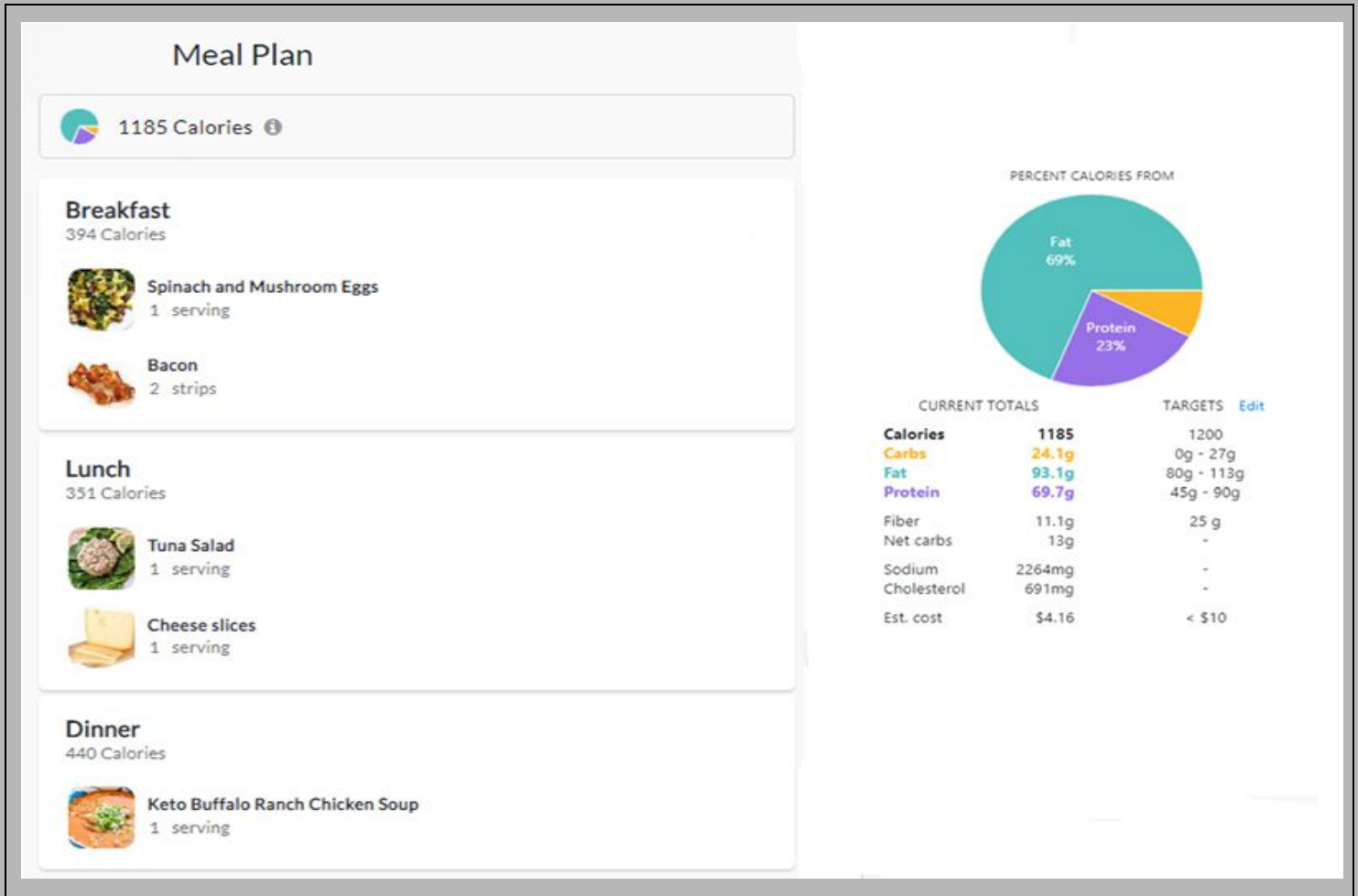


1200 CALORIES DIET

1200 Calories Diet Plan For Day 1



Who Needs a 1200 Calorie Diet?

A 1,200 calorie diet is a plan that restricts food intake, creating a calorie deficit to promote weight loss. Unlike other diet strategies that focus on a particular food group (such as the ketogenic diet cutting carbs or the 3-day military diet which cuts several foods), there are no specific modifications for the 1,200 calorie diet. Overall quantity is limited in whatever way is easiest for you.

Given the average woman requires 2100 calories to maintain a healthy weight, the 1,200 calorie diet should be a sizeable yet manageable caloric deficit for most. That said, eating 1,200 calories may mean a mild reduction in calorie intake for some, yet quite drastic and unhealthy for others. It simply depends on your current calorie intake as well as your metabolic rate. To find your current metabolic rate, use this equation. For instance, a smaller, sedentary postmenopausal woman may only require 1,500 calories to maintain her current weight. Restricting to 1,200 calories may produce mild weight loss. Meanwhile, a larger, active young man may require 2,500 calories to maintain his current weight. This means, restricting to 1,200 calories would cut his food intake by over 50%. So, while restricting calories to 1,200 will help you lose weight, the rate and sustainability of this diet depends on individual characteristics like age, gender, activity level and health status.

BreakFast

Spinach and Mushroom Eggs



Per serving: 294 Calories • 9.4g Carbs (4g Fiber) • 19.5g Fat • 23g Protein

Ingredients

Ingredients scaled to: 1 serving

- 2 1/2 large **Egg** (125 grams)
- 1/2 dash **Salt** (0.20 grams)
- 1/2 dash **Pepper** (0.050 grams)
- 4 1/6 cup **Spinach** (125 grams)
- 1/2 tbsp **Olive oil** (6.8 grams)
- 1 1/4 cup, whole **Mushrooms** (120 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Whisk eggs together, season and set aside.
2. Fill a deep frying pan with spinach, add olive oil and cover with a lid. Shimmer and stir every so often for 5-10 minutes until almost done.
3. Add mushrooms and continue cooking and stirring, covered, until the mushrooms are lightly golden.
4. Pour in the eggs and fry until the eggs are cooked through. Serve immediately and enjoy!

With BreakFast

Bacon



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

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

Tuna Salad



Per serving: 236 Calories • 9.6g Carbs (6.9g Fiber) • 15.6g Fat • 18.1g Protein

Ingredients

Ingredients scaled to: 1 serving

1/2 can **Tuna** (82.5 grams)

1/2 fruit **Avocados** (101 grams)

1/2 tbsp **Lemon juice** (7.5 grams)

1/8 cup chopped **Onions** (8.9 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Mix and mash all ingredients, then add salt, pepper, and garlic powder to your preference.

With Lunch

Cheese slices



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

Ingredients

Ingredients scaled to: 1 serving

1 oz **Cheddar cheese** (28.4 grams)

Directions

Directions are based on the original recipe of 1 serving

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

Dinner

Keto Buffalo Ranch Chicken Soup



Per serving: 440 Calories • 4.4g Carbs (0.2g Fiber) • 38.9g Fat • 18.7g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1/4 breast, bone and skin removed **Chicken breast** (59 grams)
- 3/4 tsp **Franks RedHot Hot Sauce** (3.8 grams)
- 1/2 tbsp **Ranch dressing** (7.5 grams)
- 1/4 stalk, medium (7-1/2" - 8" long) **Celery** (10 grams)
- 1/20 cup, chopped **Onions** (5 grams)
- 3/4 tbsp **Butter** (10.6 grams)
- 1 oz **Cream cheese** (28.4 grams)
- 1/8 cup, fluid (yields 2 cups whipped) **Heavy whipping cream** (29.8 grams)
- 1 cup **Chicken broth** (240 grams)
- 7/8 strip **Bacon** (10.5 grams)

Directions

Directions are based on the original recipe of 8 servings

1. Place bacon in pan over medium high heat and cook until done. Set aside, leaving some of the drippings in pan. Chop and place chicken in pan and cook through, about 7-10 minutes. Set aside.
2. While chicken and bacon are cooking, add remaining ingredients to a saucepan and cook on medium. Don't boil. When chicken and bacon are done add to the sauce pan and cover. Allow to cook for 5-10 minutes before serving. Enjoy!

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