



# Meal Plan



1200 Calorie High Protein, Low Carb Plan  
86 g carbs, 16 g fat, high protein, gluten free

## MONDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1 C blueberries

### Lunch

2 C greens, 8 oz chicken, 1 C broccoli, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground turkey, 1 C broccoli, 1 bell pepper, 4 oz zucchini noodles

### Snacks

1 protein shake: 1 C strawberries, 1 scoop protein powder, 1 C almond milk

## TUESDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1 banana

### Lunch

2 C greens, 8 oz chicken, 1 C cucumber, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground beef, 1 C mushrooms, ¼ C spaghetti sauce, 1 C spaghetti squash

### Snacks

1 protein shake: 1 C blueberries, 1 scoop protein powder, 1 C almond milk

## WEDNESDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1.5 C strawberries

### Lunch

2 C greens, 8 oz chicken, 1 C carrots, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground turkey, 1 bell pepper, ½ med onion, 4 oz zucchini noodles

### Snacks

1 protein shake: 1 banana, 1 scoop protein powder, 1 C almond milk

## THURSDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1 C blueberries

### Lunch

2 C greens, 8 oz chicken, 1 C cauliflower, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground beef, 1 bell pepper, ½ med onion, 4 oz zucchini noodles

### Snacks

1 protein shake: 1 C strawberries, 1 scoop protein powder, 1 C almond milk

## FRIDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1 banana

### Lunch

2 C greens, 8 oz chicken, 1 C mushrooms, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground turkey, 1 C mushrooms, 1 med onion, 1 zucchini

### Snacks

1 protein shake: 1 C blueberries, 1 scoop protein powder, 1 C almond milk

## SATURDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1.5 C strawberries

### Lunch

2 C greens, 8 oz chicken, 1 C broccoli, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground beef, 1 C mushrooms, ¼ C spaghetti sauce, 1 C spaghetti squash

### Snacks

1 protein shake: 1 banana, 1 scoop protein powder, 1 C almond milk

## SUNDAY

### Breakfast

1 C egg whites, 1 oz mozzarella cheese, 1 C NF Greek yogurt, 1 C blueberries

### Lunch

2 C greens, 8 oz chicken, 1 C cucumber, 1 tomato, 2 T dressing

### Dinner

4 oz lean ground turkey, 1 bell pepper, ½ med onion, 4 oz zucchini noodles

### Snacks

1 protein shake: 1 C strawberries, 1 scoop protein powder, 1 C almond milk