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Dr. Nowzaradan Diet Plan Broken Down

	Food Group	Servings for Men	Servings for Women	Types of Servings	Sources
	Grains	6-7 oz	5-6 oz	bread, cup of breakfast cereal, half cup of pasta, cooked rice, or cooked cereal	brown rice, whole grain/bread and pasta, buckwheat, oatmeal, wild rice, quinoa, amaranth, and pelt products
	Dairy	3 Cups	3 Cups	cup of milk, cup of yogurt, 1 1/2 ounces of cheese	milk, yogurt, cheese, and sour cream from cows, goats, or sheep
	Meat	6-8 oz	4-6 oz	1/2 to 1 oz at a time	meats, poultry, fish, seafood, dry beans, nuts, and seeds
	Fruits & Vegetables	5-9	5-9	1/2 cup of starchy vegies, or 2 cups of green leafy starchy vegies, or one small bulgar 1/2 cup of berries	dark green and brightly colored vegetables, potatoes, sweet potatoes, beans, peas, carrots, asparagus, mushrooms, tomatoes
	Nutrient	Servings for Men	Servings for Women	Types of Servings	Sources
	Fats & Oils	9 tsp	7 tsp	1 tsp from the sources	fish, flax, seeds, nuts, vegetable oil, olive oil, peanut oil, and safflower oil
	Fiber	25-35 gm	20-25 gm	Depends on source	whole grains, whole fruits, and vegetables
	Salt	<2300 mg	<2300 Mg	a dash of salt	155 mg of sodium
	Sugar	None	None	Stay Away	soft drinks, candy, pastries, all sugars, syrups, honey, and molasses

Paraphrased from <http://www.drnwz.com/has/Pages/Outreach/Pages/Portion.html>











**Dr nowzaradan diet plan**  
1200 calories  
**QUICK AND EASY**  
LOW-FAT MEALS IDEA FOR YOUR HEALTHY WEIGHT LOSS

Menu - 1					
		Calories	Protein	Carbs	Fat
Breakfast	2 scrambled egg	148	12.6	0	10
	1 slice of reduced-fat mozzarella cheese	30	5	0	0
Snack	1/2 cup fat free cottage cheese with cinnamon	70	12	6	0
Lunch	4 oz deli roast beef	137	21.3	0	4.6
	1 slice provolone cheese	90	5	2	4
Snack	Light n Fit Yogurt (Nonfat Greek)	80	12	8	0
Dinner	Protein Shake (Super Advanced Whey)	125	26	1.5	1.5
Snack	8 oz unsweetened Soy Milk	80	7	4	4
DAILY TOTAL		760	100	21.5	20
Menu - 2					
		Calories	Protein	Carbs	Fat
Breakfast	Light n Fit (Nonfat Greek)	80	12	8	0
	With Splenda or sugar-free flavoring	0	0	0	0
Snack	2 "Laughing Cow" light wedge	100	12	0	6
Lunch	Protein Shake (Super Advanced Whey)	125	26	1.5	1.5
	1 oz fat-free cheese	30	5	1	0
Snack	1 tablespoon of nuts	45	6	1	2
Dinner	Grilled Salmon with Herb and Lemon	230	32	0	10
Snack	1 slice of fat-free mozzarella string cheese	70	8	1	0
DAILY TOTAL		680	101	12.5	19.5
Menu - 3					
		Calories	Protein	Carbs	Fat
Breakfast	Protein Shake (Super Advanced Whey)	125	26	1.5	1.5
Snack	1/2 cup fat free cottage cheese with cinnamon	70	12	6	0
Lunch	4 oz deli roast beef	137	21.3	0	4.6
	1 slice provolone cheese	90	5	2	4
Snack	Light n Fit Yogurt (Nonfat Greek)	80	12	8	0
Dinner	4 oz ground turkey breast with taco seasoning	140	26	0	3.5
Snack	1 oz of Avocado	40	0	0	4.5
	1 oz fat-free cheese	30	5	1	0
DAILY TOTAL		712	107.3	18.5	18
Menu - 4					
		Calories	Protein	Carbs	Fat
Breakfast	2 eggs	148	12.6	0	10
	1 slice of fat-free mozzarella cheese	30	5	1	0
Snack	1 oz deli ham + 1 slice cheese	69	10.1	1.45	2.3
Lunch	Protein Shake (Super Advanced Whey)	125	26	1.5	1.5
Snack	8-10 Olives (Black or Green)	50	0	0	5
	2 oz deli roast beef	68	10.2	0	2.4
Dinner	4 oz Cod fish filets	120	28	0	0
Snack	Light n Fit Yogurt (Nonfat Greek)	80	12	8	0
DAILY TOTAL		690	105	12	21

TELL ME ABOUT



YOUR EATING HABIT

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	Fruits & Vegetables	5-9	5-9	1/2 cup of starchy vegies, or 2 cups of green/leafy starchy vegies, or one small bulgar 1/2 cup of berries	dark green and brightly colored vegetables, potatoes, sweet potatoes, beans, peas, carrots, asparagus, mushrooms, tomatoes
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Paraphrased from <http://www.drnwz.com/has/Pages/Outreach/Pages/Portion.html>

What is dr nowzaradan 1200 calorie diet. Dr nowzaradan diet plan 1000 calories pdf. What is dr nowzaradan 1200 calorie a day diet. How many calories does dr nowzaradan diet plan.

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