

1,300 Calorie Meal Plan

This free, printable diet plan comes with an ingredients list and provides 1,327 calories, 78 grams Protein, 164 grams Carbohydrates, and 44 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 Coco Loco Nutty Smoothie	388 kcal	26 g	41 g	16 g
Snack 1 Pumpkin Seeds	84 kcal	5 g	2 g	7 g
Lunch Prawn Toast Delight!	385 kcal	24 g	42 g	13 g
Snack 2 Banana	105 kcal	1 g	27 g	0 g
Dinner Garlicky Chicken Bites	365 kcal	22 g	52 g	8 g



5 min / 1 serving

Coco Loco Nutty Smoothie

388
CALORIES

26g
PROTEIN

41g
CARBS

16g
FAT

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

Step 2: Securely fasten the lid and 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 smoothie that will make you go a little nuts!

Ingredients

- ☐ 1 medium (7" to 7-7/8" long) banana(s)
- ☐ 10g oats
- ☐ 40ml coconut milk drink (carton)
- ☐ 260ml almond milk
- ☐ 20g vanilla whey protein (80%)
- ☐ 20g peanut butter, smooth style, without salt



 <1 min / 1 serving

Pumpkin Seed Snack

84
CALORIES

5g
PROTEIN

2g
CARBS

7g
FAT

Preparation

Pumpkin power!

Ingredients



15g pumpkin seeds



🕒 5 min / 1 serving

Prawn Toast Delight!

385
CALORIES

24g
PROTEIN

42g
CARBS

13g
FAT

Preparation

Step 1: Place your bread into a toaster and let things heat up... ohh yeah, let it get all toasty.

Step 2: Once the bread has made its sexy transformation, crumble the feta cheese on top

Step 3: Evenly layout your prawns and then sprinkle with a little parsley and mustard for the win!

Ingredients

☐

30g prawns (cooked)

☐

3 slice regular whole grain bread

☐

45g feta cheese


☐

1 tsp parsley

☐

1 tsp dijon mustard (whole grain)



 <1 min / 1 serving

Banana

105
CALORIES

1g
PROTEIN

27g
CARBS

0g
FAT

Preparation

The best of the best!

Ingredients



1 medium (7" to 7-7/8" long)
banana(s)



🕒 25 min / 1 serving

Garlicky Chicken Bites

365
CALORIES

22g
PROTEIN

52g
CARBS

8g
FAT

Preparation

Step 1: Place your quinoa in a medium-sized saucepan with enough water to cover the surface by about an inch. Heat over a medium heat and allow to cook on the side.

Step 2: Slice that chicken breast into even-sized chunks and place in a bowl.

Step 3: Season with a little salt and pepper, and then lightly cover with the flour and mixed herbs. Coat evenly.
Are you ready for things to heat up?

Step 4: Take out your bestest frying pan, and heat half the olive oil over a medium heat and then add those chicken cubes allowing to cook evenly for around 5 minutes.

Step 5: Finely slice your garlic and parsley, and then chop all remaining vegetables into bite-size cubes.

Step 6: Add the garlic and parsley to the chicken pan and further cook for another 2 - 3 minutes. Add a little extra olive oil if necessary.

Step 7: In a side pan, heat the remaining olive oil over a medium heat and cook the chopped vegetables for 4 - 5 minutes until lightly browned and tender.

Step 8: Drizzle the chicken with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.

Ingredients

- ☐ 65g quinoa
- ☐ 50g chicken breast
- ☐ 1/4 tbsp wheat flour, whole-grain, soft wheat
- ☐ 1/2 tbsp mixed herbs
- ☐ 1/2 tsp olive oil
- ☐ 2 tsp parsley
- ☐ 2 clove garlic
- ☐ 1/4 medium/whole courgette (zucchini)
- ☐ 1/4 whole, medium red onion
- ☐ 1/4 medium red bell pepper (capsicum)
- ☐ 1 wedge lemon

Grocery List

Baked

☐ 3 slice regular (90g) Whole Grain Bread

Beverages

☐ 40 ml (40g) Coconut Milk Drink (carton)

Dairy and Egg

☐ 45g Feta Cheese

Fats and Oils

☐ 1/2 tsp (2.25g) Olive Oil

Finfish and Shellfish

☐ 30g Prawns (cooked)

Fruits and Fruit Juices

☐ 236g Banana(s)

☐ 1 wedge (6g) Lemon

Grains, Noodles and Pasta

☐ 10g Oats

☐ 65g Quinoa

☐ 1/4 tbsp (1.95g) Wheat flour, whole-grain, soft wheat

Legumes

☐ 20g Peanut butter, smooth style, without salt

Nuts and Seeds

☐ 260 ml (260g) Almond Milk

☐ 15g Pumpkin Seeds

Poultry

☐ 50g Chicken Breast

Protein Powders

☐ 20g Vanilla Whey Protein (80%)

Spices and Herbs

☐ 1 tsp (5g) Dijon Mustard (Whole Grain)

☐ 1/2 tbsp (1.35g) Mixed Herbs

Vegetables

☐ 1/4 Medium/whole (49g) Courgette (Zucchini)

☐ 2 clove (6g) Garlic

☐ 2g Parsley

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

☐ 1/4 whole, medium (27.5g) Red Onion

Let's generate a 7-day personalized 1,300 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.