



1200 Calorie - HighEnergy Summary for Susan Eatright

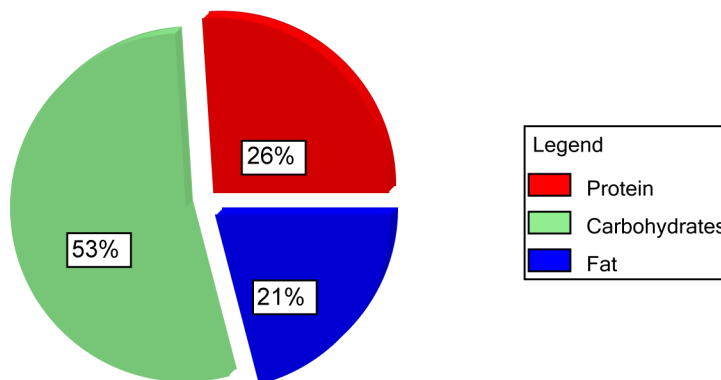
Daily Plan Averages

Calories: 1204 kCal
Protein: 26%
Carbohydrates: 53%
Fat: 21%
Fat: 29 grams
Carbohydrates: 165 grams
Protein: 81 grams
Saturated Fat: 9 grams
Cholesterol: 152 mgs
Fiber: 25 grams
Sodium: 1801 mgs

First Number is daily amount

*-Number in () is recommended daily amount

Nutritional Breakdown for Meal Plan



This meal plan provides more protein early in the day for increased energy and alertness during the morning and afternoon. The seven day menu provides heart healthy fiber and averages less than 200 mgs of cholesterol and 2000 mgs of sodium. It ensures a balance of protein, carbohydrates and heart healthy fats. Daily snacks will help you feel satisfied longer and provide you with the energy you need throughout the day. At this calorie level it is recommended that you take a generic multivitamin/ mineral supplement. As always, you should consult with your doctor or a registered dietitian if you have specific health concerns.

Provided By: Joan Dietitian

Consult a qualified health professional before starting any exercise and/or nutrition program.
Professional Dietary Services



Plan Name: 1200 Calorie - High Energy

Food (Baked Products)	Amount
Baking Powder	1 tsp(s)
Baking Soda	1/2 tsp(s)
Bread crumbs, dry, grated, plain	1/2 cup(s)
Bread, whole-wheat, commercially prepared, toasted	1 slice(s)
Corn Tortillas	10 tortilla(s) medium (approx 6 dia)
Crackers, whole-wheat, low salt	10 cracker(s)
English muffins, whole-wheat, toasted	1 muffin(s)
Hamburger/Hotdog Bun	6 roll(s)
Taco shells, baked	8 medium (approx 5 dia)
Tortillas, ready-to-bake or -fry, flour, without added calcium	2 tortilla(s), medium (approx 6 dia)
Wheat Rolls	1 medium (2-1/2 dia)
Wheat Rolls	2 roll(s) (1 oz each)
Whole Wheat Pita Bread	1/2 pita, large (6-1/2 dia)
Whole Wheat Tortilla	4 tortilla(s)
Wonton wrappers (includes egg roll wrappers)	4 wrapper, eggroll (7 square)
Food (Beef Products)	Amount
New York Strip Steak, Lean, Broiled	2 oz
Food (Beverages)	Amount
Kelloggs Special K2O Protein Water Mix- Iced Tea	2 packet
Kelloggs Special K2O Protein Water Mix- Pink Lemonade	2 packet
Kelloggs Special K2O Protein Water Mix- Strawberry Kiwi	3 packet
Splenda	1 tbsp(s)
Water	64 fl oz
Food (Cereal Grains and Pasta)	Amount
Couscous, cooked	1/2 cup(s), cooked
Flour, Whole Wheat	1 1/2 cup(s)
Oatmeal, old fashioned, quaker	1/2 cup(s), dry
Rice noodles, cooked	1 cup(s)
Rice, brown, medium-grain, cooked	1/3 cup(s)
Spaghetti, whole-wheat, cooked	1 cup(s)
Food (Dairy and Egg Products)	Amount
Butter, whipped, with salt	1 tbsp(s)
Cheese, cottage, lowfat, 1% milkfat, no sodium added	1/2 cup(s)
Cheese, mozzarella, low sodium	1 slice(s) (1 oz per slice)
Cheese, mozzarella, part skim milk, low moisture	1 oz
Cheese, parmesan, low sodium	1 tbsp(s)
Cheese, provolone	2 oz
Cottage Cheese (1% milkfat)	3/4 cup(s) (not packed)
Cottage Cheese (2% milkfat)	1/4 cup(s) (not packed)
Egg Whites	4 large egg(s)
Egg(s) (Without salt)	1 large egg(s)
Egg, whole, cooked, scrambled	2 large

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1200 Calorie - Low Sodium Meal Plan For Joan Adams

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Date: 5/19/2016

Day 3:

Breakfast:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Food for Life Ezekial 4:9 Breads - Low Sodium Sprouted Grain	1 slice(s)	80	0.5	15	4	0	0	3	0
Oranges, raw, navels	1 fruit(s) (2-7/8 dia)	68.6	0.2	17.6	1.3	0	0	3.1	1.4
Egg, whole, cooked, hard-boiled	1 large	77.5	5.3	0.6	6.3	1.6	212	0	62
Smart Balance Light Buttery Spread	1 tbsp(s)	45	5	0	0	1.5	0	0	90
Meal Total:		271.1	11	33.1	11.6	3.2	212	6.1	153.4

Snack:

No Items

Lunch:

+Avocado Vegetable Taco - Low Sodium	2 serving(s)	365.3	13.3	54.5	10.5	1.3	0	13.8	483.5
Apples, Raw	1 small (2-1/2 dia) (approx 4 per lb)	55.1	0.2	14.6	0.3	0	0	2.5	1.1
Meal Total:		420.4	13.4	69.2	10.8	1.3	0	16.3	484.6

Snack:

No Items

Dinner:

Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Salad dressing, italian dressing, reduced fat, without salt	1 tbsp(s)	11.4	1	0.7	0.1	0.1	0.9	0	4.5
+Vibrant Veggie Pizza	2 serving(s)	398	18.3	42.3	20.1	7.3	23	8.2	593.3
Ice creams, vanilla, light	1/4 cup(s)	59.4	1.6	9.7	1.6	1	8.9	0.1	24.4
Meal Total:		480	20.9	54.9	22.6	8.4	32.8	9.5	628.9

Snack:

No Items

+ Indicates Item has Recipe

Total Nutritional Values: 1172 45 157 45 13 245 32 1267

Provided By: Sample Trainer

N/A = Nutritional Information Not Available

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This recipe makes 1 salad.
This recipe makes 1 servings.
1 Serving = 1 salad.

Ingredients:

Ground Oregano	1/2 tsp(s)
Black Pepper	1/2 tsp(s)
Basil, fresh	1 tsp(s)
Vinegar, red wine	1/2 tbsp(s)
Olive Oil	1 tbsp(s)
Olives, ripe, canned (small-extra large)	4 large
Cucumber, with peel, raw	1 cup(s) slices
Lettuce, green leaf, raw	2 cup(s), shredded
Red Tomatoes	1 cup(s) cherry tomatoes

Instructions:

Whisk the olive oil, wine vinegar, salt, basil, black pepper and oregano together. Mix the remaining ingredients. Pour dressing over salad.

Tip:

For Detox Diet substitute lemon juice for vinegar and omit tomatoes.

Nutrition Information for 1 Serving:

Calories: 205 kCal	Saturated Fat: 2 grams
Fat: 16 grams	Cholesterol: 0 mgs
Carbohydrates: 15 grams	Fiber: 5 grams
Protein: 4 grams	Sodium: 196 mgs