1200 Calorie Chart: 40 Simple Foods and Free Printable

Free printable. Full guide and tips: https://betterlifecarez.com/1200-calorie-chart/

The 1200 Calorie Chart: 40 Foods and a Sample Day

Start with the daily budget, then fill each meal from the food groups below.

Your Daily Calorie Budget

Meal	Approx. calories	Build it with
Breakfast	~300	Protein, fruit, small fat
Lunch	~350	Protein, 2 cups veggies, starch
Snack	~150	Protein plus fruit or veggies
Dinner	~400	Protein, veggies, starch, measured oil
Day total	~1,200	Protein at every meal

Sample Day at About 1,200 Calories

Meal	What to eat	Approx. calories
Breakfast	Greek yogurt, blueberries, peanut butter	~280
Lunch	Tuna, toast, salad, avocado, orange	~360
Snack	String cheese and an apple	~175
Dinner	Chicken, brown rice, broccoli, peppers	~360
Day total	About 90 g protein	~1,175

Portions used: 6 oz yogurt, 1 cup berries, 1 tbsp peanut butter, 3 oz tuna or chicken, 1 slice bread, 1/3 avocado, 1/2 cup rice, 1 tsp olive oil.

Proteins (Most Protein per Calorie First)

Food	Serving	Approx. calories	Protein (g)
Shrimp, cooked	3 oz	~85	~20
Egg whites	3 large	~50	~11
Tuna in water, drained	3 oz	~100	~22
Chicken breast, skinless	3 oz	~140	~26
Nonfat plain Greek yogurt	6 oz	~100	~17
Cottage cheese, 2%	1/2 cup	~90	~12
Ground turkey, 93% lean	3 oz	~170	~22
Firm tofu	3 oz	~80	~8
Whole egg	1 large	~70	~6

Vegetables (Lowest Calorie First)

Food	Serving	Approx. calories	Fiber (g)
Spinach, raw	1 cup	~7	~1
Romaine lettuce	1 cup	~8	~1
Cucumber, sliced	1 cup	~15	~0.5
Zucchini, chopped	1 cup	~20	~1
Cauliflower, raw	1 cup	~25	~2
Cherry tomatoes	1 cup	~25	~2
Broccoli, raw	1 cup	~30	~2.5
Red bell pepper	1 cup	~40	~3
Carrots, chopped	1 cup	~50	~3.5

Fruits (Lowest Calorie First)

Food	Serving	Approx. calories	Fiber (g)
Watermelon, diced	1 cup	~45	~0.5
Strawberries	1 cup	~50	~3
Orange	1 medium	~60	~3
Raspberries	1 cup	~65	~8
Blueberries	1 cup	~85	~3.5
Apple	1 medium	~95	~4.5
Banana	1 medium	~105	~3

Grains, Beans and Starches (Most Fiber First)

Food	Serving	Approx. calories	Fiber (g)
Lentils, cooked	1/2 cup	~115	~8
Black beans, canned, rinsed	1/2 cup	~110	~7
Popcorn, air-popped	3 cups	~95	~3.5
Sweet potato, baked	1 medium	~105	~4
Rolled oats, dry	1/2 cup	~150	~4
Whole wheat bread	1 slice	~80	~2
Brown rice, cooked	1/2 cup	~110	~2

Dairy, Fats and Extras (Measure These)

Food	Serving	Approx. calories	Best use
Unsweetened almond milk	1 cup	~35	Coffee, oats, smoothies
Hummus	2 tbsp	~70	Veggie dip, wraps
String cheese, part-skim	1 stick	~80	Portable protein snack
Avocado	1/3 medium	~80	Salads, toast
Skim milk	1 cup	~85	Cereal, lattes
Peanut butter	1 tbsp	~95	Apple slices, oats
Olive oil	1 tbsp	~120	Roasting, dressings
Almonds	1 oz (~23)	~165	Split into two snacks

- Fill half your plate with vegetables at lunch and dinner.
- Include a protein food at every meal.
- Measure oils, nut butters and nuts every time.
- Drink water through the day.

Legend: ~ = approx.; cal = calories; g = grams; oz = ounces; values rounded from USDA FoodData Central, meats cooked unless noted, brands vary.