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# 1400 Calorie Meal Plan High Protein

1,400 calories with high protein for weight loss and muscle

CALORIE MEAL PLANS | 7 DAYS

Professionally designed printable PDF • Instant download •  
Includes daily menus, grocery lists & nutrition guide

## Plan Overview .

This 1,400 calorie meal plan is high in protein (110–130g/day) to ensure weight loss comes primarily from fat rather than muscle tissue. All meals are high-satiety and nutritionally complete within the calorie budget.

### DURATION

7 days

### TARGET GOAL

Weight loss with muscle retention, 1,400 kcal, high protein

### DAILY CALORIES

1,400

### DIET TYPE

Calorie Meal Plans

## WHAT'S INSIDE THIS PLAN

- ✓ Complete daily meal schedule — breakfast, lunch, dinner & snacks
- ✓ Printable grocery shopping list for each week
- ✓ Calorie and macronutrient summary for every day
- ✓ Practical meal prep tips and time-saving guidance
- ✓ Bonus wellness advice tailored to your goal

# Your Daily Meal Plan .

**Day 1**

~1,620 cal

**Day 2**

~1,620 cal

**Day 3**

~1,620 cal

**Day 4**

~1,620 cal

**Day 5**

~1,620 cal

**Day 6**

~1,620 cal

**Day 7**

~1,620 cal

# Grocery List .

Check items off as you shop. Quantities are based on one person for the full plan duration.

## PROTEINS

- Chicken breast (×3)
- Salmon fillets (×2)
- Lean beef (200 g)
- Prawns (200 g)
- Canned tuna (×3)
- Eggs (1 dozen)
- Turkey mince (300 g)

## GRAINS AND PULSES

- Quinoa (500 g)
- Brown rice (300 g)
- Rolled oats (400 g)
- Wholegrain bread
- Red lentils (300 g)
- Chickpeas (×1 tin)
- Black beans (×1 tin)

## FRUITS

- Mixed berries (300 g)
- Banana (×3)
- Apple (×3)
- Kiwi (×2)
- Mango (×1)
- Medjool dates (×6)

## DAIRY AND ALTERNATIVES

- Greek yoghurt (500 g)
- Cottage cheese (250 g)
- Feta (100 g)
- Kefir (200 ml)
- Almond milk (1 L)

## VEGETABLES

- Spinach (300 g)
- Broccoli (×2)
- Sweet potato (×3)
- Courgette (×2)
- Bell peppers (×4)
- Cherry tomatoes (300 g)
- Cucumber (×2)
- Avocado (×3)
- Asparagus (1 bunch)

## PANTRY

- Chia seeds (150 g)
- Flaxseed (100 g)
- Almond butter (1 jar)
- Tahini (1 jar)
- Hummus (1 tub)
- Pumpkin seeds (100 g)
- Walnuts (100 g)
- Almonds (100 g)
- Olive oil
- Tamari
- Dark chocolate 85% (1 bar)

## HERBS AND SPICES

Turmeric

Cumin

Cinnamon

Chilli flakes

Garlic (1 bulb)

Ginger (fresh)

Lemon (×3)

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Adjust quantities based on household size and personal preferences.

Grocery List

## Nutrition Summary .

Average daily nutritional targets for this plan. Individual needs vary.

| Nutrient               | Daily Target  |
|------------------------|---------------|
| Average Daily Calories | 1,400 kcal    |
| Protein                | 90 – 120 g    |
| Total Carbohydrates    | 140 – 180 g   |
| Dietary Fibre          | 25 – 35 g     |
| Total Fat              | 50 – 65 g     |
| Saturated Fat          | < 15 g        |
| Sugar (natural)        | 25 – 40 g     |
| Sodium                 | < 1,500 mg    |
| Glycaemic Load         | Low to Medium |

## Benefits of This Plan .

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- ✓ Provides complete, balanced nutrition tailored to 1400 Calorie Meal Plan High Protein goals
  - ✓ All meals are whole-food, minimally processed for maximum micronutrient density
  - ✓ High dietary fibre supports digestive health and sustained satiety
  - ✓ Adequate protein intake preserves lean muscle mass
  - ✓ Anti-inflammatory ingredients reduce systemic oxidative stress
  - ✓ Low-glycaemic carbohydrate choices support stable blood sugar throughout the day
  - ✓ Ready-to-print format makes daily meal planning effortless
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## Meal Prep & Wellness Tips .

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- ✓ Meal prep on Sundays to save time during the week — batch-cook grains and proteins in advance.
  - ✓ Drink at least 2 litres of water daily alongside this plan.
  - ✓ Feel free to swap any meal within the same day to suit personal preferences.
  - ✓ Store prepped meals in airtight containers for up to 4 days in the refrigerator.
  - ✓ If hunger increases, add an extra snack of nuts, yoghurt, or vegetables rather than processed foods.
  - ✓ Pair the plan with 150 minutes of moderate exercise per week for optimal results.
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### **Important Notice & Disclaimer**

This meal plan is for informational purposes only and does not constitute medical advice. Consult a registered dietitian or qualified healthcare professional before starting any new dietary programme, especially if you have a diagnosed medical condition.

The information provided in this meal plan is for general educational and informational purposes only and does not constitute medical or nutritional advice. Always consult a qualified healthcare professional or registered dietitian before beginning any new dietary programme, especially if you have a medical condition, are pregnant, breastfeeding, or taking prescription medications.

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