

1,200-calorie Sample Meal Plans

for General Health, Heart Health and Pregnancy

Sample Day 1

Breakfast

- ½ cup dry quick-cooking oats prepared with ½ cup unsweetened almond milk
 - ½ cup blueberries
 - ¼ cup chopped walnuts
 - 1 teaspoon brown sugar

Lunch

- 2 cups chopped romaine lettuce
 - 2 ounces 93% lean ground beef
 - 2 tablespoons low-sodium salsa
 - ½ cup low-sodium black beans
 - ⅛ cup (2 tablespoons) 2% shredded cheddar cheese
- 1 cup grapes (any color)

Dinner

- 3 ounces pork tenderloin
- 2 ounces dry whole-grain pasta, prepared according to package directions
- 1 teaspoon extra-virgin olive oil
- 1 cup steamed green beans (fresh or frozen)

Snacks

- 2 stalks celery with 1 tablespoon peanut butter
- 1 medium peach

Daily total: 1,186 calories, 143 grams (g) carbs (9 ½ choices), 30g fiber, 43g total fat (8g saturated fat), 75g protein, 1,108 milligrams (mg) sodium

Sample Day 2

Breakfast

- 1 slice whole-grain toast with 1 tablespoon peanut butter
- 1 small banana

Lunch

- 2 cups mixed greens
 - 2 ounces canned tuna (packed in water)
 - ½ cup diced cucumber
 - ½ cup diced tomatoes
 - 2 tablespoons whole-grain croutons
 - 2 tablespoons low-sodium balsamic vinaigrette
- 1 medium apple

Dinner

- 3 ounces grilled chicken breast
- 1 medium baked potato with ¼ cup plain low-fat Greek yogurt
- 1 cup steamed broccoli (fresh or frozen)
- 1 cup strawberry halves

Snacks

- 15 baby carrots with 1 tablespoon hummus
- 1 medium orange
- 1 light string cheese

Daily total: 1,166 calories, 168g carbs (11 choices), 31g fiber, 20.5g total fat (7.5g saturated fat), 74g protein, 989mg sodium (over)

Sample Day 3

Breakfast

- 1 slice whole-grain toast with 1 teaspoon butter
- 1 large hard-boiled egg
- 1 cup cubed cantaloupe
- 1 cup low-fat (1%) or fat-free milk

Lunch

- 1 slice thin-crust cheese pizza (14-inch pizza)
- 2 cups mixed greens
 - 1 tablespoon chopped red onion
 - 2 tablespoons sweetened dried cranberries
 - ¼ cup sliced mushrooms
 - 1 tablespoon low-sodium raspberry vinaigrette
- 1 cup unsweetened iced tea

Dinner

- 3 ounces baked white fish (tilapia, cod)
- ½ cup cooked brown rice
- ½ cup pineapple chunks
- 1 cup steamed peas (fresh or frozen)

Snacks

- 1 small apple
- 1 whole graham cracker with ½ cup low-fat (1%) or fat-free milk

Daily total: 1,179 calories, 172g carbs (11 ½ choices), 23g fiber, 26g total fat (9.5g saturated fat), 67g protein, 883mg sodium

What About Beverages?

Drink plenty of liquids throughout the day. Water is best. Add ice or for a little extra flavor add:

- fresh lemon or lime juice
- freshly sliced fruit
- freshly sliced cucumber
- a sprig of fresh mint.

If You Are Pregnant or Breastfeeding

Fish is a good source of protein, contains fatty acids and is low in saturated fat. However, any fish (store-bought or fresh-caught) could contain contaminants such as mercury or polychlorinated biphenyl (PCBs) that can harm a developing or breastfed baby.

It is best to vary the kind of fish you eat and limit the amount of fish you eat to 1 to 2 meals a week.

The Minnesota Department of Health has guides to choosing and eating fish.

- For complete information, go to health.state.mn.us/fish.
- Click on Statewide Safe Eating Guidelines.