

verywell fit 7-Day 1,200 Calorie Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Oatmeal with Peanut Butter and Blueberries	Poached egg, Avocado, and Toast	Toast with Peanut Butter and Banana	Whole Grain Cereal with Milk and Strawberries	Greek Yogurt with Granola and Blueberries	Oatmeal with Peanut Butter and Raspberries	Hard Boiled Egg with Toast and Swiss Cheese
Lunch	Turkey Whole Wheat Wrap	Black Bean and Cheese Quesadilla	Veggie Burger	Veggie and Hummus Wrap	Turkey on Whole Wheat with Baby Carrots	Chickpea Salad with Feta and Balsamic	Tuna and Avocado Wrap
Snack	Apple	Peach	Cherries	Almonds	Cheese Stick	Baby Carrots and Hummus	Greek Yogurt and Raspberries
Dinner	Baked Chicken, Whole Wheat Pasta, and Asparagus	Baked Salmon, Baked Sweet Potato, and Broccoli	Spaghetti Squash Pad Thai	Lentil Pasta with Broccoli and Parmesan	Grilled Shicken and Summer Squash with Brown Rice	Black Bean and Cheese Quesadilla	Turkey Burger
Snack	Dark Chocolate and Popcorn	Ice Cream	Medjool Dates	Chocolate Chip Cookie	Cubed Watermelon	Medjool Dates and Almond Butter	Dried Mango

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