

























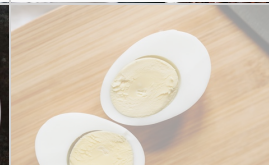

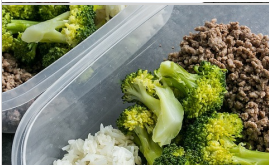



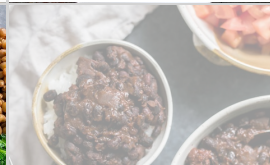

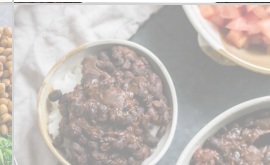

























EXERCISE
with Style

1200 Calorie Meal Plan on a
Budget PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Oatmeal with Blueberries	 Oatmeal with Blueberries				 0.5 Oatmeal with Blueberries	 0.5 Oatmeal with Blueberries
	 Banana	 Banana	 0.5 Peanut Butter Banana Oat Smoothie	 0.5 Peanut Butter Banana Oat Smoothie	 0.5 Peanut Butter Banana Oat Smoothie	 Banana	 Banana
Lunch	 0.5 Meal Prep Pasta & Meat Sauce	 0.5 Ground Beef, Broccoli & Rice	 0.5 Meal Prep Pasta & Meat Sauce	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes
	 Apple with Peanut Butter	 Hard Boiled Eggs	 0.5 Apple with Peanut Butter	 Hard Boiled Eggs	 0.5 Apple with Peanut Butter	 Hard Boiled Eggs	 0.5 Apple with Peanut Butter
Dinner	 Ground Beef, Broccoli & Rice	 Slow Cooker Black Beans & Rice	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  18%	Fat  22%	Fat  19%	Fat  18%	Fat  13%	Fat  12%
Carbs  54%	Carbs  65%	Carbs  63%	Carbs  64%	Carbs  68%	Carbs  70%	Carbs  75%
Protein  19%	Protein  17%	Protein  15%	Protein  17%	Protein  14%	Protein  17%	Protein  13%
Calories 1243	Calories 1244	Calories 1206	Calories 1234	Calories 1234	Calories 1242	Calories 1243
Fat 39g	Fat 25g	Fat 31g	Fat 27g	Fat 26g	Fat 19g	Fat 17g
Carbs 176g	Carbs 209g	Carbs 196g	Carbs 205g	Carbs 220g	Carbs 227g	Carbs 242g
Fiber 24g	Fiber 24g	Fiber 25g	Fiber 30g	Fiber 33g	Fiber 32g	Fiber 35g
Sugar 50g	Sugar 27g	Sugar 28g	Sugar 17g	Sugar 28g	Sugar 26g	Sugar 37g
Protein 60g	Protein 55g	Protein 48g	Protein 55g	Protein 46g	Protein 53g	Protein 44g
Cholesterol 111mg	Cholesterol 409mg	Cholesterol 37mg	Cholesterol 372mg	Cholesterol 0mg	Cholesterol 372mg	Cholesterol 0mg
Sodium 312mg	Sodium 690mg	Sodium 505mg	Sodium 1529mg	Sodium 1391mg	Sodium 1490mg	Sodium 1352mg
Vitamin A 1072IU	Vitamin A 1223IU	Vitamin A 761IU	Vitamin A 2490IU	Vitamin A 1999IU	Vitamin A 2423IU	Vitamin A 1932IU
Vitamin C 111mg	Vitamin C 65mg	Vitamin C 21mg	Vitamin C 39mg	Vitamin C 43mg	Vitamin C 48mg	Vitamin C 52mg
Calcium 154mg	Calcium 263mg	Calcium 282mg	Calcium 420mg	Calcium 378mg	Calcium 322mg	Calcium 279mg
Iron 9mg	Iron 10mg	Iron 9mg	Iron 13mg	Iron 12mg	Iron 13mg	Iron 12mg

Fruits

- 4 Apple
- 7 Banana
- 2 cups Blueberries

Breakfast

- 1 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 Bay Leaf
- 1 tbsp Cumin
- 2 2/3 tsps Sea Salt

Vegetables

- 2 cups Broccoli
- 227 grams Rapini
- 4 Russet Potato
- 1 White Onion

Boxed & Canned

- 1 1/2 cups Diced Tomatoes
- 2 cups Dry Black Beans
- 2 cups Green Lentils
- 3 1/2 cups Jasmine Rice
- 1 cup Whole Wheat Penne

Baking

- 2 3/4 cups Oats

Bread, Fish, Meat & Cheese

- 340 grams Extra Lean Ground Beef

Condiments & Oils

- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Tomato Sauce

Cold

- 1 1/2 cups Unsweetened Almond Milk

Other

- 9 cups Water



Oatmeal with Blueberries

1 serving
10 minutes

Ingredients

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	196
Fat	3g
Carbs	38g
Fiber	6g
Sugar	8g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Vitamin A	40IU
Vitamin C	7mg
Calcium	49mg
Iron	2mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

Notes

Extra Toppings: Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries: Top with raspberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



Banana

1 serving

1 minute

Ingredients

1 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	389
Fat	20g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Cholesterol	0mg
Sodium	88mg
Vitamin A	325IU
Vitamin C	10mg
Calcium	258mg
Iron	2mg

Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Meal Prep Pasta & Meat Sauce

1 serving
25 minutes

Ingredients

1 cup Whole Wheat Penne (dry, uncooked)
113 grams Extra Lean Ground Beef
1/2 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	527
Fat	13g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Cholesterol	74mg
Sodium	88mg
Vitamin A	549IU
Vitamin C	9mg
Calcium	31mg
Iron	6mg

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

Notes

No Ground Beef: Use any type of ground meat instead.

Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Tomato Sauce: Use canned crushed tomatoes instead.

Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.

More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



Apple with Peanut Butter

1 serving

3 minutes

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	287
Fat	17g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	27mg
Iron	1mg

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Ground Beef, Broccoli & Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 227 grams Extra Lean Ground Beef
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Slow Cooker Black Beans & Rice

6 servings

6 hours

Ingredients

- 2 cups Dry Black Beans (uncooked)
- 1 White Onion (diced)
- 1 1/2 cups Diced Tomatoes (fresh or canned)
- 1 tbsp Cumin
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 5 cups Water
- 2 Bay Leaf (optional)
- 3 cups Jasmine Rice (dry)

Nutrition

Amount per serving	
Calories	604
Fat	6g
Carbs	121g
Fiber	13g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	413mg
Vitamin A	275IU
Vitamin C	7mg
Calcium	124mg
Iron	4mg

Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

Leftovers: Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

Serving Size: One serving is roughly 2 cups.

More Toppings: Add diced tomatoes, red onion, bell pepper, cilantro, mint, sour cream, or yogurt.



Lentils, Rapini & Mashed Potatoes

4 servings
25 minutes

Ingredients

- 1 1/2 tps Sea Salt (divided)
- 4 Russet Potato (medium, peeled and chopped)
- 227 grams Rapini (chopped, divided)
- 2 cups Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	292
Fat	1g
Carbs	59g
Fiber	13g
Sugar	4g
Protein	15g
Cholesterol	0mg
Sodium	930mg
Vitamin A	1512IU
Vitamin C	27mg
Calcium	111mg
Iron	6mg

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy: Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Sauté the rapini in your choice of oil and seasoning after boiling.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

Serving Size: One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.