

Female Healthy & Fit

1200 Calorie Menu



	BREAKFAST	LUNCH	DINNER	DESSERT
Monday	Mexican Egg White Scramble w/Turkey Bacon 31g Protein 15g Carbs 12g Fat 286 Calories Dairy free, No nuts	Grilled Chicken Wrap w/Spinach, Peppers, Coleslaw 28 Protein 45g Carbs 2g Fat 266 Calories Dairy free, No nuts	Mini Turkey & Bell Pepper Meatloaf Bites W/Broccoli & Brown Rice 31g Protein 45g Carbs 3g Fat 302 Calories Dairy free, No nuts	SLUDGE 31g Protein 45g Carbs 12g Fat 412 Calories Dairy free,
Tuesday	Peanut Butter Waffles w/Berries 31g Protein 15g Carbs 10g Fat 331 Calories Dairy free	Albacore Tuna Salad Cups w/ Balsamic & Sliced Almonds 31g Protein 10g Carbs 5g Fat 265 Calories Dairy free	Grilled Salmon w/ Mango Lime Siracha Sauce, Rice, Mixed Veggies 28g Protein 45g Carbs 8g Fat 382 Calories Dairy free, No nuts	Chocolate Chip Protein Cookie 18g Protein 45g Carbs 8g Fat 224 Calories
Wednesday	Red Quinoa Pancake w/ Turkey Bacon 38g Protein 18g Carbs 12g Fat 330 Calories Dairy free, No nuts	Teriyaki Chicken Bowl w/ Zucchini Noddles, Green Beans, Brn Rice 33g Protein 18g Carbs 0g Fat 231 Calories Dairy free, No nuts	Marinated Tri Tip w/ Rosemary Potatoes, Green Beans 34g Protein 45g Carbs 10g Fat 325 Calories Dairy free, No nuts	SLUDGE 31g Protein 45g Carbs 12g Fat 412 Calories Dairy free, No nuts

Thursday	Egg White Omelet Spinach,Peppers & Mushrooms, Turkey 33g Protein 8g Carbs 5g Fat 280 Calories Dairy free, No nuts	Grilled Chicken Fajitas w/ Cilantro Rice & Black Beans 31g Protein 45g Carbs 0g Fat 395 Calories Dairy free, No nuts	Red Pepper Fish Quinoa Grilled Veggies 31g Protein 45g Carbs 0g Fat 285 Calories Dairy free, No nuts	Red Double Chocolate Chip Protein Cookie 20g Protein 21g Carbs 9g Fat 245 Calories
Friday	Bannana Oats Protein Pancakes, Turkey Sausage 31g Protein 15g Carbs 12g Fat 343 Calories Dairy free, No nuts	Brown Pasta with Marinara Turkey Meatballs 31g Protein 45g Carbs 5g Fat 375 Calories Dairy free, No nuts	Sweet Potato Nacho Fries w/ Shredded Chicken 28g Protein 45g Carbs 0g Fat 335 Calories Dairy free, No nuts	SLUDGE 31g Protein 45g Carbs 12g Fat 245 Calories Dairy free

Please advise us if you have any allergies to any of the food items or need to make substitutions to any category based on your liking

Mid Morning Snack Recommendations:

- Protein Cookie (Custome Caterers FIT)
- Protein Sludge (Custom Caterers FIT)
- Protein Pancake (Custom Caterers FIT)
- 1 apple with 1 tbsp of all natural Peanut Butter
- 1 cup of berries of choice with small greek yogurt
- cottage cheese with 1 cup of chopped strawberries
- 1 cup of raw almonds with 1 apple
- 1 tbsp of all natural Peanut Butter with 1 rice cake
- Protein Shake

Mid Day Snack Recommendations:

- Protein Cookie (Custome Caterers FIT)
- Protein Sludge (Custom Caterers FIT)

Protein Shake

1 apple with 1 tbsp of all natural Peanut Butter

Veggie Salad with fresh squeezed lemon juice

Protein Bar

