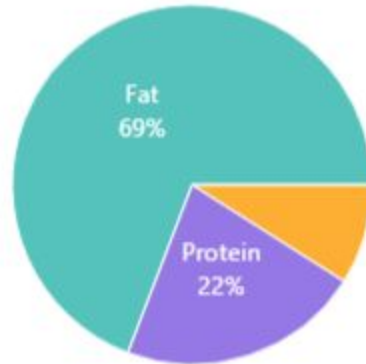


1200 CALORIES DIET

1200 Calories Diet Plan Day 1 Low-Carb

PERCENT CALORIES FROM



	CURRENT TOTALS	TARGETS
Calories	1219	1200
Carbs	28g	0g - 27g
Fat	95.5g	80g - 113g
Protein	67.8g	45g - 90g
Fiber	12.4g	25 g
Net carbs	15.6g	-
Sodium	1376mg	-
Cholesterol	564mg	-
Est. cost	\$4.36	< \$10

Breakfast

319 Calories



Curry Cheddar Scrambled Eggs

1 serving



Bacon

2 strips

Curry Cheddar Scrambled Eggs

Per serving: 219 Calories • 1.2g Carbs (0.3g Fiber) • 16.2g Fat • 16g Protein

5 mins to prep 5 mins to cook

Ingredients

Ingredients scaled to: 1 serving

- 1/4 tsp Curry powder (0.50 grams)
- 1 dash Salt (0.40 grams)
- 1 dash Pepper (0.10 grams)
- 2 large Egg (100 grams)
- 2 tbsp, shredded Cheddar cheese (14 grams)
- 1/2 tsp Butter (2.4 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Sprinkle the curry powder, salt and pepper onto the beaten eggs; beat together until well blended. Stir in the Cheddar cheese.
2. Melt the margarine in a skillet over medium heat. Pour in the eggs, and cook, stirring constantly until firmed to desired temperature, 3 to 5 minutes.

Bacon

Per serving: 100 Calories • 0.3g Carbs (0g Fiber) • 9.5g Fat • 3g Protein

0 mins to prep 10 mins to cook

Ingredients

Ingredients scaled to: 2 strips

- 2 strip Bacon (24 grams)

Directions

Directions are based on the original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

Lunch

424 Calories



Paleo Avocado Chicken Salad

1 serving



Cheese slices

1 serving

Paleo Avocado Chicken Salad

Per serving: 309 Calories • 17.6g Carbs (9.9g Fiber) • 22.1g Fat • 16.1g Protein

5 mins to prep 0 mins to cook

Ingredients

Ingredients scaled to: 1 servings

- 1 fruit, without skin and seed Avocados (136 grams)
- 1 lemon yields Lemon juice (47 grams)
- 1/4 medium (2-1/2" dia) Onions (27.5 grams)
- 2 oz Premium Chunky Chicken Breast (56 grams)
- 1 dash Salt (0.40 grams) 1 dash Pepper (0.10 grams)

Directions

Directions are based on the original recipe of 1 servings

1. Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about 1/4-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add drained chicken, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with chicken salad and serve.

Cheese slices

Per serving: 115 Calories • 0.4g Carbs (0g Fiber) • 9.6g Fat • 6.8g Protein

1 mins to prep 0 mins to cook

Ingredients

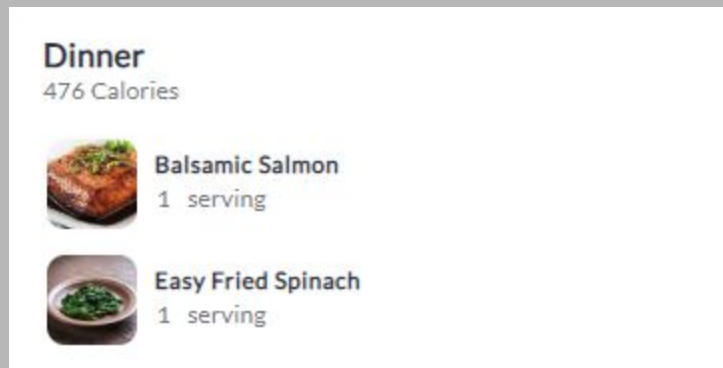
Ingredients scaled to: 1 serving

- 1 oz Cheddar cheese (28.4 grams)

Directions

Directions are based on the original recipe of 1 servings

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitut



Balsamic Salmon

Per serving: 298 Calories • 3.7g Carbs (0.1g Fiber) • 20.7g Fat • 22.7g Protein

5 mins to prep 10 mins to cook

Ingredients

Ingredients scaled to: 1 servings

- 1/2 dash Salt (0.20 grams)
- 1 tbsp Balsamic vinegar (16 grams)
- 1 tbsp Olive oil (13.5 grams)
- 1/2 tbsp Lemon juice (7.5 grams)
- 1/2 clove Garlic (1.5 grams)
- 4 oz Atlantic salmon (113 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Combine olive oil, fresh garlic, lemon juice, balsamic vinegar, and salt in a small bowl.
2. Coat salmon fillet on both sides with mixture.
3. Broil salmon in oven 4" from broiler for 4-6 minutes or until the fish flakes. If the fish is over 1" thick, you may have to turn once halfway through the broiling.
4. Serve with extra balsamic vinegar to taste.

Easy Fried Spinach

Per serving: 178 Calories • 4.8g Carbs (2.2g Fiber) • 17.4g Fat • 3.1g Protein

5 mins to prep 10 mins to cook

Ingredients

Ingredients scaled to: 1 serving

- 1/20 cup Vegetable oil (9.3 grams)
- 1/20 cup Butter (9.5 grams)
- 1/3 package (10 oz) Spinach (94.7 grams)
- 1 1/3 cloves, minced Garlic (4 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Melt the butter with the canola oil in a large skillet over medium heat until it stops bubbling. This allows the water from the butter to evaporate. Add the garlic; cook and stir for about 2 minutes, until it is just beginning to brown. Put in the spinach leaves and cook for about 5 minutes while stirring, until the leaves are dark and are about 1/4 of their original size.

