.M. Snack (62 calories)  
1 medium orange

Dinner (457 calories)  
1 serving Seared Salmon with Green Peppercorn Sauce  
1 cup steamed green beans  
1 baked medium red potato, drizzled with 1 tsp. olive oil, 1 Tbsp. nonfat plain Greek yogurt and a pinch of pepper.

Daily Totals: 1,224 calories, 60 g protein, 142 g carbohydrates, 28 g fiber, 52 g fat, 11 g sat. fat., 828 mg sodium





# Day 2

Breakfast (265 calories)

1 cup bran cereal

1 cup skim milk

1/4 cup blueberries

A.M. Snack (95 calories)

1 medium apple

Lunch (374 calories)

1 serving Spinach & Strawberry Meal-Prep Salad

P.M. Snack (62 calories)

1 medium orange

Dinner (429 calories)

1 serving Charred Shrimp & Pesto Buddha Bowls

Daily Totals: 1,225 calories, 75 g protein, 148 g carbohydrates, 39 g fiber, 50 g fat, 9 g sat. fat., 1,363 mg sodium





# Day 3

Breakfast (297 calories)

1 cup nonfat plain Greek yogurt

3/4 cup blueberries

1 1/2 Tbsp. slivered almonds

2 tsp. honey

A.M. Snack (64 calories)

1 cup raspberries

Lunch (374 calories)

1 serving Spinach & Strawberry Meal-Prep Salad

P.M. Snack (62 calories)

1 medium orange

Dinner (416 calories)

1 serving Curried Sweet Potato & Peanut Soup

1 slice whole-wheat bread, toasted

Daily Totals: 1,212 calories, 70 g protein, 132 g carbohydrates, 30 g fiber, 51 g fat, 9 g sat. fat.,  
1,332 mg sodium





# Day 4

Breakfast (265 calories)

3/4 cup bran cereal

3/4 cup skim milk

1/2 cup blueberries

A.M. Snack (95 calories)

1 medium apple

Lunch (374 calories)

1 serving Spinach & Strawberry Meal-Prep Salad

P.M. Snack (62 calories)

1 medium orange

Dinner (427 calories)

1 serving Cod with Tomato Cream Sauce

3/4 cup cooked brown rice

1 cup steamed broccoli

Daily Totals: 1,223 calories, 67 g protein, 170 g carbohydrates, 38 g fiber, 39 g fat, 9 g sat. fat., 1,284 mg sodium





# Day 5

Breakfast (333 calories)

1/2 cup rolled oats, cooked in 1 cup milk

1 cup raspberries

Cook oats and top with raspberries and a pinch of cinnamon.

A.M. Snack (102 calories)

1 medium bell pepper, sliced

3 Tbsp. hummus

Lunch (374 calories)

1 serving Spinach & Strawberry Meal-Prep Salad

P.M. Snack (84 calories)

1 cup blueberries

Dinner (304 calories)

1 1/4 cups Chicken Cauliflower Fried "Rice"

Daily Totals: 1,198 calories, 77 g protein, 120 g carbohydrates, 30 g fiber, 48 g fat, 9 g sat. fat., 1,405 mg sodium.





# Day 6

Breakfast (328 calories)

1 cup bran cereal

1 cup skim milk

1 cup blueberries

A.M. Snack (62 calories)

1 medium orange

Lunch (296 calories)

1 serving Tuna, White Bean & Dill Salad

Meal-Prep Tip: Save a serving of the tuna salad to have for lunch on Day 7.

P.M. Snack (64 calories)

1 cup raspberries

Dinner (457 calories)

1 serving Toaster-Oven Tostada

Daily Totals: 1,206 calories, 55 g protein, 187 g carbohydrates, 55 g fiber, 39 g fat, 8 g sat. fat., 1,203 mg sodium.





# Day 7

Breakfast (355 calories)  
1 serving Avocado Egg Toast  
1 cup blueberries

A.M. Snack (64 calories)  
1 cup raspberries

Lunch (366 calories)  
1 serving Tuna, White Bean & Dill Salad  
1 slice whole-wheat bread, toasted

P.M. Snack (62 calories)  
1 medium orange

Dinner (374 calories)  
1 serving Skillet Lemon Chicken & Potatoes with Kale

Daily Totals: 1,220 calories, 64 g protein, 132 g carbohydrates, 32 g fiber, 51 g fat, 9 g sat. fat., 1,275 mg sodium.





# TRY

Keep your heart healthy and  
lose weight with this  
delicious 1,200-calorie meal  
plan.

MAMA-GETS-FIT.COM