











**BREAKFAST**




| For breakfast, choose any of the following combinations:                            |  | Nutritional Information* |               |              |                  | NOTES   |
|---|--|--------------------------|---------------|--------------|------------------|---|
|   |  | GL<br>1-<br>100          | Protein<br>g. | Fat<br>g.    | Calories<br>kcal |   |
|    | <b>½ avocado</b> (approximately 100gr), + <b>2 strawberries</b> (medium 12g approximately) + <b>1 spoonful of mixed nuts</b> (any of your choice approximately 12gr) | 2                        | 5             | 22           | 252              |   |
|    | <b>2 hard-boiled eggs</b> (50gr each approximately) + <b>2 slices of lean sliced cooked ham</b>  | 2                        | 17<br>(12+10) | 12<br>(10+2) | 206<br>(154+52)  | Good source of protein, iron and vitamin D.   |
|    | <b>3 slices or half a fillet of smoked salmon</b> (approximately 124g)   | 0                        | 32            | 5            | 185              | Good source of omega-3 essential fatty acids.   |
|   | <b>2 eggs scrambled with 0.51fl oz / 15g milk and a 18g tablespoon of ricotta cheese</b> (approximately 100g total)  | 3                        | 10            | 9            | 140              | Can use any cheese or smaller quantities. Nutritional values can vary depending on brand and/or type of cheese. |
|  | <b>1 tin of tuna</b> (165g tin preferably in brine or water) + <b>1 tea spoon of olive oil</b> + <b>1 wedge lemon dressing</b> (optional)                            | 0                        | 42            | 6            | 233              | May have anti-inflammatory properties. Can add ½ chopped onion & parsley to taste.                              |

\* Nutritional information is provided according to the [USDA Nutrition Data analyzer](#).

## BREAKFAST ADDITIONALS

| Choose any of the breakfast 'additional' to combine with the food choices from the main breakfast list  | GL 1-100         | Protein g.       | Fat g. | Calories kcal     |
|---|------------------|------------------|--------|-------------------|
|  <b>Rye crackers or crisp breads (up to 4 allowed)</b><br>(values are displayed for 1 10gr. wafer and can vary slightly for each brand)                                    | 4 each           | 1                | 0      | 32                |
|  <b>Rice breads (up to 4 allowed)</b><br>(Unsalted, preferably brown rice or rye. Values are displayed for a 9gr rice bread cracker and can vary slightly for each brand)  | 5 each           | 1                | 0      | 35                |
|  <b>1 cup of coffee (approximately 1 mug of 227ml / 8fl oz)</b><br>(milk allowed, values are displayed for instant black coffee and with 1floz/30g skimmed milk serving)   | 0<br>1 with milk | 0<br>1with milk  | 0      | 5<br>16 with milk |
|  <b>1 cup of tea no sugar (approximately 1 mug of 227ml / 8fl oz)</b><br>(milk allowed, values are displayed for brewed black tea and with 1floz/30g skimmed milk serving) | 0<br>1 with milk | 0<br>1 with milk | 0<br>0 | 2<br>13 with milk |
|  <b>1 green tea or herbal tea</b><br>(no sugar, approximately 227ml / 8fl oz)  | 0                | 0                | 0      | 2                 |








## SNACKS

| Choose one of the following for snack in the morning or late afternoon            |   | GL<br>(1-100)  | Protein<br>g. | Fat<br>g. | Calories<br>g. |
|---|---|--|---------------|-----------|----------------|
|  | <b>Dried mixed nuts 28g. approximately (or a handful)</b><br>(dry roasted or uncooked without added salt, avoid those cooked in vegetable oils) | 0  | 5             | 14        | 166            |
|  | <b>1Fruit (example: apple, pear, banana)</b>  | Nutritional information for each fruit can vary. A medium sized apple can contain approximately 77kcal, a pear 86kcal whereas a banana can contain 105 kcal. |               |           |                |
|  | <b>Olives and cheese</b><br>Values are displayed for 12 g olives (approximately 8 medium olives) and 17g (1 cubic inch) feta cheese             | 1  | 3             | 5         | 59             |

You can also pick from breakfast additional list for snacks.






## LUNCH AND DINNER

Choose any from the following for lunch or dinner. Adjust portions accordingly if chosen for lunch or dinner

|   |  | Nutritional Information |               |           |                  | NOTES   |
|---|--|-------------------------|---------------|-----------|------------------|---|
|   |  | GL<br>1 -<br>100        | Protein<br>g. | Fat<br>g. | Calories<br>kcal |   |
|    | <b>2 large lean meat grilled burgers</b> (approximately 3 oz/85 g each values are displayed for 80% meat 20% fat)                        | 0                       | 42            | 30        | 432              | Values can vary depending on the fat percentage and the cut of meat used.         |
|    | <b>Mixed beans</b><br>(approximately 150gr)  | 11                      | 9             | 1         | 153              |   |
|    | <b>Grilled beef steak</b><br>(approximately 168 g sirloin cut, fat removed)  | 0                       | 49            | 8         | 282              | Nutritional values can vary according to the cut of the steak.                    |
|    | <b>1 grilled or baked chicken breast fillet</b><br>(approximately 140 g. <u>skin removed</u> )   | 0                       | 43            | 5         | 231              | Can use 1 large ready filleted breast or have the breast of 1 roast whole chicken |
|    | <b>Vegetable soup</b><br>(Values are displayed for a can of 536 g)   | 19                      | 8             | 8         | 275              | Values can vary depending on the brand and/or if homemade                         |
|   | <b>Shrimps/prawns in garlic lemon and herbs</b>  | 1                       | 42            | 16        | 323              | (Oven-grilled or fried in 1tsp of olive oil, values are displayed for 200g).      |
|  | <b>Mixed vegetable omelette</b> (3 eggs)<br>Values are estimated for mix of ½ baby zucchini, ½ red pepper, ¼ onion and 2 sliced mushroom | 2                       | 20            | 25        | 319              |   |

## LUNCH AND DINNER

**Choose any from the following for lunch or dinner.** Adjust portions accordingly if chosen for lunch or dinner

|   |   | Nutritional Information |              |          |                  |  |
|---|---|-------------------------|--------------|----------|------------------|--|
|   |   | GL<br>1-<br>100         | Protein<br>g | Fat<br>g | Calories<br>kcal | Notes  |
|    | <b>2 x Stuffed peppers and/or tomatoes with lean mincemeat and brown rice.</b><br>(no more than 1tsp rice per stuffed vegetable)                | 4                       | 10           | 17       | 222              | Can also stuff courgette and aubergines. Use the inside of the vegetables to mix with the lean mince and rice for taste. |
|    | <b>Trout with garlic (1 clove) lemon juice and pine nuts</b><br>(sauté in 1 tsp olive oil, values are displayed for a 62gr fillet)              | 1                       | 17           | 12       | 187              | Add garlic and lemon and herbs according to personal preference. Trout is high in vitamin D and omega-3 oils.            |
|    | <b>1 fillet of Cod (bake or sauté in 1tsp olive oil) with parsley sauce (2 table spoon).</b><br>Values are displayed for 180 g fillet           | 5                       | 43           | 21       | 390              |  |
|  | <b>2 pork skewers grilled or roasted in lemon and 1 tsp of mustard sauce.</b><br>Values are displayed for 150 g loin, tenderloin lean meat cut. | 1                       | 33           | 5        | 179              |  |
|  | <b>1 breast of turkey (210g) grilled/ roasted in 1 tbsp yogurt and garlic (1 clove) marinade</b>  | 1                       | 63           |          | 472              | Adjust garlic to your own preference   |

## 7 Days Diet Plan (1200 calorie average)

| Week 1           | Breakfast  | Lunch   | Dinner  | Snacks & extras   | Calories               |
|------------------|--|---|---|---|------------------------|
| <b>Monday</b>    | 2 hard-boiled eggs + 2 slices of lean sliced cooked ham<br><br>2 Rye crackers + 1 Coffee with Milk | Mixed Beans<br><br>Mixed green salad (2 portions) + 1 spoonful vinaigrette + 2 rice crackers. | 1 portion fillet of Cod (bake or sauté in 1tsp olive oil) with parsley sauce (2 table spoon).<br><br>Mixed boiled vegetable + 1 small cup of brown rice | 1 portion of mixed nuts (AM)<br><br>1 banana, 1 herbal tea (PM) | <b>Total:<br/>1362</b> |
|                  | <b>Total kcal: 286</b>   | <b>Total kcal: 243</b>  | <b>Total kcal: 560</b>  | <b>Total kcal: 273</b>  |                        |
| <b>Tuesday</b>   | ½ avocado + 2 strawberries + 1 spoonful of mixed nuts<br><br>1 green tea                           | Mixed vegetable omelette (3 eggs)<br><br>2 rye crackers + 1 green tea                         | Grilled beef steak<br><br>1 portion of rice +1 portion of vegetables  | 1 apple + 1 coffee (AM)<br><br>2 rice crackers (PM)             | <b>Total:<br/>1240</b> |
|                  | <b>Total kcal: 254</b>   | <b>Total kcal: 385</b>  | <b>Total kcal: 452</b>  | <b>Total kcal: 149</b>  |                        |
| <b>Wednesday</b> | Scrambled eggs + ricotta cheese<br><br>2 rice breads + 1 coffee with milk                          | 2 burgers<br><br>1 portion of mixed vegetables  | 1 breast of turkey in marinade<br><br>2 portions of salad + 2 rye crackers  | 1 pear (AM)<br><br>1 pear (PM)                                  | <b>Total:<br/>1455</b> |
|                  | <b>Total kcal: 216</b>   | <b>Total kcal: 491</b>  | <b>Total kcal: 562</b>  | <b>Total kcal: 186</b>  |                        |

|                 |  |  |  |  |                        |
|-----------------|--|--|--|--|------------------------|
| <b>Thursday</b> | Tuna with lemon dressing<br>2 rye crackers + 1 green tea | 2 pork skewers grilled<br><br>½ portion of salad + 1 portion ricotta cheese + 2 rye crackers | Trout with garlic lemon and pine nuts.<br><br>1 portion of rice + 1 portion of vegetables. | Olive and cheese (AM)<br><br>1 portion of mixed nuts (PM)                | <b>Total:<br/>1165</b> |
|                 | <b>Total kcal: 294</b>                                   | <b>Total kcal: 289</b>   | <b>Total kcal: 357</b>   | <b>Total kcal: 225</b>   |                        |
| <b>Friday</b>   | Scrambled eggs and ricotta cheese<br>2 rice crackers     | 1 stuffed pepper 1 stuffed tomato<br><br>½ portion salad                                     | 2 burgers<br><br>1 portion of vegetables + 1 portion of cottage cheese 2 rye crackers.     | 1 apple (AM)<br><br>2 rye crackers (PM)                                  | <b>Total:<br/>1174</b> |
|                 | <b>Total kcal: 204</b>                                   | <b>Total kcal: 229</b>   | <b>Total kcal: 600</b>   | <b>Total kcal: 141</b>   |                        |
| <b>Saturday</b> | Smoked salmon<br>2 rye crackers + 1 black coffee         | Vegetable soup<br><br>1 portion of salad + 2 rye crackers                                    | 3 pork skewers<br><br>1 portion of rice and 1 portion of vegetables                        | Olives and cheese (AM)<br><br>Mixed nuts + 1 herbal tea (PM)             | <b>Total:<br/>1272</b> |
|                 | <b>Total kcal: 254</b>                                   | <b>Total kcal: 352</b>   | <b>Total kcal: 439</b>   | <b>Total kcal: 227</b>   |                        |
| <b>Sunday</b>   | Tuna and lemon dressing<br>2 rice breads + green tea     | Shrimps in garlic<br><br>½ portion of salad + 1 portion of rice                              | Grilled chicken breast<br><br>1 portion of salad 1 portion of vegetables + ricotta cheese  | 1 coffee + 1 banana (AM)<br><br>2 rye crackers + olives with cheese (PM) | <b>Total:<br/>1324</b> |
|                 | <b>Total kcal: 308</b>                                   | <b>Total kcal: 441</b>   | <b>Total kcal: 342</b>   | <b>Total kcal: 233</b>   |                        |

## Shopping List

| ITEM                   | QNTY               | GOT | ITEM                | QNTY                 | GOT |
|------------------------|--------------------|-----|---------------------|----------------------|-----|
| Eggs                   | 6                  |     | Shrimps/prawns      | 200g                 |     |
| Rice crackers          | 1 packet           |     | Turkey fillet       | 200g                 |     |
| Rye crackers           | 1 packet           |     | Chicken breast      | 160g                 |     |
| Feta cheese            | 1 packet           |     | Steak beef          | 180g                 |     |
| Ricotta cheese         | 1 tub              |     | Mince meat          | 500g                 |     |
| Cottage cheese         | 1 tub              |     | Pork pieces         | 500g loin-tenderloin |     |
| Tuna in brine or water | 1 tin              |     | Brown rice          | 1 packet             |     |
| Smoked salmon          | 1 packet           |     | Mixed nuts          | 1 packet             |     |
| Cod                    | 1 fillet 180g      |     | Vegetable soup      | 1 tin                |     |
| Trout                  | 1 fillet           |     | Olive oil           | Small bottle         |     |
| Strawberries           | 3                  |     | Spring onions       | 1 bunch              |     |
| Pears                  | 2                  |     | Broccoli            | Ample                |     |
| Garlic                 | 1                  |     | Carrots             | Ample                |     |
| Mushroom               | 3                  |     | Peas                | 1 bag                |     |
| Onion                  | 1                  |     | Avocado             | 1 large              |     |
| Olives                 | 50g                |     | Yogurt              | 1 small tub          |     |
| Courgette/zucchini     | 1                  |     | Herbal or green tea | 1 packet             |     |
| Mixed beans            | 1 tin              |     | Parsley sauce       | 1 packet             |     |
| Lettuce                | Ample              |     | Tomatoes            | 5 (2 for stuffing)   |     |
| Cucumber               | 1                  |     | Apples              | 3                    |     |
| Peppers                | 5 (2 for stuffing) |     | Bananas             | 3                    |     |





## Calorie Secrets.net – 1200 calorie diet and 7 days diet plan

### The CalorieSecrets Diet Weekly Plan

| <b>Week:</b>     | <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> | <b>Snacks</b> | <b>Calories</b> |
|------------------|------------------|--------------|---------------|---------------|-----------------|
| <b>Monday</b>    |                  |              |               |               |                 |
| <b>Tuesday</b>   |                  |              |               |               |                 |
| <b>Wednesday</b> |                  |              |               |               |                 |
| <b>Thursday</b>  |                  |              |               |               |                 |
| <b>Friday</b>    |                  |              |               |               |                 |
| <b>Saturday</b>  |                  |              |               |               |                 |
| <b>Sunday</b>    |                  |              |               |               |                 |

| <i>Food &amp; Drink Weekly Diary</i> |                  |              |               |               |             |
|--------------------------------------|------------------|--------------|---------------|---------------|-------------|
| <b>Name:</b>                         |                  |              |               | <b>Date:</b>  |             |
|                                      | <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> | <b>Snacks</b> | <b>kcal</b> |
| <b>Mon</b>                           |                  |              |               |               |             |
| <b>Tue</b>                           |                  |              |               |               |             |
| <b>Wed</b>                           |                  |              |               |               |             |
| <b>Thu</b>                           |                  |              |               |               |             |
| <b>Fri</b>                           |                  |              |               |               |             |
| <b>Sat</b>                           |                  |              |               |               |             |
| <b>Sun</b>                           |                  |              |               |               |             |

