

1,200 Calorie Meal Plan

This printable diet plan comes with an ingredients list and provides 1,200 calories, 76 grams Protein, 137 grams Carbohydrates, and 45 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
Breakfast Chocolate Peanut Butter Delight Smoothie	352 kcal	25 g	37 g	15 g
Snack 1 Walnut Snack	98 kcal	2 g	2 g	10 g
Lunch Simple Spicy Turkey, Broccoli, and Rice Meal Prep!	344 kcal	25 g	43 g	8 g
Snack 2 Cherries	50 kcal	1 g	13 g	0 g
Dinner Creamy Chicken Pasta	356 kcal	23 g	42 g	12 g



⌚ 5 min / 1 serving

Chocolate Peanut Butter Delight Smoothie

352
CALORIES

25g
PROTEIN

37g
CARBS

15g
FAT

Preparation

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

Step 1: Place all ingredients into your blender companion and securely fasten the lid.

Step 2: Blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a treat that ignites your taste buds and boosts your health!

Ingredients

- ☐ 1 medium (7" to 7-7/8" long) banana(s)
- ☐ 1 tbsp cocoa, dry powder, unsweetened
- ☐ 20g peanut butter, smooth style, without salt
- ☐ 250ml almond milk
- ☐ 20g chocolate whey protein (80%)



 <1 min / 1 serving

Walnut Snack

98
CALORIES

2g
PROTEIN

2g
CARBS

10g
FAT

Preparation

For brain health!

Ingredients



15g walnuts



Simple Spicy Turkey, Broccoli, and Rice Meal Prep!

344
CALORIES

25g
PROTEIN

43g
CARBS

8g
FAT

Preparation

Simply multiply all ingredients if you wish to bulk cook!

Step 1: Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice to 2 parts water.

Step 2: Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

Step 3: In the meantime, take out a bowl and combine the turkey breast with the brown sugar, paprika, cumin, chilli powder, salt, and pepper.

Step 4: Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

Step 5: Add the olive oil and then the turkey to this desirable pan and cook for around 5 minutes per side.

Step 6: Once the turkey has developed a nice browning colour on both sides, turn off the heat and allow the turkey to rest for a further 5 minutes.

Step 7: While the turkey is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute. Then drain.

Step 8: Slice the turkey into bite size pieces and (if meal prepping) then pull out your meal prep containers. Divide the portions evenly among your meal prep containers.


Step 9: If meal prepping - cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!

Ingredients

- ☐ 50g brown rice (medium-grain)
- ☐ 85g turkey breast
- ☐ 1/4 tsp brown sugar
- ☐ 1/4 tsp paprika
- ☐ 1 tsp olive oil
- ☐ 1/4 tsp cumin powder
- ☐ 1/4 tsp chili powder
- ☐ 60g broccoli



 <1 min / 1 serving

Cherries

50
CALORIES

1g
PROTEIN

13g
CARBS

0g
FAT

Preparation

Nobody's getting tired of these!

Ingredients



80g sweet cherries



🕒 40 min / 1 serving

Creamy Chicken Pasta

356
CALORIES

23g
PROTEIN

42g
CARBS

12g
FAT

Preparation

Step 1: Heat the olive oil in a medium pot over medium heat.

Step 2: Chop the onion, add it to that lovely little pot, and let it cook for 3-4 minutes or until it has softened or becomes transparent.

Step 3: Chop the chicken into cubes and throw it in along with the onion to cook for about 5-8 minutes or until it's browned.

Step 4: While the party in the pot is going on, dice the tomatoes and then pour into the party pot with the milk, cream cheese, chicken stock, oregano, garlic powder, salt and ground black pepper. Let it boil gently.

Step 5: Then, add the tagliatelle pasta and spinach. Let it cook for 5 - 10 minutes or until the spinach has wilted and the tagliatelle has cooked through, then remove from the heat, add the fresh basil and stir!

Step 6: Serve up with some fresh parsley and a smile!

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1/4 whole, medium red onion
- ☐ 50g chicken breast
- ☐ 75ml chicken stock
- ☐ 1/2 tsp garlic powder
- ☐ 20g spinach
- ☐ 20g sun-dried tomatoes
- ☐ 1/2 tsp, leaves dried oregano
- ☐ 30g tagliatelle pasta
- ☐ 10g basil leaves
- ☐ 30ml milk (1% fat)
- ☐ 10g cream cheese

Grocery List

Dairy and Egg

- ☐ 10g Cream Cheese
- ☐ 30 ml (31.2g) Milk (1% fat)

Fats and Oils

- ☐ 10g Olive Oil

Fruits and Fruit Juices

- ☐ 1 medium (7" to 7-7/8" long) (118g) Banana(s)
- ☐ 80g Sweet Cherries

Grains, Noodles and Pasta

- ☐ 50g Brown Rice (medium-grain)
- ☐ 30g Tagliatelle Pasta

Legumes

- ☐ 20g Peanut butter, smooth style, without salt

Nuts and Seeds

- ☐ 250 ml (250g) Almond Milk
- ☐ 15g Walnuts

Pastes, Sauces, and Gravies

- ☐ 75 ml (75g) Chicken Stock

Poultry

- ☐ 50g Chicken Breast
- ☐ 85g Turkey Breast

Protein Powders

- ☐ 20g Chocolate Whey Protein (80%)

Spices and Herbs

- ☐ 10g Basil Leaves
- ☐ 1/4 tsp (0.675g) Chili Powder
- ☐ 1/4 tsp (1.25g) Cumin Powder
- ☐ 1/2 tsp, leaves (0.5g) Dried Oregano
- ☐ 1/2 tsp (1.55g) Garlic Powder
- ☐ 1/4 tsp (0.575g) Paprika

Sweets

- ☐ 1/4 tsp (0.75g) Brown Sugar
- ☐ 1 tbsp (5.4g) Cocoa, dry powder, unsweetened

Vegetables

- ☐ 60g Broccoli
- ☐ 1/4 whole, medium (27.5g) Red Onion
- ☐ 20g Spinach
- ☐ 20g Sun-Dried Tomatoes

Let's generate a 7-day personalized 1,200 diet plan!

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.