

## 1,400 Calorie Meal Plan

This free, printable diet plan comes with an ingredients list and provides 1,411 calories, 85 grams Protein, 120 grams Carbohydrates, and 61 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> Classic Sun-dried Tomato Tuna Omelette	328 kcal	31 g	17 g	16 g
<b>Snack 1</b> Creamy Citrusy Toast!	138 kcal	5 g	20 g	5 g
<b>Lunch</b> Mozzarella Strength Salad Bowl	417 kcal	17 g	36 g	24 g
<b>Snack 2</b> Chocolate Vanilla Protein Shake	110 kcal	17 g	3 g	3 g
<b>Dinner</b> Mediterranean Shrimp Delight	418 kcal	32 g	44 g	13 g



🕒 15 min / 1 serving

# Classic Sun-dried Tomato Tuna Omelet

328  
CALORIES

31g  
PROTEIN

17g  
CARBS

16g  
FAT

## Preparation

A true taste of the Med!

**Step 1:** Slice your sun-dried tomatoes into half-centimeter strips.

**Step 2:** Take out a bowl and mix in those tomatoes, the drained tuna, and the crumbled cheese. Set aside.

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

**Step 4:** Heat a the olive oil in a frying pan over a medium to high temperature.

**Step 5:** Pour the eggs 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:** Use a spoon to add the tuna-tomato mix to one side of the omelet and then fold the other half over the top.

**Step 7:** Season with a little pepper and allow to cook for another minute or so before serving up with a sprinkle of chili flakes on top!

Et Voilà!

## Ingredients

- ☐ 2 medium egg(s)
- ☐ 1 tsp olive oil
- ☐ 30g sun-dried tomatoes
- ☐ 65g fish, tuna, white, canned in water, without salt, drained solids
- ☐ 1/2 tbsp feta cheese
- ☐ 1 pinch red pepper flakes (chili flakes)



🕒 5 min / 1 serving

# Creamy Citrusy Toast!

138  
CALORIES

5g  
PROTEIN

20g  
CARBS

5g  
FAT

## Preparation

A sweet way to treat yourself today.

**Step 1:** Place your bread into a toaster and let things heat up.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cream cheese and layer the tangerine segments on top.

**Step 3:** Sprinkle with a dash of cinnamon and serve up.

For an additional nutrition hit, layer spinach under the cream cheese (you'll barely notice it's there!).

## Ingredients

- ☐ 1 slice regular whole grain bread
- ☐ 10g cream cheese
- ☐ 1/2 medium (2-1/2" dia) tangerines (mandarin)
- ☐ 1 dash ground cinnamon



🕒 10 min / 1 serving

# Mozzarella Strength Salad Bowl

**417**  
CALORIES

**17g**  
PROTEIN

**36g**  
CARBS

**24g**  
FAT

## Preparation

That strength you need to start your day!

**Step 1:** Lightly toast the bread before tearing it into bite-size pieces.

**Step 2:** Slice the cucumber and then create a bed of leaves in a bowl.

**Step 3:** Layer the cucumber on the leaves before tearing up the mozzarella cheese on top followed by the bread and a sprinkle of crushed walnuts and blueberries.

**Step 4:** Finally, drizzle with a little olive oil and honey.

## Ingredients

- ☐ 1 1/2 slice regular whole grain bread
- ☐ 35g mixed salad leaves
- ☐ 35g cucumber
- ☐ 15g walnuts
- ☐ 35g blueberries
- ☐ 1 tsp olive oil
- ☐ 1 tsp honey
- ☐ 35g mozzarella cheese (whole milk)



🕒 2 min / 1 serving

## Chocolate Vanilla Protein Shake

**110**  
CALORIES

**17g**  
PROTEIN

**3g**  
CARBS

**3g**  
FAT

### Preparation

**Step 1:** Blend your protein powder and milk using a blender or shaker and serve on up!

### Ingredients

- ☐ 10g vanilla whey protein (80%)
- ☐ 10g chocolate whey protein (80%)
- ☐ 200ml almond milk



⌚ 35 min / 1 serving

# Mediterranean Shrimp Delight

**418**  
CALORIES

**32g**  
PROTEIN

**44g**  
CARBS

**13g**  
FAT

## Preparation

**Step 1:** Take out a bowl and mix shrimps with  $\frac{1}{2}$  the olive oil, the dried herbs, and a little salt and pepper.

**Step 2:** Place your quinoa in a pot with twice the amount of water, and heat over a medium temperature to cook.

**Step 3:** Chop the garlic and set it aside. Then, slice the bell pepper into thin slices and heat the remaining olive oil in a pan next to the cooking quinoa.

**Step 4:** Lightly fry the bell pepper for about 4 minutes, or until the sides are slightly browned. Then, remove from the pan and set aside.

**Step 5:** In the same pan, over the same heat, cook the shrimp mix for 3-4 minutes, stirring frequently until cooked through.

**Step 6:** Add the cooked quinoa to the shrimp pan, along with the garlic, and allow all to get toasty for about 1 minute.

**Step 7:** Pour in the chicken stock and bring that delightful mix to a simmer for about 6 minutes.

**Step 8:** Add in the bell pepper, a little lemon zest, a squeeze of lemon juice, and bring to cook for another 3 - 5 minutes.

**Step 9:** Garnish with the fresh basil leaves and serve up!

## Ingredients

- ☐ 120g prawns (cooked)
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp, ground dried oregano
- ☐ 1/2 tsp dried parsley
- ☐ 1/2 medium red bell pepper (capsicum)
- ☐ 50g quinoa
- ☐ 1 clove garlic
- ☐ 1/2 medium yellow bell pepper (capsicum)
- ☐ 60ml chicken stock
- ☐ 1 wedge lemon
- ☐ 5 leaf basil leaves

# Grocery List

## Baked

- ☐ 90g Whole Grain Bread

## Dairy and Egg

- ☐ 10g Cream Cheese
- ☐ 2 medium (88g) Egg(s)
- ☐ 1/2 tbsp (0.625g) Feta Cheese
- ☐ 35g Mozzarella Cheese (whole milk)

## Fats and Oils

- ☐ 15g Olive Oil

## Finfish and Shellfish

- ☐ 65g Fish, tuna, white, canned in water, without salt, drained solids
- ☐ 120g Prawns (cooked)

## Fruits and Fruit Juices

- ☐ 35g Blueberries
- ☐ 1 wedge (6g) Lemon
- ☐ 1/2 medium (2-1/2" dia) (44g) Tangerines (mandarin)

## Grains, Noodles and Pasta

- ☐ 50g Quinoa

## Nuts and Seeds

- ☐ 200 ml (200g) Almond Milk
- ☐ 15g Walnuts

## Pastes, Sauces, and Gravies

- ☐ 60 ml (60g) Chicken Stock

## Protein Powders

- ☐ 10g Chocolate Whey Protein (80%)
- ☐ 10g Vanilla Whey Protein (80%)

## Spices and Herbs

- ☐ 5 Leaf (2.5g) Basil Leaves
- ☐ 1/2 tsp, ground (0.9g) Dried Oregano
- ☐ 1/2 tsp (0.25g) Dried Parsley
- ☐ 1 Dash (0.4g) Ground Cinnamon
- ☐ 1 pinch (0.2g) Red Pepper Flakes (Chili Flakes)

## Sweets

- ☐ 1 tsp (7g) Honey

## Vegetables

- ☐ 35g Cucumber
- ☐ 1 clove (3g) Garlic
- ☐ 35g Mixed Salad Leaves
- ☐ 1/2 medium (59.5g) Red Bell Pepper (capsicum)
- ☐ 30g Sun-Dried Tomatoes
- ☐ 1/2 medium (59.5g) Yellow Bell Pepper (capsicum)

# Let's generate a 7-day personalized 1,400 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.