

Dr. Now Diet Plan

PERSONAL INFORMATION

Name: _____ Date: _____

Starting weight: _____ Goal weight: _____

Healthcare provider: _____

Caloric intake — daily limit: approximately 1,200 calories. Two or three meals a day, no snacks.

SEVEN-DAY MEAL PLAN

A worked week that stays inside the 1,200-calorie ceiling. Every meal uses the plan's approved lean protein and non-starchy vegetables. Swap like for like using the list on page 3, and keep the calorie figure for each meal roughly where it is.

870

calories a day,
week average

116 g

protein a day,
week average

805—1,005

daily range across
the seven days

64 oz

water a day,
minimum

Day 1 Monday

860 calories • 118 g protein

Breakfast	Omelet of four egg whites and one whole egg with spinach, plus 6 oz nonfat Greek yogurt	290 cal 37 g protein
Lunch	5 oz grilled chicken breast, two cups steamed broccoli, one teaspoon olive oil	330 cal 48 g protein
Dinner	6 oz baked cod, roasted asparagus and cauliflower, lemon and herbs	240 cal 33 g protein

Day 2 Tuesday

805 calories • 115 g protein

Breakfast	6 oz nonfat Greek yogurt, half a cup of blueberries, one tablespoon chia seed	200 cal 19 g protein
Lunch	6 oz tuna in water, two cups mixed greens, tomato and cucumber, one teaspoon olive oil	290 cal 44 g protein
Dinner	6 oz roasted turkey breast, roasted zucchini and bell peppers, herbs	315 cal 52 g protein

Day 3 Wednesday

840 calories • 113 g protein

Breakfast	Four egg whites and one whole egg, sautéed mushrooms and bell pepper	205 cal 23 g protein
Lunch	5 oz grilled chicken breast, two cups cabbage and pepper slaw, one teaspoon olive oil	345 cal 45 g protein
Dinner	6 oz baked tilapia, one cup green beans, one cup roasted cauliflower	290 cal 45 g protein

Day 4 Thursday		825 calories · 108 g protein
Breakfast	6 oz fat-free cottage cheese, half a cup of strawberries, one tablespoon ground flax	185 cal 21 g protein
Lunch	Lettuce wraps with 5 oz lean ground turkey, peppers and onion, two tablespoons salsa	325 cal 39 g protein
Dinner	7 oz grilled shrimp, two cups zucchini ribbons, cherry tomatoes, one teaspoon olive oil	315 cal 48 g protein
Day 5 Friday		865 calories · 133 g protein
Breakfast	Four egg whites with spinach and mushrooms, plus 6 oz nonfat Greek yogurt	220 cal 34 g protein
Lunch	5 oz grilled chicken breast, two cups roasted asparagus, one teaspoon olive oil	355 cal 53 g protein
Dinner	6 oz baked cod, two cups roasted broccoli, lemon and herbs	290 cal 46 g protein
Day 6 Saturday		880 calories · 96 g protein
Breakfast	6 oz nonfat Greek yogurt, half a cup of raspberries, two tablespoons powdered peanut butter	175 cal 22 g protein
Lunch	6 oz firm tofu stir-fried with two cups cabbage and peppers, one teaspoon olive oil	350 cal 30 g protein
Dinner	5 oz lean sirloin, two cups green beans, herbs	355 cal 44 g protein
Day 7 Sunday Two-meal day		1,005 calories · 132 g protein
Breakfast	<i>Not eaten on a two-meal day</i>	—
Lunch	7 oz grilled chicken breast, roasted broccoli and cauliflower, one teaspoon olive oil, one small apple	530 cal 62 g protein
Dinner	8 oz baked cod, one cup cauliflower rice, roasted zucchini and peppers, 6 oz nonfat Greek yogurt	475 cal 70 g protein
Drinks, every day: at least 64 oz of water, black coffee and unsweetened tea. Nothing with calories in it, because a liquid never registers as a meal.		

Meals follow the Dr. Now food lists. Calorie and protein figures are approximate, calculated from USDA FoodData Central values for the portions shown. This plan is for use under medical supervision.

SWAPS THAT KEEP THE DAY AT 1,200 CALORIES

A 16 oz fruit smoothie	→ 6 oz nonfat Greek yogurt with half a cup of berries
Granola or overnight oats	→ Four egg whites with spinach and mushrooms
Two tablespoons of peanut butter	→ Powdered peanut butter mixed with water
Ranch or Caesar dressing	→ Lemon juice, vinegar and dried herbs
Olive oil for roasting	→ Oil spray, broth or a nonstick pan
Chicken thigh with skin	→ Skinless chicken breast
Sweet potato, corn or peas	→ Roasted cauliflower, zucchini or green beans
Rice or pasta under a sauce	→ Cauliflower rice or spiralized zucchini
Orange juice or regular soda	→ Water, black coffee or unsweetened tea

WEEKLY TRACKING

Exercise type: Exercise frequency:

Exercise duration: Weekly weight check:

Measurement tracking: Diet adjustments:

Next appointment:

NOTES

Notes from healthcare provider

Additional notes