



## 1,100 Calorie Meal Plan

This free, printable diet plan comes with an ingredients list and provides 1,109 calories, 73 grams Protein, 100 grams Carbohydrates, and 50 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> Mediterranean Omelet	288 kcal	19 g	9 g	19 g
<b>Snack 1</b> Cashew Nuts	138 kcal	5 g	8 g	11 g
<b>Lunch</b> Baked Lemony Cod with Garlic Sweet Potatoes	324 kcal	25 g	34 g	10 g
<b>Snack 2</b> Red Grapes	69 kcal	1 g	18 g	0 g
<b>Dinner</b> Rapid Honey Chicken Stir Fry	290 kcal	23 g	31 g	10 g



🕒 10 min / 1 serving

# Mediterranean Omelet

**288**  
CALORIES

**19g**  
PROTEIN

**9g**  
CARBS

**19g**  
FAT

## Preparation

A true taste of the Med!

**Step 1:** Heat your oil in a non-stick pan over a medium temperature.

**Step 2:** Chop the bell pepper into medium chunks and lightly fry for about 2 - 3 minutes until softened

**Step 3:** In another bowl, whisk the eggs with a little salt and the parsley

**Step 4:** Quarter the cherry tomatoes and get ready for action

**Step 5:** Pour the eggs and cherry tomatoes into the pan and, using a spatula, drag the sides of the eggs back to the centre. Then, give the pan a little shake to spread out the eggs again. It's all about redistribution! Repeat this process until the eggs are almost set.

**Step 6:** Add the spinach to the top of the omelet and allow to cook for a further 1 - 2 minutes

**Step 7:** Season with a little pepper and serve up!

Et Voilà!

## Ingredients

- ☐ 3 medium egg(s)
- ☐ 1 1/2 tsp olive oil
- ☐ 1/2 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- ☐ 6 whole cherry tomatoes
- ☐ 1 pinch parsley
- ☐ 1 handful baby spinach



 <1 min / 1 serving

## Cashew Snack

**138**  
CALORIES

**5g**  
PROTEIN

**8g**  
CARBS

**11g**  
FAT

### Preparation

A handful of health!

### Ingredients



25g cashew nuts



🕒 20 min / 1 serving

# Baked Lemony Cod with Garlic Sweet Potatoes

**324**  
CALORIES

**25g**  
PROTEIN

**34g**  
CARBS

**10g**  
FAT

## Preparation

**Step 1:** Preheat your oven to 450 degrees Fahrenheit (230 C).

**Step 2:** Bring a small pot of water to boil over a high heat

**Step 3:** Peel and halve your sweet potatoes before roughly chopping them into 1-inch cubes

**Step 4:** Parboil the potatoes for about 5 - 7 minutes

**Step 5:** In a solid baking dish, drizzle half the olive oil in order to coat the bottom of the dish well

**Step 6:** Drain the sweet potatoes, and place on the side

**Step 7:** Lay your cod in the dish and evenly scatter with the tomatoes, sweet potato, and garlic. Then drizzle everything with the remaining olive oil!

**Step 8:** Give a cheeky little season with salt and pepper!

**Step 9:** Bake for around 10 - 12 minutes before serving up with a light squeeze of lemon juice and some fresh parsley!

## Ingredients

- ☐ 120g atlantic cod
- ☐ 50g cherry tomatoes
- ☐ 150g sweet potato
- ☐ 1 clove garlic
- ☐ 1 tsp parsley
- ☐ 2 tsp olive oil
- ☐ 1 wedge lemon



 <1 min / 1 serving

## Red Grapes

**69**  
CALORIES

**1g**  
PROTEIN

**18g**  
CARBS

**0g**  
FAT

### Preparation

Not quite a glass of wine, but close!

### Ingredients



100g red grapes



🕒 15 min / 1 serving

## Rapid Honey Chicken Stir Fry

290  
CALORIES

23g  
PROTEIN

31g  
CARBS

10g  
FAT

### Preparation

**Step 1:** Slice up your bell peppers, green beans, carrots, broccoli, onion, and mushrooms into thin, bite-size slices. Chop the chicken into cubes and finely slice your garlic too!

**Step 2:** In a wok or large frying pan add the olive oil and bring up to a medium-high heat.

**Step 3:** Add all veggies (except the garlic) and chicken to the now hot pan and sauté for around 2-3 minutes until veggies are almost tender.

**Step 4:** In a small bowl, whisk together the garlic, honey, garlic powder, chili flakes, and vegetable stock with a little salt and pepper.

**Step 5:** Pour this evenly over the stir fry and allow the sauce to thicken.

**Step 6:** Once the chicken is cooked through, serve up!

### Ingredients

- ☐ 80g chicken breast
- ☐ 40g green beans (snap beans)
- ☐ 40g carrot
- ☐ 1/4 medium red bell pepper (capsicum)
- ☐ 1/4 medium yellow bell pepper (capsicum)
- ☐ 40g white button mushrooms
- ☐ 40g broccoli
- ☐ 1 clove garlic
- ☐ 2 tsp honey
- ☐ 1/4 whole, medium red onion
- ☐ 1 1/2 tsp olive oil
- ☐ 1/4 tsp red pepper flakes (chili flakes)
- ☐ 1/2 tsp garlic powder
- ☐ 50ml vegetable stock/broth

# Ingredients Needed

## Dairy and Egg

☐ 3 medium (132g) Egg(s)

## Fats and Oils

☐ 21g Olive Oil

## Finfish and Shellfish

☐ 120g Atlantic Cod

## Fruits and Fruit Juices

☐ 1 wedge (6g) Lemon

☐ 100g Red Grapes

## Nuts and Seeds

☐ 25g Cashew Nuts

## Pastes, Sauces, and Gravies

☐ 50 ml (50g) Vegetable stock/broth

## Poultry

☐ 80g Chicken Breast

## Spices and Herbs

☐ 1/2 tsp (1.55g) Garlic Powder

☐ 1/4 tsp (0.5g) Red Pepper Flakes (Chili Flakes)

## Sweets

☐ 2 tsp (14g) Honey

## Vegetables

☐ 1 handful (20g) Baby Spinach

☐ 40g Broccoli

☐ 40g Carrot

☐ 204g Cherry Tomatoes

☐ 6g Garlic

☐ 40g Green Beans (snap beans)

☐ 1/2 medium (approx 2-3/4" long, 2-1/2" dia) (59.5g) Green Bell Pepper (capsicum)

☐ 2g Parsley

☐ 1/4 medium (29.75g) Red Bell Pepper (capsicum)

☐ 1/4 whole, medium (27.5g) Red Onion

☐ 150g Sweet Potato

☐ 40g White Button Mushrooms

☐ 1/4 medium (29.75g) Yellow Bell Pepper (capsicum)

# Let's generate a 7-day personalized 1,100 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.**