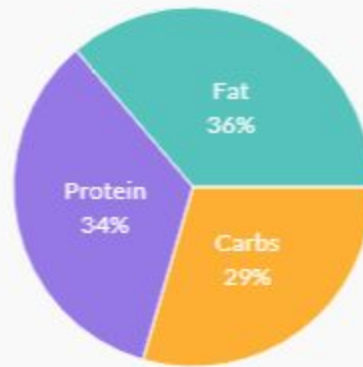


# 1200 CALORIES DIET

## 1200 Calories Vegetarian Diet Plan Day 1 Low-Carb

PERCENT CALORIES FROM

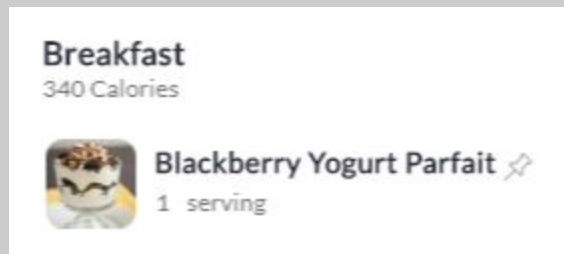


CURRENT TOTALS

TARGETS

Calories	<b>1143</b>	2000
Carbs	<b>87.2g</b>	50g - 200g
Fat	<b>47.6g</b>	50g - 150g
Protein	<b>101.3g</b>	50g - 200g
Fiber	23.9g	25 g
Net carbs	63.3g	-
Sodium	797mg	-
Cholesterol	49mg	-
Est. cost	\$9.69	< \$10

## BreakFast



# Blackberry Yogurt Parfait

Per serving: 340 Calories • 28.6g Carbs (12.9g Fiber) • 13.5g Fat • 30.2g Protein

10 mins to prep 0 mins to cook

## Ingredients

### Ingredients scaled to: 1 serving

- 8 oz Nonfat greek yogurt (227 grams)
- 1 cup Blackberries (144 grams)
- 10 almond Almonds (12 grams)
- 2 tbsp, ground Flaxseed (14 grams)

## Directions

### Directions are based on the original recipe of 1 serving

1. Top yogurt with the blackberries, almonds, and flax. Serve and enjoy!

## Lunch



# Peanut Butter Protein Yogurt

Per serving: 356 Calories • 15.1g Carbs (1.3g Fiber) • 9.9g Fat • 52.3g Protein

5 mins to prep 0 mins to cook

## Ingredients

Ingredients scaled to: 1 servings

- 1 cup Nonfat greek yogurt (240 grams)
- 1 scoop (30g) Whey protein powder (30 grams)
- 1 tbsp Peanut butter (16 grams)

## Directions

Directions are based on the original recipe of 1 servings

1. Mix protein powder and peanut butter into greek yogurt until well-combined.

## Dinner



## Angelic Pasta

Per serving: 227 Calories • 35.4g Carbs (5.6g Fiber) • 6.4g Fat • 8.9g Protein

10 mins to prep 15 mins to cook

## Ingredients

Ingredients scaled to: 1 servings

- 1/6 dash Pepper (0.017 grams)
- 1/2 medium whole (2-3/5" dia) Tomatoes (61.5 grams)
- 1/6 dash Salt (0.067 grams)
- 1/6 tbsp Garlic (1.4 grams)
- 1 1/3 oz Pasta (37.8 grams)
- 1/6 tbsp Olive oil (2.3 grams)
- 2/3 oz Mozzarella cheese (18.9 grams)
- 2 leaf, whole Basil (1 grams)
- 1/3 medium Zucchini (65.3 grams)

## Directions

Directions are based on the original recipe of 6 servings

1. Chop tomatoes. Slice zucchini. Shred mozzarella. Crush garlic.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
3. Meanwhile, heat a medium skillet over medium heat. Pour in oil and saute garlic until golden. Stir in zucchini, salt and pepper. Saute 2 minutes, then mix in tomato and cook a few minutes more. Chop basil and add to vegetables right before mixing with pasta.
4. Combine pasta and vegetables. Serve topped with mozzarella.

# Asparagus Parmesan

Per serving: 197 Calories • 5.6g Carbs (1.9g Fiber) • 17.4g Fat • 6.3g Protein

5 mins to prep 10 mins to cook

## Ingredients

Ingredients scaled to: 1 serving

- 1/5 tbsp Butter (2.8 grams)
- 1/20 cup Olive oil (10.8 grams)
- 1/5 lb Asparagus (90.6 grams)
- 3/20 cup Parmesan cheese (15 grams)
- 1/5 dash Salt (0.080 grams)
- 1/5 dash Pepper (0.020 grams)

## Directions

Directions are based on the original recipe of 5 servings

1. Melt butter with olive oil in a large skillet over medium heat. Add asparagus spears, and cook, stirring occasionally for about 10 minutes, or to desired firmness. Drain off excess oil, and sprinkle with Parmesan cheese, salt and pepper.

