

1400-1600 Calorie General High Protein Meal Plan



This meal plan is designed to help you save time and energy while still providing your body with the nutrients it needs to be healthy. With a focus on moderate carbohydrates and high protein, you'll be able to fuel your body with the energy it needs to get through the day without feeling sluggish or weighed down.

Not only will you **save time and energy**, but you'll also save money by shopping for specific ingredients and not overspending on food that may go to waste. The grocery list provided takes the guesswork out of grocery shopping and makes it easier to stick to your healthy eating goals.

Our meal plan provides a balanced mix of fruits, vegetables, lean proteins, and whole grains, ensuring that you're getting all the nutrients your body needs to function at its best. And at just 1400-1600 calories per day, you can rest assured that you're not overindulging and sabotaging your health goals.

Our 1400-1600 calorie meal plan is the perfect solution for anyone looking to save time, money, and energy while still maintaining a healthy and balanced diet. Give it a try and see how much easier and enjoyable meal planning can be!

If you are looking for a more personalized nutritional plan that caters to your unique needs and goals? Look no further than Cara Orlan at Cara@yourdietitianforlife.com. With years of experience in the field of nutrition and dietetics, Cara can help you achieve your health and wellness goals by providing tailored advice and guidance on nutrition, meal planning, and more. Contact Cara today to get started on your journey to a healthier, happier life!

Meal Plan

Day 1:

- Breakfast: Greek yogurt (6 oz) with mixed berries (1/2 cup), 1 slice of whole-grain toast, and 1 hard-boiled egg (420 calories, 29g protein)
- Snack: Small apple with 1 tbsp almond butter (150 calories, 4g protein)
- Lunch: Grilled chicken breast (4 oz) with roasted vegetables (1 cup) and quinoa (1/2 cup) (400 calories, 30g protein)
- Snack: Protein shake made with unsweetened almond milk (8 oz), banana, and vanilla protein powder (160 calories, 22g protein)
- Dinner: Baked salmon (4 oz) with asparagus (1 cup) and sweet potato (1 medium) (450 calories, 31g protein)



Day 2:

- Breakfast: Omelette with 2 eggs, spinach (1 cup), mushrooms (1/2 cup), and cheese (1 oz), with 1 slice of whole-grain toast (400 calories, 26g protein)
- Snack: Carrots (1 cup) with hummus (2 tbsp) (150 calories, 4g protein)
- Lunch: Turkey breast (4 oz) with mixed greens (2 cups), cherry tomatoes (1/2 cup), and vinaigrette dressing (2 tbsp) (350 calories, 34g protein)
- Snack: Cottage cheese (1/2 cup) with sliced peaches (1/2 cup) (120 calories, 13g protein)
- Dinner: Grilled sirloin steak (4 oz) with roasted brussels sprouts (1 cup) and brown rice (1/2 cup) (450 calories, 31g protein)

Day 3:

- Breakfast: Overnight oats made with rolled oats (1/2 cup), unsweetened almond milk (8 oz), sliced banana, and chia seeds (2 tbsp) (400 calories, 13g protein)
- Snack: 1 small pear with 1 string cheese (150 calories, 8g protein)
- Lunch: Tuna salad made with canned tuna (3 oz), mixed greens (2 cups), cherry tomatoes (1/2 cup), and vinaigrette dressing (2 tbsp) (300 calories, 23g protein)
- Snack: Protein bar (150 calories, 10g protein)
- Dinner: Baked chicken thigh (4 oz) with roasted zucchini (1 cup) and quinoa (1/2 cup) (450 calories, 31g protein)

Day 4:

- Breakfast: Scrambled eggs (2) with sautéed spinach (1 cup) and 1 slice of whole-grain toast (300 calories, 17g protein)

- Snack: Plain Greek yogurt (6 oz) with 1/2 cup blueberries and a sprinkle of chopped walnuts (150 calories, 13g protein)
- Lunch: Grilled salmon (4 oz) with mixed greens (2 cups), cherry tomatoes (1/2 cup), and vinaigrette dressing (2 tbsp) (350 calories, 29g protein)
- Snack: Edamame (1 cup) (150 calories, 17g protein)
- Dinner: Baked tofu (4 oz) with roasted sweet potatoes (1 cup) and green beans (1 cup) (400 calories, 21g protein)

Day 5:

- Breakfast: Protein pancake made with 1/2 cup of oats, 1/2 cup of cottage cheese, 2 eggs, and 1/2 teaspoon of baking powder, topped with 1/2 cup of mixed berries (400 calories, 33g protein)
- Snack: Baby carrots (1 cup) with 2 tbsp of hummus (150 calories, 4g protein)
- Lunch: Grilled chicken breast (4 oz) with mixed greens (2 cups), cherry tomatoes (1/2 cup), cucumber (1/2 cup), and vinaigrette dressing (2 tbsp) (350 calories, 34g protein)
- Snack: Protein bar (150 calories, 10g protein)
- Dinner: Baked salmon (4 oz) with roasted asparagus (1 cup) and brown rice (1/2 cup) (450 calories, 31g protein)

Day 6:

- Breakfast: Scrambled eggs (2) with sautéed bell peppers (1/2 cup), onions (1/4 cup), and mushrooms (1/2 cup), and 1 slice of whole-grain toast (350 calories, 21g protein)
- Snack: Low-fat mozzarella cheese stick (80 calories, 7g protein)
- Lunch: Turkey breast (4 oz) with mixed greens (2 cups), cherry tomatoes (1/2 cup), shredded carrots (1/4 cup), and vinaigrette dressing (2 tbsp) (350 calories, 34g protein)
- Snack: Greek yogurt (6 oz) with 1/2 cup of sliced strawberries (120 calories, 11g protein)
- Dinner: Grilled flank steak (4 oz) with roasted broccoli (1 cup) and sweet potato (1 medium) (450 calories, 32g protein)

Day 7:

- Breakfast: Overnight oats made with rolled oats (1/2 cup), unsweetened almond milk (8 oz), sliced banana, and chia seeds (2 tbsp) (400 calories, 13g protein)
- Snack: Small apple with 2 tbsp of almond butter (200 calories, 5g protein)



- Lunch: Baked chicken breast (4 oz) with mixed greens (2 cups), cherry tomatoes (1/2 cup), and vinaigrette dressing (2 tbsp) (300 calories, 31g protein)
- Snack: Hard-boiled egg (70 calories, 6g protein)
- Dinner: Baked salmon (4 oz) with roasted brussels sprouts (1 cup) and quinoa (1/2 cup) (450 calories, 31g protein)

Note: This meal plan is intended as a guide and may need to be adjusted based on your individual calorie and nutrient needs. It's always a good idea to consult a registered dietitian or healthcare provider before making significant changes to your diet.

Grocery List

Proteins:

1. Chicken breast (10 oz)
2. Salmon fillet (8 oz)
3. Flank steak (12 oz)
4. Turkey breast (8 oz)
5. Eggs (12)
6. Low-fat mozzarella cheese sticks (6)
7. Greek yogurt (18 oz)
8. Protein bars (3)

Produce:

1. Mixed greens (14 cups)
2. Cherry tomatoes (3 cups)
3. Cucumber (1/2 cup)
4. Red bell pepper (1)
5. Yellow onion (1)
6. Mushrooms (1 cup)
7. Baby carrots (1 cup)
8. Broccoli (2 cups)

9. Asparagus (1 cup)
10. Brussels sprouts (1 cup)
11. Sweet potato (1 medium)
12. Mixed berries (1 cup)
13. Strawberries (1 cup)
14. Banana (1)
15. Apple (1)
16. Chia seeds (2 tbsp)

Grains:

1. Rolled oats (1 cup)
2. Brown rice (1 cup)
3. Whole-grain bread (7 slices)
4. Quinoa (1 cup)

Pantry:

1. Almond butter (4 tbsp)
2. Hummus (2 tbsp)
3. Vinaigrette dressing (6 tbsp)

Note: The quantities listed above are based on the meal plan and may need to be adjusted depending on your individual needs and serving sizes. It's always a good idea to check your pantry and fridge to see what you already have on hand before going shopping.