

## 1200 Calorie Diet - Day 3

### Breakfast:

2 round pancakes (4" dia) - 76 grams - 172.6 kcal  
1 tbsp fruit spread or maple syrup - 20 grams - 52.2 kcal

**Total: 224.8 kcal**

### Morning Snack:

1 cup of skim milk - 245 grams - 85 kcal  
1 sliced peach, small (2-1/2" dia) - 130g - 50.7 kcal

**Total: 135.7 kcal**

### Lunch:

1 salad with mixed greens (day 1) - 36.7 kcal  
1 tbsp fat free dressing - 14 grams - 6.6 kcal  
6 fat-free, low-sodium saltine crackers - 30 grams - 118 kcal  
3 oz. tuna fish, light, canned in water, without salt, drained solids - 85 grams - 98.6 kcal  
1 apple small (2-3/4" dia) - 149 grams - 73.5 kcal

**Total: 333.4 kcal**

### Afternoon Snack:

½ oz milk chocolate - 14 grams - 75 kcal

**Total: 75 kcal**

### Dinner:

1 cup cooked pasta - 140 grams - 183.4 kcal  
½ cup of spaghetti sauce, meatless - 126 grams - 60.3 kcal  
1 mixed green salad (day 1) - 36.7 kcal  
1 tbsp fat free dressing - 14 grams - 6.6 kcal

**Total: 287 kcal**

### Evening Snack:

1 cup skim milk - 245 grams - 85 kcal  
2 cracker standard snack-type, regular - 12 grams - 60.6 kcal

**Total: 145.6 kcal**

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**Total 1200 kcal**

