

# 1400 Calorie Meal Plan

## Monday

### Meal 1-

6 Egg Whites

Greens Drink

### Meal 2 –

3 oz. Of Turkey Meatball

One Handful Of Kale

6 oz. Quinoa

### Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Oatmeal

Cinnamon

### Meal 4 –

4 oz. Of White Fish

One Handful Of Spinach

6 oz. Sweet Potatoes

### Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach



Cinnamon

**Meal 6 –**

1 Cup Of Fat Free Greek Yoghurt

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

# Tuesday

**Meal 1-**

6 Egg Whites

Greens Drink

**Meal 2 –**

3 oz. Chicken

One Handful Of Green Beans

6 oz. Jasmine Rice

**Meal 3 –**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Blueberries

Cinnamon

**Meal 4 –**

2.5 oz. Of Grass-Fed Beef

One Handful Of Sprouts

6 oz. Quinoa

**Meal 5** –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

**Meal 6** –

6 Egg-Whites

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

# Wednesday

**Meal 1-**

6 Egg Whites

Greens Drink

**Meal 2** –

2oz. Of Bison

One Handful Of Asparagus

6 oz. Jasmine Rice

**Meal 3** -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale  
0.25 Cup Of Strawberries  
Cinnamon

**Meal 4** –

3 oz. Of Turkey Meatball  
One Handful Of Spinach  
6 oz. Sweet Potato Fries

**Meal 5** –

1 Scoop Of Whey Protein  
1 Cup Of Unsweetened Almond Milk  
4 oz. Of Frozen Spinach  
Cinnamon

**Meal 6** –

1 Cup Fat Free Cottage Cheese

**Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch  
Honey Badger - Take 15 Minutes Pre Workout

# Thursday

**Meal 1-**

6 Egg Whites  
Trader Joes Greens Drink

**Meal 2** –

3 oz. Of Chicken

One Handful Of Kale

6 oz. Jasmine Rice

1 Grapefruit

### **Meal 3 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Strawberries

Cinnamon

### **Meal 4 -**

3 oz. Free Range Turkey

One Handful Of Spinach

6 oz. Yukon Potatoes

### **Meal 5 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Veggies

Cinnamon

### **Meal 6 -**

Cup Of Fat Free Greek Yoghurt

### **Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

# Friday

## **Meal 1-**

6 Egg Whites

Trader Joes Greens Drink

## **Meal 2 –**

3 oz. Of Turkey Meatball

One Handful Of Kale

6 oz. Quinoa

## **Meal 3 -**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Oatmeal

Cinnamon

## **Meal 4 –**

4 oz. Of White Fish

One Handful Of Spinach

6 oz. Sweet Potatoes

## **Meal 5 –**

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

### **Meal 6 –**

1 Cup Of Fat Free Yoghurt

### **Supplements**

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout