

# 1200 Calorie Menu Day 1

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Vegetable	Baby Carrots	1 cup	35
Healthy Fat	Almonds	12	108
<b>Lunch</b>			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	15
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
<b>Snack 2</b>			
Resist	Resist Bar	1 bar	180
<b>Snack 3</b>			
Reduce	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Skinless Chicken Breast	3 oz	97
Vegetable	Steamed Cauliflower	1 cup	25
Vegetable	Steamed Broccoli	1 cup	44
Grain	Steamed Wild Rice	½ cup Cooked	83
		<b>Total Calories</b>	<b>1,175</b>

# 1200 Calorie Menu Day 2

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/skim Milk	1 serving	210
<b>Snack 1</b>			
Good Fat	Almonds	10	90
Vegetable	Celery Sticks	2	12
<b>Lunch</b>			
Grain	Sandwich Thins	2 slices	100
Lean Meat	Tuna	2 oz. can	54
Other	Light Mayo	1 tsp.	35
Vegetable	Romaine Lettuce	1 cup	15
Dairy	Fat Free Cottage Cheese	½ cup	70
<b>Snack 2</b>			
Fit Product	Resist Bar	1 serving	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Lean Meat	Canadian Bacon	3 oz.	159
Grain	Whole Wheat Roll	small	80
Vegetable	Spinach Salad	2 cup	40
Vegetable	Red Bell Pepper	½ pepper	20
Vegetable	Zucchini	½ cup	15
Healthy Fat	Fat Free Ranch	2 tbs.	30
<b>Total Calories</b>			<b>1,197</b>

# 1200 Calorie Menu Day 3

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/skim milk	1 serving	210
<b>Snack 1</b>			
Vegetable	Baby Carrots	1 cup	35
<b>Lunch</b>			
Grain	Sandwich Thins	2 slices	100
Lean Meat	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	15
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
<b>Snack 2</b>			
Fit Product	Resist Bar	1 bar	180
<b>Snack 3</b>			
Reduce	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Lean Meat	Grilled Salmon	3 oz	186
Vegetable	Asparagus	8 spears	24
Vegetable	Romaine Lettuce	1 cup	20
Vegetable	Tomato	½ medium	22
Starch/Carb	Steamed Wild Rice	½ cup	83
Healthy Fat	Fat Free Italian Dressing	2 tbs.	20
<b>Total Calories</b>			<b>1,151</b>

# 1200 Calorie Menu Day 4

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
	Bioactive Beverage	1 oz.	15
Protein/Dairy	Rebuild w/Skim milk	1 serving	210
<b>Snack 1</b>			
Fruit	Strawberries	1 cup	75
Healthy Fat	Walnuts	8	80
<b>Lunch</b>			
Vegetable	Raw Spinach Salad	2 cups	12
Protein	Lean Deli-Turkey	2 slices	50
Vegetable	Tomato	½ medium	20
Dairy	Feta Cheese	1 oz.	70
Healthy Fat	Light Ranch	2 tbs.	30
<b>Snack 2</b>			
Resist	Resist Bar	1 bar	180
<b>Snack 3</b>			
Reduce	Reduce Fat Reducer	1 serving	70
<b>Dinner</b>			
Lean Meat	Grilled Chicken	3 oz	97
Vegetable	Red Bell Pepper	½ pepper	20
Vegetable	Green Bell Pepper	½ pepper	20
Vegetable	Onion	½ medium	24
Vegetable	Corn	½ cup	80
Grains	Flour Tortilla	2	81
Healthy Fat	Olive Oil (cook with)	½ tbs.	55
<b>Total Calories</b>			<b>1,189</b>

# 1200 Calorie Menu Day 5

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Vegetable	Baby Carrots	1 cup	35
Fruit	Orange	medium	60
<b>Lunch</b>			
Grain	Sandwich thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine lettuce	1 cup	15
Healthy Fat	Avocado	4 thin slices	53
Fruit	Apple	medium	95
<b>Snack 2</b>			
Resist	Resist Bar	1 bar	180
<b>Dinner</b>			
Protein	Shrimp	8	48
Vegetable	Asparagus	5 spears	15
Vegetable	Steamed Broccoli	½ cup	22
Grain	Whole Wheat Pasta	¾ cup	157
Healthy Fat	Olive Oil	½ tbs.	55
Herb	Garlic	1 clove	-
<b>Snack 3</b>			
Reduce	Reduce Fat Flusher	1 serving	70
		<b>Total Calories</b>	<b>1,188</b>

# 1200 Calorie Menu Day 6

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Fruit	Grapes	½ cup	31
<b>Lunch</b>			
Starch/Carb	Sandwich Thins	2 slices	100
Lean Meat	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	15
Fat	Avocado	4 thin slices	53
Grain	Triscuit Thin Crisps	12 crackers	119
<b>Snack 2</b>			
Fit Product	Resist Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Skinless Chicken Breast	3 oz.	97
Vegetable	Cooked Snap Beans	½ cup	25
Vegetable	Mushrooms	3 large	15
Vegetable	Onion	½ medium	20
Grain	Brown Rice	½ cup (cooked)	110
Healthy Fat	Olive Oil	½ tbs.	55
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
		<b>Total Calories</b>	<b>1,173</b>