Burn The Fat Meal Plan-1200 Calorie DASH Diet, Day 1

Meal 1

Food Item	Qty	Size	Pro (g)	Carb (g)	Fat (g)	Fiber (g)	Cal
Breakfast Cereal	1	Serving	13.5	53.7	3.3	0	303
Recipe Totals	1	Serving	13.5	53.7	3.3	0	303
Oatmeal, Quaker Old Fashioned Rolled Oats	1	1/2 cup dry (40 grams)	5	27	3	0	150
Blueberries	0.5	Serving, 1 cup (5.1 oz)	0.5	10.2	0.3	0	46
Milk, skim, fat free, Organic Valley	1	1 cup (240 ml)	8	12	0	0	90
Sugars, brown	1	tsp packed packed	0	4.5	0	0	18

Breakfast Cereal Instructions:

Boil Rolled Oats with skim milk

Add Frozen Blueberries. Mix them in with hot cereal. Serve with fresh blueberries on top
Add 1 tsp of sugar. Try to avoid sugar. You can only use 1 tsp throughout the day, so you decide whether to have it with
your coffee or tea, or with breakfast cereal.

2 servings grains

1 serving fruit

1 serving dairy

Limit of sugar for the day

Meal 1 Subtotals:	13.5	53.7	3.3	0	303

Meal 2

Food Item	Qty	Size	Pro (g)	Carb (g)	Fat (g)	Fiber (g)	Cal
Lunch - Pineapple Turkey Rice	1	Serving	25.3	49.4	3.6	0.7	329
Recipe Totals	1	Serving	25.3	49.4	3.6	0.7	329
Turkey Breast, skinless	0.6	Serving, 4 oz uncooked	20.3	0	2.2	0	101
Rice, brown, basmati, cooked	0.5	Serving, 1 cup (6.9 oz)	2.5	22.4	0.9	0	108
Pineapple	0.5	Serving, 1 cup diced (5.5 oz)	0.3	9.6	0.3	0	42
Broccoli, fresh, raw, chopped	0.5	Serving, 1 cup (3.2 oz)	1.3	3	0.2	0	16
Onions, swt, raw	0.25	onion	0.7	6.2	0.1	0.7	28
Vinegar, balsamic	3	tbsp	0.2	8.2	0	0	34

Lunch - Pineapple Turkey Rice Instructions:

Brown Rice:

If you have a rice cooker, follow instructions.

Otherwise, use my simple method:

- 1. Take a non-stick pan (I use wok) and put a cup of rice into it
- 2. Add boiling water according to the instructions usually between 1 and 2 cups per cup of rice
- 3. Add natural dried herbs, such as Costco Tuscan seasoning or no-salt organic seasoning
- 4. Cover with a lid, reduce the heat, and check it next time in 30 minutes
- 5. If all water has been absorbed, add some more and fluff up rice, and cover it. Leave it cook for another 10-15 minutes, in rare cases, 30 minutes.

It depends on how well done you like your rice. 40 minutes of cooking produce chewy rice that separates well enough to be used in salads.

Rice with Turkey (no oil)

- 1. Cut turkey breast into thin strips and cook with addition of 1/4 cup water with herbs and balsamic vinegar for max 5 minutes.
- 2. Add 1/4 cup sweet onion, 1/2 cup diced pineapple, and 1/2 cup broccoli, stir and let it cook for 1 minute.
- 3. Mix everything; add balsamic vinegar to taste. Add chopped avocado if you feel this meal lacks fat; beware of extra 183 calories avocado adds to your menu, though.
- 1.5 serving meat
- 1 serving grains
- 1 serving Fruit
- 1.5 serving vegetables

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Meal 2 Subtotals:	25.3	49.4	3.6	0.7	329

Meal 3

Food Item	Qty	Size	Pro (g)	Carb (g)	Fat (g)	Fiber (g)	Cal
Snack - Yogurt And Bread With Peanut Butter	1	Serving	7.5	36	5.7	0	226
Recipe Totals	1	Serving	7.5	36	5.7	0	226
Yogurt, fruit, low fat	0.5	cup	4.5	23.5	1	0	121
Bread, rye	0.5	Serving, 1 slice (1 oz)	1	10.7	0.8	0	54
Peanut Butter, natural (no sugar added)	0.5	Serving, 1 tbsp (0.6 oz)	2	1.8	4	0	51

Snack - Yogurt And Bread With Peanut Butter Instructions:

Snack time! Don't forget your ginger or green tea!

0.5 serving dairy

0.5 serving grains

1/4 serving nuts

Meal 3 Subtotals: 7.5 36 5.7 0 22	26
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Meal 4

Food Item	Qty	Size	Pro (g)	Carb (g)	Fat (g)	Fiber (g)	Cal
Dinner - Brown Rice Salad	1	Serving	6.9	68.1	5	5	344
Recipe Totals	1	Serving	6.9	68.1	5	5	344
Rice, brown, basmati, cooked	0.5	Serving, 1 cup (6.9 oz)	2.5	22.4	0.9	0	108
Tomato, whole, raw	1	Serving, 1 med (5.2 oz)	1	7	0	0	32
Spinach, raw, leaves, chopped	1	Serving, 1.5 cups (3 oz)	2	10	0.4	5	50
Apple	1	Serving, 1 med (5.4 oz)	0	22	0	0	88
Cashews, raw	0.3	OZ	1.2	2.7	3.7	0	50
Raisins	5	gram	0.1	3.9	0	0	16

Dinner - Brown Rice Salad Instructions:

- 1. Soak cashews at least 2 hours in advance; overnight is better. If you don't have time, use unsoaked cashews, however, the texture of salad dressing will be grainy.
- 2. Blend them in the food processor with lemon juice, mustard and water.
- 3. Chop a tomato and an apple in cubes.
- 4. Mix brown rice, tomato, apple, spinach leaves. Add 5-10 raisins (they are good to lower blood pressure) and pour the dressing over.

If you are hungry in the evening, try drinking green tea or hawthorn tea instead of eating. These teas are good for blood pressure and stress reduction.

- 1 serving grains
- 2.5 servings vegetables
- 1.2 serving fruit
- 0.2 serving nuts (Cashew salad dressing)

Note that 1200 calorie menu may leave you hungry, even though it consists of whole foods that keep you satiated for longer time.

Another strategy to consider is to increase exercise and increase daily calories to 1500, since exercise helps to lower blood pressure as well and burn more calories.

 Meal 4 Subtotals:
 6.9
 68.1
 5
 5
 344

Grand Totals:

 53.2
 207.2
 17.7
 5.7
 1201

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