



WHAT DOES 1400 CALORIES LOOK LIKE?

INTRODUCTION

Flexible dieting is a great tool when it comes to tracking nutrition. Having the ability to diet of your own accord within set targets allows the freedom to consume the foods you like, and still make progress towards your goal.

I personally recommend adopting the 80:20 principle when it comes to flexible dieting. Consuming 80% of your calories through whole, nutritious foods, with the remaining 20% of your calories coming from foods you enjoy, which may or may not contribute much nutritional value.

I've put this guide together to provide some insight into how you could structure your food diary to satisfy your calorie goal. It contains multiple options for each meal, and consuming a combination of the options will allow you to hit your nutritional targets comfortably.

DISCLAIMER

This is by no means a set meal-plan. This guide has been devised simply to show you how you could structure your daily food intake. It contains generic food-choices, and thus should be taken accordingly.

You should seek medical guidance regarding any food intolerances or allergies you may have.

BREAKFAST - CHOOSE ONE

OPTION

1

FOOD	SERVING
Bread	2 Slices
Eggs	2
Light Spread	10g

OPTION

2

FOOD	SERVING
Heck Chicken Sausage	2
Egg	1
Thin Bagel + Light Spread	1
Turkey Bacon	2

LUNCH - CHOOSE ONE

OPTION

1

FOOD	SERVING
Tinned Tuna	1 Tin
Pasta	70g
Bell Pepper	45g
Sweetcorn	50g

OPTION

2

FOOD	SERVING
Steak	75g
Ciabatta Roll	1
Light Philadelphia Cheese	75g
Mushrooms	25g

DINNER - CHOOSE ONE

OPTION

1

FOOD	SERVING
Chicken Breast	125g
Micro Rice	125g
KMC Salt & Pepper Seasoning	20g
Bell Pepper	45g

OPTION

2

FOOD	SERVING
Chicken Breast	100g
Prawns	80g
Stir Fry Mix Veg	100g
Rice Noodles	100g
Teriyaki Sauce	75g

SNACK - CHOOSE ONE

OPTION

1

FOOD	SERVING
10 Cal Jelly	60g
Apple	100g

OPTION

2

FOOD	SERVING
Snack A Jacks	23g
Alpen Light Bar	1

KCAL (MAX)

1429

PROTEIN (MIN)

116g

**EAT WELL,
LIVE WELL,
BE WELL.**

TRIBE-FIT
FITTER. STRONGER. TOGETHER