

SocialCafé magazine

1 Day Meal Plan - 1200 Calories

Breakfast – 300 Calories

1 cup Kelloggs - Special K original cereal

1/2 cup Horizon Organic 2% milk

50 (about) Blueberries raw

8 oz. Coffee with cream and sugar

Calorie Total for Breakfast - 300

Lunch – 400 Calories

1 MorningStar Farms Spicy Black Bean Veggie Burger

1/2 cup Lowell Foods - Sauerkraut with Carrots

1 slice Pepperidge Farm Oatmeal Bread (cut in half)

10 Strawberries (large raw)

8 oz. Coffee with cream and sugar

Calorie Total for Lunch - 400

Dinner – 300 Calories

1 (4 oz.) Steamed Salmon Fillet

4 oz. Whole Foods Steamed Mixed Veggies

2 slices of fresh Pineapple (about 3-1/2" dia. x 1/2" thick each)

8 oz. Coffee with cream and sugar

Calorie Total for Dinner - 300

Snack #1 – 100 Calories

1 pack Emerald Natural Walnuts and Almonds

Calorie Total for Snack #1 – 100

Snack #2 – 100 Calories

1 cup shredded Lettuce Iceberg

10 Cherry Tomatoes

1 small Cucumber peeled cut in circles

1 tablespoon (about) of fresh Lemon Juice

1 teaspoon Napa Valley Organic Extra Virgin Olive Oil

Calorie Total for Snack #2 - 100

Daily Water Intake

Aim to drink at least 6 to 8 cups of water per day!

Notes:

Large light blue rectangular area for taking notes.