

PRINTABLEPLATE

Custom Calorie Meal Plan

A flexible calorie framework you can adjust to your goal

CUSTOM AND PREMIUM PLANS | 7 DAYS

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

Plan Overview .

This flexible meal plan template lets you dial in any calorie target from 1,200 to 2,600 kcal. Includes base meals at 1,800 kcal with clearly marked additions and subtractions to reach your specific daily calorie goal.

DURATION

7 days

TARGET GOAL

Customisable nutrition, any calorie target, flexible structure

DAILY CALORIES

Adjustable (1,200–2,600)

DIET TYPE

Custom and Premium 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

~1,710 cal

Day 2

~1,710 cal

Day 3

~1,710 cal

Day 4

~1,710 cal

Day 5

~1,710 cal

Day 6

~1,710 cal

Day 7

~1,710 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)

PrintablePlate

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	Adjustable (1,200–2,600) 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 .

- ✓ Provides complete, balanced nutrition tailored to Custom Calorie Meal Plan 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
-

Meal Prep & Wellness Tips .

- ✓ 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.
-

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.

PrintablePlate • printableplate.com • © 2026 PrintablePlate. All rights reserved. For personal use only. Not for redistribution.