

ActiveLife Fitness

7-Day Weight Loss Meal Plan (1,400–1,500 kcal/day)

This meal plan is designed for steady fat loss, simple preparation, and busy lifestyles. All meals use easy-to-find supermarket foods and focus on keeping you full with high-protein options.

Day 1

- Breakfast: 2 eggs, 1 slice wholegrain toast (350 kcal)
- Lunch: Grilled chicken salad with olive oil dressing (400 kcal)
- Snack: Greek yoghurt (150 kcal)
- Dinner: Lean beef stir-fry with vegetables (500 kcal)

Day 2

- Breakfast: Protein smoothie with banana (350 kcal)
- Lunch: Tuna & avocado wrap (400 kcal)
- Snack: Apple & almonds (150 kcal)
- Dinner: Baked salmon, rice & greens (500 kcal)

Day 3

- Breakfast: Oats with protein powder (350 kcal)
- Lunch: Chicken rice bowl (400 kcal)
- Snack: Cottage cheese & berries (150 kcal)
- Dinner: Turkey mince & vegetables (500 kcal)

Day 4

- Breakfast: Eggs & spinach wrap (350 kcal)
- Lunch: Beef salad bowl (400 kcal)
- Snack: Protein bar (150 kcal)
- Dinner: Grilled chicken, potato & veg (500 kcal)

Day 5

- Breakfast: Greek yoghurt, honey & fruit (350 kcal)
- Lunch: Chicken & avocado salad (400 kcal)

- Snack: Boiled eggs (150 kcal)
- Dinner: Fish tacos (500 kcal)

Day 6

- Breakfast: Protein pancakes (350 kcal)
- Lunch: Turkey sandwich (400 kcal)
- Snack: Fruit smoothie (150 kcal)
- Dinner: Steak & vegetables (500 kcal)

Day 7

- Breakfast: Scrambled eggs & toast (350 kcal)
- Lunch: Chicken stir-fry (400 kcal)
- Snack: Greek yoghurt (150 kcal)
- Dinner: Roast chicken & vegetables (500 kcal)

Disclaimer: This plan is a general guide only and not a substitute for medical advice.