



1200 Calorie Low-Carb Meal Plan

Simple • Balanced • Printable Weekly Guide

Day 1

■ **Breakfast:** 2 Scrambled Eggs, 1 Slice Low-Carb Toast, $\frac{1}{2}$ Avocado

■ **Lunch:** Grilled Chicken Salad with Olive Oil Dressing

■ **Dinner:** Baked Salmon, Steamed Broccoli, Cauliflower Mash

■ **Snack:** 10 Almonds + Greek Yogurt

Daily Total: Approx. 1,200 Calories | 90g Protein | 85g Net Carbs | 45g Fat

Day 2

■ **Breakfast:** Greek Yogurt with Chia Seeds & Berries

■ **Lunch:** Turkey Lettuce Wraps + Side Salad

■ **Dinner:** Grilled Chicken, Zucchini Noodles, Pesto

■ **Snack:** Apple Slices + Peanut Butter

Daily Total: Approx. 1,200 Calories | 88g Protein | 95g Net Carbs | 40g Fat

Day 3

■ **Breakfast:** Veggie Omelet + 1 Slice Low-Carb Bread

■ **Lunch:** Tuna Salad Bowl with Mixed Greens

■ **Dinner:** Lean Beef Stir Fry + Mixed Vegetables

■ **Snack:** Cottage Cheese + Berries

Daily Total: Approx. 1,200 Calories | 92g Protein | 80g Net Carbs | 42g Fat

Day 4

■ **Breakfast:** Protein Smoothie (Almond Milk, Spinach, Protein Powder)

■ **Lunch:** Grilled Chicken Caesar Salad (Light Dressing)

■ **Dinner:** Baked Cod, Asparagus, Brown Rice (½ Cup)

■ **Snack:** Boiled Egg + Orange

Daily Total: Approx. 1,200 Calories | 90g Protein | 90g Net Carbs | 38g Fat

Day 5

■ **Breakfast:** Oatmeal (Small Portion) + Greek Yogurt

■ **Lunch:** Chicken & Veggie Wrap (Low-Carb Tortilla)

■ **Dinner:** Turkey Burger (No Bun) + Roasted Veggies

■ **Snack:** Handful of Nuts

Daily Total: Approx. 1,200 Calories | 85g Protein | 100g Net Carbs | 40g Fat

Day 6

- **Breakfast:** Scrambled Eggs + Spinach + Feta
- **Lunch:** Quinoa Salad with Grilled Chicken (½ Cup Quinoa)
- **Dinner:** Grilled Shrimp + Zucchini + Side Salad
- **Snack:** Greek Yogurt

Daily Total: Approx. 1,200 Calories | 95g Protein | 85g Net Carbs | 39g Fat

Day 7

- **Breakfast:** Avocado Toast (Low-Carb Bread) + Egg
- **Lunch:** Turkey & Veggie Bowl
- **Dinner:** Baked Salmon + Green Beans + Sweet Potato (Small)
- **Snack:** Dark Chocolate (1 Square) + Almonds

Daily Total: Approx. 1,200 Calories | 90g Protein | 95g Net Carbs | 42g Fat