

# THE 1400 CALORIE BODYBUILDING MEAL PLAN

## DAILY MEAL PLAN

For a custom meal plan designed by our nutrition coaches visit: [feastgood.com/coaching-services](https://feastgood.com/coaching-services)

MEAL	NUTRITION	OPTION 1	OPTION 2
 <b>BREAKFAST</b>	<b>Calories - 345</b> <b>Protein - 30g</b> <b>Carbs - 25g</b> <b>Fat - 15g</b>	<b>Greek Yogurt Bowl</b>	<b>Protein Smoothie</b>
		1 cup (285g) Greek yogurt ½ cup berries 1 oz mixed nuts	1 ¼ cup frozen berries 1 scoop vanilla whey protein 1 tbsp peanut butter 1 cup almond milk
 <b>LUNCH</b>	<b>Calories - 370</b> <b>Protein - 30g</b> <b>Carbs - 25g</b> <b>Fat - 15g</b>	<b>Taco Salad</b>	<b>Greek Chicken Bowl</b>
		4 oz ground turkey 1 cup shredded lettuce ¼ cup corn ¼ cup black bean ¼ avocado ¼ cup salsa 2 tbsp Greek yogurt	4 oz chicken breast ½ cup shredded lettuce ¼ cup red onion 2 tbsp black olives ¼ cup feta ½ cup roasted potatoes
 <b>DINNER</b>	<b>Calories - 450</b> <b>Protein - 35g</b> <b>Carbs - 50g</b> <b>Fat - 10g</b>	<b>BBQ Chicken Pita Pizza</b>	<b>Spaghetti</b>
		1 pita 4 oz chicken ½ bell pepper ¼ cup onion 2 tbsp bbq sauce 1 oz cheese	3 ½ oz extra lean ground beef 1 ½ oz pasta 1 cup tomato sauce Sprinkle of parmesan cheese
 <b>SNACK 1</b>	<b>Calories - 175</b> <b>Protein - 25g</b> <b>Carbs - 5g</b> <b>Fat - 5g</b>	<b>Protein Shake</b>	<b>Greek Yogurt Bowl</b>
		1 scoop protein powder 1 cup almond milk	½ cup greek yogurt ½ scoop protein powder
 <b>SNACK 2</b>	<b>Calories - 80</b> <b>Protein - 2g</b> <b>Carbs - 10g</b> <b>Fat - 5g</b>	<b>Nighttime Snack</b>	<b>Snack Plate</b>
		2 cups popcorn	½ cup bell peppers ½ cup cucumber 2 tbsp hummus