

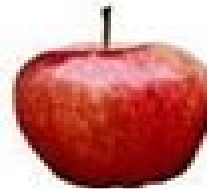
1200 CALORIE MEAL PLAN

Breakfast



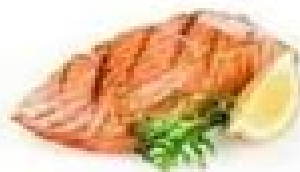
**1 cup plain yogurt
1 cup of berries**

Lunch



**Turkey sandwich
(6-8 oz turkey)
1 apple**

Dinner



**6 oz salmon
1 medium potato
1 cup broccoli**

Examples Of 1200 Calorie Diet Plan

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requirements of patients 2 the type of menu best suited to the institution 3 the food budget 4 personnel and equipment limitations and 5 the meal hours Sample menus are outlined for patients on normal diets Adaptations of normal menus for common modified are therapeutic diets include calorie and fat restricted diet mechanical soft diet soft and low fiber diet sodium restricted diet and diabetic diet for four calorie levels **Dr. Homola's Macro-nutrient Diet for Quick**

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