

1200 CALORIES DIET

1200 Calories Diet Plan Vegetarian Day 1

Breakfast

417 Calories



Banana and Kale Smoothie

1 serving



Granola

1 ounce

Banana and Kale Smoothie

Per serving: 278 Calories • 54.1g Carbs (14.6g Fiber) • 6.1g Fat • 8.6g Protein

2 mins to prep 0 mins to cook

Ingredients

Ingredients scaled to: 1 serving

- 1 cup Coconut water (liquid from coconuts) (240 grams)
- 1/2 cup, sliced Banana (75 grams)
- 1 cup, chopped Kale (67 grams)
- 1/2 oz Chia seeds (14.3 grams)
- 3/4 cup Blueberries (111 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Enjoy

Granola

Per serving: 139 Calories • 15.1g Carbs (2.6g Fiber) • 6.8g Fat • 4.2g Protein

1 mins to prep 0 mins to cook

Ingredients

Ingredients scaled to: 1 ounce

- 1 oz Granola (28.4 grams)

Directions

1. No directions

Lunch

Lunch

356 Calories



Peanut Butter Protein Yogurt

1 serving

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 serving

- 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 serving 1.

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

Dinner

Dinner
424 Calories

 **Angelic Pasta**
1 serving

 **Asparagus Parmesan**
1 serving

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 serving

- 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.

