

# 1200 Calorie High Protein Low Carb Meal Plan

*1151 cal / 153 g protein, 86 g carbs, 16 g fat*

 Health Beet



breakfast

## BREAKFAST

Egg whites, cheese,  
NF Greek yogurt and Fruit



lunch

## LUNCH

Green salad with  
chicken and dressing



snacks

## DINNER

Ground beef,  
cooked vegetables,  
low calorie pasta



dinner

## SNACK OR DESSERT

Protein Ice Cream

# Slim A Lowfat Low Carb Eating Plan For Life

**Fred Pescatore, M.D.**



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