



1200 calorie diet for women

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Day 1

Breakfast: whole grain bar with yogurt and fruit

1 wholemeal cereal bar

1 / 2 yogurt, (Low fat 0% -2%)

1 fruit of your choice (apple, orange etc.)

Snack: Croissant with butter and honey or jam

1 / 2 butter croissants

1 teaspoon honey or jam

Lunch: Spaghetti with tomato sauce with peppers and mushrooms and salad

1 cup cooked pasta

3 tablespoons tomato sauce with peppers and mushrooms

2 cups salad of your choice

Snack: Half a sandwich with wholemeal bread, ham (pork or turkey), cream cheese, tomato and lettuce

1 slice whole wheat bread

1 / 2 slice of ham or ham turkey fillet

1 tablespoon cream cheese

1-2 slices tomato

1 leaf lettuce

Dinner: Peas with cheese, salad and bread

1 / 2 cup cooked peas

1 piece (30 g) cheese (feta cheese or yellow cheese, low fat or 2 tablespoons of cream cheese)

1 cup salad of your choice

1 slice whole wheat bread

DAY 1	Breakfast	Snack	Lunch	Dinner	Snack	Total
Energy (kcal)	224	137	371	137	323	1192
Protein (g)	10.31	2.36	10.72	7.11	11.39	41.89
Total Fat (g)	4.03	5.99	13.24	5.13	18.8	47.19
Saturated (g)	0.38	3.32	1.92	2.36	6.11	14.09
Carbohydrates (g)	39.03	18.82	53.58	16.61	29.98	158.02
Sugars (g)	19.96	8.95	7.45	3.01	10.46	49.83
Vitamin C (mg)	83.74	0.09	53.64	7.42	33.63	178.52

Day 2

Breakfast: whole grain cereals with fruit and milk, bread, margarine and honey or jam

1 / 2 cup whole grain cereal with fruit

1 / 2 cup low-fat milk (1% -1.5%)

1 slice whole wheat bread

1 teaspoon margarine

1 teaspoon honey or jam

Snack: Half a sandwich with whole wheat bread, smoked salmon and cream cheese

1 slice whole wheat bread

1 thin slice (30gr.) smoked salmon

1 tablespoon cream cheese

Freshly ground pepper

Lunch: Chicken soup with cheese and salad

1 cup of chicken soup

1 piece (30 g) cheese (feta cheese or yellow cheese and low fat)

1 cup salad of your choice

Snack: Cookie with yogurt

1 cookie

1 / 2 yogurt (0% -2%)

Dinner: Omelet with vegetables and ham and salad

1 egg

2 egg whites

1 / 2 cup vegetables of your choice

1 slice of ham or ham turkey fillet

1 teaspoon olive oil

1 cup salad of your choice

DAY 2	Breakfast	Snack	Lunch	Dinner	Snack	Total
Energy (kcal)	223	137	337	137	298	1132
Protein (g)	8.8	9.49	19.81	8.95	20.27	67.32
Total Fat (g)	5.35	5.04	21.22	5.14	19.21	55.96
Saturated (g)	1.55	2.18	6.56	1.29	4.18	15.76
Carbohydrates (g)	37.25	13.96	16.5	14.29	12.32	94.32
Sugars (g)	18.64	1.59	3.87	2.04	6.68	32.82
Vitamin C (mg)	10.53	0	19.14	1	88.71	119.38

Day 3

Breakfast: Half a sandwich with wholemeal bread, ham (pork or turkey) and cottage cheese and milk

1 slice whole wheat bread

1 / 2 slice of ham or ham turkey fillet

2 tablespoons cottage cheese

1 cup low-fat milk (1% -1.5%)

Snack: Fruit

2 fruit of your choice

Lunch: Artichokes with potato, cheese and salad

3 / 4 cup artichokes

1 piece (30 g) cheese (feta cheese or yellow cheese and low fat)

1 cup salad of your choice

1 small boiled potato (125gr.)

Snack: Cream crackers with ham

2 cream Crackers

1 slice of ham or ham turkey fillet

Dinner: Fish soup (with rice) and bread

1 cup of soup (with rice)

2 slices whole wheat bread

DAY 3	Breakfast	Snack	Lunch	Dinner	Snack	Total
Energy (kcal)	223	137	407	136	350	1253

Protein (g)	16.79	2.55	11.92	7.19	19.85	58.3
Total Fat (g)	6.02	0.42	21.22	5.13	12.38	45.17
Saturated (g)	3.02	0.05	6.38	1.76	1.98	13.19
Carbohydrates (g)	26.38	35.11	47.39	14.81	41.09	164.78
Sugars (g)	14.33	23.8	7.37	0.86	4.9	51.26
Vitamin C (mg)	0.56	165.48	42.23	1.12	2.65	212.04

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Day 4

Breakfast: Cereal maize (corn flakes) with milk and fruit

1 / 2 cup corn cereal (corn flakes)

1 cup low-fat milk (1% -1.5%)

1 fruit of your choice

Snack: Croissant with butter and honey or jam

1 / 2 butter croissants

1 teaspoon honey or jam

Lunch: Fish soup (with rice) with bread and mayonnaise

1 cup of soup (with rice)

1 slice whole wheat bread

2 tablespoons light mayonnaise

Snack: Half a sandwich with wholemeal bread, ham (pork or turkey), cream cheese, tomato and lettuce

1 slice whole wheat bread

1 / 2 slice of ham or ham turkey fillet

1 tablespoon cream cheese

1-2 slices tomato

1 leaf lettuce

Dinner: Risotto with prawns and salad

1 / 2 cup cooked rice (3 tablespoons uncooked)

5 shrimp (large)

1 teaspoon olive oil

Fresh chives, parsley

2 cups salad of your choice

DAY 4	Breakfast	Snack	Lunch	Dinner	Snack	Total
Energy (kcal)	222	137	378	137	320	1194
Protein (g)	10.42	2.36	17.39	7.11	10.38	47.66
Total Fat (g)	2.66	5.99	21.13	5.13	14.34	49.25
Saturated (g)	1.59	3.32	3.28	2.36	2.06	12.61
Carbohydrates (g)	41.93	18.82	30.64	16.61	38.05	146.05
Sugars (g)	26.06	8.95	4.64	3.01	5.41	48.07
Vitamin C (mg)	85.82	0.09	2.65	7.42	38.88	134.86

Day 5

Breakfast: whole grain cereals with fruit and milk, bread, margarine and honey or jam

1 / 2 cup whole grain cereal with fruit

1 / 2 cup low-fat milk (1% -1.5%)

1 slice whole wheat bread

1 teaspoon margarine

1 teaspoon honey or jam

Snack: Breadsticks with ham

2 breadsticks

1 slice of ham or ham turkey fillet

Lunch: salad with Giants

1 cup cooked beans

1 cup salad of your choice

Snack: Half a sandwich with whole wheat bread, smoked salmon and cream cheese

1 slice whole wheat bread

1 thin slice (30gr.) smoked salmon

1 tablespoon cream cheese

Freshly ground pepper

Dinner: Salad with pasta, tuna and mayonnaise

1 / 2 cup pasta (cooked)

1 / 2 cup chopped tomato

1 / 2 cup chopped bell peppers

80g. tuna in water

1 tablespoon light mayonnaise

1 teaspoon of mustard or ketchup

Fresh chives, basil

DAY 5	Breakfast	Snack	Lunch	Dinner	Snack	Total
Energy (kcal)	223	136	331	137	298	1125
Protein (g)	8.8	7.25	10.76	9.49	24.45	60.75
Total Fat (g)	5.35	6.21	18.62	5.04	8.3	43.52
Saturated (g)	1.55	2.36	2.62	2.18	1.62	10.33
Carbohydrates (g)	37.25	12.37	33.5	13.96	31.07	128.15
Sugars (g)	18.64	2	7.13	1.59	6.34	35.7
Vitamin C (mg)	10.53	1.12	56.38	0	72.08	140.11

Day 6

Breakfast: Half a sandwich with wholemeal bread, ham (pork or turkey) and cottage cheese and milk

1 slice whole wheat bread

1 / 2 slice of ham or ham turkey fillet

2 tablespoons cottage cheese

1 cup low-fat milk (1% -1.5%)

Snack: Yogurt with fruit

1 / 2 yogurt (0% -2%)

1 fruit of your choice

Lunch: Fried Prawns with salad

10 shrimp

1 tablespoon olive oil

2 / 3 cup tomato juice

45gr. slice

1 cup salad of your choice

Snack: Half a sandwich with wholemeal bread, ham (pork or turkey), cream cheese, tomato and lettuce

1 slice whole wheat bread

1 / 2 slice of ham or ham turkey fillet

1 tablespoon cream cheese

1-2 slices tomato

1 leaf lettuce

Dinner: Pizza cheese and salad

1 slice of pizza with cheese

1 cup salad of your choice

DAY 6	Breakfast	Snack	Lunch	Dinner	Snack	Total
Energy (kcal)	223	135	373	137	320	1188
Protein (g)	16.79	9.27	19.88	7.11	12.27	65.32
Total Fat (g)	6.02	2.21	27.9	5.13	16.18	57.44
Saturated (g)	3.02	0.02	9.05	2.36	6.51	20.96
Carbohydrates (g)	26.38	21.56	12.9	16.61	32.09	109.54
Sugars (g)	14.33	11.9	10.21	3.01	7.41	46.86
Vitamin C (mg)	0.56	83.74	49.97	7.42	21.4	163.09

Day 7

Breakfast: Cereal maize (corn flakes) with milk and fruit

1 / 2 cup corn cereal (corn flakes)

1 cup low-fat milk (1% -1.5%)

1 fruit of your choice

Snack: Breadsticks

3 breadsticks

Lunch: Meat soups with bread and salad

1 cup consommé

1 slice whole wheat bread

1 cup salad of your choice

Snack: Croissant with butter and honey or jam

1 / 2 butter croissants

1 teaspoon honey or jam

Dinner: Half a sandwich with wholemeal bread, ham (pork or turkey), egg and cream cheese and salad

1 slice whole wheat bread

1 / 2 slice of ham or ham turkey fillet

1 egg (boiled or scrambled eggs without oil)

1 tablespoon cream cheese

2 cups salad of your choice

DAY 7	Breakfast	Snack	Lunch	Dinner	Snack	Total
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Energy (kcal)	222	135	378	137	325	1197
Protein (g)	10.42	3.9	19.79	2.36	15.13	51.6
Total Fat (g)	2.66	5.7	18.87	5.99	19.67	52.89
Saturated (g)	1.59	2.31	3.66	3.32	5.28	16.16
Carbohydrates (g)	41.93	16.95	33.94	18.82	23.65	135.29
Sugars (g)	26.06	3	6.57	8.95	7.56	52.14
Vitamin C (mg)	85.82	0	25.62	0.09	38.84	150.37

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How many pounds can you lose by following a 1200 calorie diet?

This depends on your BMR and your daily calorie requirements. If for example you need 1500 calories per day to maintain your normal weight then by following this diet correctly for 1 month you can lose up to 2 ½ pounds. The logic is the following: You need 45,000 calories per month (1500 calories per day x 30 days) to maintain your normal weight. If you consume 36000 calories per month (1200 calories per day x 30 days) then you will save 9000 calories per month (45000 – 36000). Taking into account that 1 pound = 3500 calories, this means you will lose about 2 ½ pounds per month.

Is it safe?

As a general rule you should always consult your doctor before making drastic changes to your diet. The average woman needs about 1500-1800 calories per day to maintain normal weight. The suggested diet is for about 1200 calories per day which is just 300 calories less than the average. You can also read **how to lose 5 pounds quickly** for more information on quick weight loss and calorie burning.

For how long should I follow this diet?

A month is the shortest period you can follow this diet if you want to get fast results. Depending on your results you can choose to stay within the 1200 calories per day or gradually increase it to 1500 and 1800. This of course depends on your activity level, age and exercise.

Do I have to exercise?

Yes. Dieting alone cannot help you lose weight and keep it off. We mentioned above that dieting is one of the ways to lose weight but you also need to exercise regularly in order to increase your metabolism, accelerate the fat burning process and convert the fat tissues into muscles. Cardio exercises for 3-4 times per week are sufficient for beginners.

How to you call this diet?

This is an example of a balanced diet where you get to eat all kinds of foods but in moderate quantities. More attention is given to carbohydrates and protein and less to fat (but it is not eliminated completely).

What do I need to get started?

You should first **download and print the diet** and read it carefully. Take note of the items that you do not have available and create your shopping list. Have a look at the recipes and make sure that you can prepare those meals using the correct ingredients in the proper portions. Once you have everything ready take a note of your weight (early in the morning) and start with the diet. Make sure that you do not break the diet rules very often and once per week take note of your weight and mark your progress.

Is this diet for women only?

No. Both men and women can follow this diet but it will be easier for women to adjust to the proposed meals because it is closer to the recommended amount of calories they consume per day.

I still have questions, who can I contact?

If you still have questions about the diet you can contact our team of experts at diet@weightlosshelpandtips.net

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