

1200 Calorie Diet – Day 1

Recommended Foods

There are no specific foods recommended on the 1200 calorie diet, but dieters experience a greater weight loss when the diet is based on fresh and unprocessed foods including fruit, vegetables, lean proteins, whole grains, and legumes. Include fresh and unprocessed [foods with low glycemic index](#) into your 1200 calorie diet menus to stop craving food and lose weight without hunger. You may substitute other foods of the same nutrient quality for the foods listed. For example: an apple can be substituted for an orange or 1 oz. chicken may be substituted for 1 oz. of beef, etc. Also you can include as many caffeine and calorie free beverages as you want. Limit caffeine intake to 2 cups of coffee or tea per day. Drink at least 8 glasses of water every day.

Recommended Exercise

Daily exercise is important for maintaining weight loss and for general health. Excessive exercise may not be beneficial on the 1200 calorie diet plan because the calories and nutritional intake is too low to sustain high levels of physical activity. Have a look at the [best exercise to lose weight](#) and [fun exercise ideas](#).

Day 1

Breakfast:

1 waffle plain (square - 4" square or round - 4"dia) – 33 grams – 103 kcal
1 tbsp of maple syrup – 20 grams - 52.2 kcal
1 tbsp of butter - 14grams – 100 kcal
8 oz. of water or decaffeinated coffee without sugar – 0 kcal

Total: 255.2 kcal

Lunch:

1 cup of skim milk – 247 grams - 86.5 kcal

Salad made of raw vegetables:

1 cup of shredded romaine or cos lettuce - 47grams - 8.0 kcal
¼ cup of chopped carrots – 32 grams – 13 kcal
¼ cup of chopped green peppers – 37.3 grams – 7.5 kcal
¼ cup of shredded cabbage – 17.5 grams – 4.2 kcal
¼ cup of chopped celery – 25 grams – 4 kcal
Total calories in the salad: 36.7 kcal

1 tbsp fat free salad dressing – 14 grams - 6.6 kcal
1 whole grain roll (1 oz) or 28 grams – 74 kcal

Total: 203.8 kcal

Afternoon Snack:

½ cup of sliced strawberries – 88 grams – 26.6 kcal
6 oz. fat free, fruit yogurt - 170 grams – 161 kcal

Total: 187.6 kcal

Dinner:

3 oz. sirloin steak, lean only, grilled – no fat added – 85 grams – 225 kcal
1 cup of cooked wild rice -164 grams – 166 kcal
1 pat of butter (1" sq, 1/3" high) - 5g - 35.8 kcal
½ cup of sliced cooked carrots – 78 grams - 27.3 kcal
1 mixed salad from above – 36.7 kcal
2 tbsp fat free dressing – 28 grams – 13.2 kcal

Total: 504 kcal

Evening Snack:

1 small orange (2-3/8" dia) – 104 grams – 49 kcal

Total: 49 kcal

Total: 1200 kcal