

# 1,000 Calorie Meal Plan

This free, printable, high-protein diet provides 1,010 calories, 77 grams Protein, 105 grams Carbohydrates, and 34 grams Fat per day.



**Note:** If you would prefer a 7 day plan customized to your nutritional needs and preferences (including imperial vs metric measurements), please check out our [meal plan generator](#).



Meal/Recipe	Calories	Protein	Carbs	Fat
<b>Breakfast</b> Frozen Strawberry Breakfast Protein Bowl	291 kcal	20 g	43 g	6 g
<b>Snack 1</b> Strawberries	14 kcal	0 g	3 g	0 g
<b>Lunch</b> Margherita Toast!	300 kcal	17 g	28 g	14 g
<b>Snack 2</b> Chocolate Protein Shake	90 kcal	13 g	3 g	3 g
<b>Dinner</b> Simple Turkey Chickpea Bake	315 kcal	27 g	28 g	11 g



5 min / 1 serving

# Frozen Strawberry Breakfast Protein Bowl

291  
CALORIES

20g  
PROTEIN

43g  
CARBS

6g  
FAT

## Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

**Step 1:** Take the frozen strawberries, the frozen banana, the yogurt, the protein powder, and the almond milk, and let them get to know each other in a blender or food processor as you lightly pulse.

**Step 2:** Once you have a delicious purée, spoon it into a breakfast bowl.

**Step 3:** Slice the kiwi and layer it on top with a couple of raspberries and a sprinkle of oats.

**Step 4:** Serve with a dash of cinnamon if you're feeling spicy.

## Ingredients

- 80g frozen strawberries
- 50g frozen banana
- 30g frozen raspberries
- 1 medium kiwifruit
- 15g vanilla whey protein (80%)
- 150ml almond milk
- 40g greek yogurt (whole milk)
- 10g oats

 <1 min / 1 serving



# Strawberries

**14**  
CALORIES

**0g**  
PROTEIN

**3g**  
CARBS

**0g**  
FAT

## Preparation

Is it a fruit? Is it a berry? Who cares.

## Ingredients



45g strawberries

 5 min / 1 serving

# Margherita Toast!

**300**  
CALORIES**17g**  
PROTEIN**28g**  
CARBS**14g**  
FAT

## Preparation

When pizza doesn't hit your macros, or you simply don't have the time to bake up the Italian classic, this one is for you!

**Step 1:** Place your bread into a toaster and let things heat up while you slice the tomato and mozzarella into slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella and tomato on top.

**Step 3:** Scatter the basil leaves over your masterpiece, season with a little salt and pepper, and drizzle with the olive oil before crunching in.

Prego.

## Ingredients

- 2 slice regular whole grain bread
- 1 medium whole tomatoes, red, ripe
- 40g mozzarella cheese (whole milk)
- 1/2 tsp olive oil
- 3 leaf basil leaves

 2 min / 1 serving

# Chocolate Protein Shake

**90**  
CALORIES**13g**  
PROTEIN**3g**  
CARBS**3g**  
FAT

## Preparation

**Step 1:** Blend your protein powder and milk using a blender or shaker and serve on up! Add additional water if necessary.

## Ingredients

- 15g chocolate whey protein (80%)
- 200ml almond milk

🕒 30 min / 1 serving

# Simple Turkey and Chickpea Bake

**315** CALORIES    **27g** PROTEIN    **28g** CARBS    **11g** FAT



## Preparation

- Step 1:** First of all, preheat your oven to 400 F (200 C)
- Step 2:** Finely chop your garlic
- Step 3:** In a small bowl, mix the garlic powder, paprika, a little salt and pepper. Then, sprinkle this over your turkey breast
- Step 4:** Heat half the olive oil in a medium-large frying pan or skillet over a medium heat and then add the turkey
- Step 5:** Cook evenly until the turkey is golden brown (about 3 minutes per side) and then remove the turkey from the pan and set aside
- Step 6:** In the same pan, add the remaining olive oil, chopped garlic, and chickpeas. Lightly cook/toast for about 2 - 3 minutes and then add the vegetable broth and bring to a light simmer.
- Step 7:** Once the mix thickens up, either transfer to a baking dish along with the turkey, or place the oven skillet directly into the oven with the turkey laid on top
- Step 8:** Bake for around 15 minutes until the turkey is cooked through and serve with a squeeze of lemon!

## Ingredients

- 80g turkey breast
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1 1/2 tsp olive oil
- 110g chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained
- 50ml vegetable stock/broth
- 1 wedge lemon
- 1 clove garlic

# Grocery List

## Baked

2 slice regular (60g) Whole Grain Bread

## Dairy and Egg

40g Greek Yogurt (whole milk)

40g Mozzarella Cheese (whole milk)

## Fats and Oils

4g Olive Oil

## Fruits and Fruit Juices

50g Frozen Banana

30g Frozen Raspberries

80g Frozen Strawberries

1 medium (74g) Kiwifruit

1 wedge (6g) Lemon

45g Strawberries

## Grains, Noodles and Pasta

10g Oats

## Legumes

110g Chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained

## Nuts and Seeds

300g Almond Milk

## Pastes, Sauces, and Gravies

50 ml (50g) Vegetable stock/broth

## Poultry

80g Turkey Breast

## Protein Powders

15g Chocolate Whey Protein (80%)

15g Vanilla Whey Protein (80%)

## Spices and Herbs

3 Leaf (1.5g) Basil Leaves

1/4 tsp (0.775g) Garlic Powder

1/4 tsp (0.575g) Paprika

## Vegetables

1 clove (3g) Garlic

1 medium whole (123g) Tomatoes, Red, Ripe

# Let's generate a 7-day personalized 1,000 diet plan!

[hitmymacros.com/meal-plan-generator/](https://hitmymacros.com/meal-plan-generator/)

## Calculate Your Macros and Calories

Start by using our macro calculator to determine your ideal caloric intake and macronutrient ratios based on your personal statistics and diet goals. Alternatively, you can enter your own custom macros and calorie targets if you already know your requirements.

## Select Dietary Requirements

Select your dietary preferences and requirements, such as vegan, gluten-free, low-carb, or any other specific dietary needs. This ensures that the meal plans generated are perfectly tailored to align with your eating habits.

## Add Cheeky Treats

Input your favorite indulgences—like a slice of chocolate cake, or a glass wine. Our unique "Cheeky Treats" feature intelligently incorporates these treats into your meal plan, allowing you to enjoy them in a way that still fits within your overall nutritional goals.

## Generate Your Personalized Meal Plan

Once all your preferences are set, press the 'Generate' button. Our system will automatically create a meal plan that balances your dietary preferences, nutritional needs, and included treats.

**Build Muscle. Lose Weight. Feel Great.**