5-DAY 1450 CALORIE MEAL PLAN

By Andrew Malcolm

A 1450 caloric meal plan will produce weight loss in most adults. When starting a diet it's important to first establish the amount of calories needed to maintain your current weight. Once that number is attained then begin the diet. It's recommended that the average adult consume 2000 to 2500 calories per day. If you are within this parameter then the 1450-calorie meal plan is ideal for weight loss. If you are consistently consuming much higher than the 2500 calories per day then adjust your diet to a range of 2500 to 3000 calories a day for a minimum of 3 weeks before starting the 1450-calorie diet. The reasoning behind this is any sudden major reduction in calories will come as a huge shock and cause the body to starve. This starvation will eventually overwhelm the brain and make the client crave and cheat due to being in a state of hunger.

The diet below displays an average caloric intake of 1450 per day. The first meal of the day is typically the most caloric dense. This accomplishes two things. Number 1, it allows your body to burn the calories during the course of the day. Number 2, the carbs consumed in a higher dosage during breakfast can be used as energy during the course of the day. The final meal of the day consists of low carbohydrates and a low calorie fish making it the least caloric meal of the day prior to bedtime.

The user of the diet will consume 1 snack and 1 protein shake in addition to 3 meals per day. The concept behind the snack is to first give the user something to look forward to within the limitation of the diet as well as the reduction of cravings between meals. The concept behind the protein shake is to increase the amount of protein in diet without adding unnecessary calories.

Day 1:

1528 Calories
150g Protein
155g Carbs

Meal 1 (Breakfast)
- 1 cup of oatmeal
  (300 calories, 10 g protein, 54g carbs)
- ¼ cup of egg whites
  (100 calories, 20g protein, 0g carbs)
- ½ avocado
  (120 calories, 1g protein, 6g carbs)

Meal 2 (Lunch)
- ½ cup of brown rice
  (110 calories, 5g protein, 44g carbs)
- 4oz of chicken breast
  (130 calories, 26g protein, 0 carbs)

Meal 3 (Dinner)
- ½ cup of brown rice
  (110 calories, 5g protein, 44g carbs
- 4oz salmon
  (234 calories, 25g protein, 0g carbs)

Meal 4 (Protein Shake)
- 1 scoop of Nitro-Tech Ripped
  (170 calories, 30g protein, 3g carbs)

Meal 5 (Dinner)
- 4oz salmon
  (234 calories, 25g protein, 0g carbs)
- ½ cup of asparagus
  (20 calories, 3g protein, 4g carbs)

Day 2:

1322 Calories
116g Protein
99g Carbs

Meal 1 (Breakfast)
- 2 slices of white toast
  (130 calories, 5g protein, 27g carbs)
- ¼ cup of egg whites
  (100 calories, 20g protein, 0g carbs
- ½ avocado
  (120 calories, 1g protein, 6g carbs)

Meal 2 (Lunch)
- ½ cup of white rice
  (104 calories, 2g protein, 23g carbs)
- 4oz of chicken breast
  (130 calories, 26g protein, 0g carbs)
- ½ cup of asparagus
  (20 calories, 3g protein, 4g carbs)

Meal 3 (Snack)
- 1oz of almonds
  (164 calories, 6g protein, 6g carbs)

Meal 4 (Protein Shake)
- 1 scoop of Nitro-Tech Ripped
  (170 calories, 30g protein, 3g carbs)

Meal 5 (Dinner)
- ½ cup of white rice
  (104 calories, 2g protein, 23g carbs)
- 1 5oz can of Tuna Fish
  (160 calories, 20g protein, 1g carbs)
- ½ avocado
  (120 calories, 1g protein, 6g carbs)

Day 3:

1496 Calories
197g Protein
192g Carbs

Meal 1 (Breakfast)
- 1 medium plain bagel
  (248 calories, 13g protein, 58g carbs)
- 1 tablespoon of low fat cream cheese
  (80 calories, 2g protein, 2g carbs)
- 1 cup of strawberries
  (50 calories, 1g protein, 11g carbs)

Meal 2 (Snack)
- 1 low fat blueberry muffin
  (370 calories, 6g protein, 98g carbs)

Meal 3 (Lunch)
- 1 cup of sweet potato
  (114 calories, 2g protein, 26g carbs)
- 4oz Turkey Breast
  (160 calories, 34g protein, 0g carbs)
- 1 cup of mixed vegetables
  (50 calories, 3g protein, 10g carbs)

Meal 4 (Protein Shake)
- 1 scoop of Nitro-Tech Ripped
  (170 calories, 30g protein, 3g carbs)

Meal 5 (Dinner)
- 4oz salmon
  (234 calories, 25g protein, 0g carbs)
- ½ cup of asparagus
  (20 calories, 3g protein, 4g carbs)

Day 4:

1394 Calories
122g Protein
124g Carbs

Meal 1 (Breakfast)
- 1 cup of oatmeal
  (300 calories, 10 g protein, 54g carbs)
- ¼ cup of egg whites
  (100 calories, 20g protein, 0g carbs)
- ½ avocado
  (120 calories, 1g protein, 6g carbs

Meal 2 (Snack)
- 1oz of almonds
  (164 calories, 6g protein, 6g carbs)

Meal 3 (Lunch)
- ½ cup of brown rice
  (110 calories, 5g protein, 44g carbs)
- 4oz of chicken breast
  (130 calories, 26g protein, 0 carbs)
- ½ cup of asparagus
  (20 calories, 3g protein, 4g carbs)

Meal 4 (Protein Shake)
- 1 scoop of NitroTech Ripped
  (170 calories, 30g protein, 3g carbs)

Meal 5 (Dinner)
- 1 5oz can of Tuna Fish
  (160 calories, 20g protein, 1g carbs)
- ½ avocado
  (120 calories, 1g protein, 6g carbs)

Day 5:

1522 Calories
112g Protein
215g Carbs

Meal 1 (Breakfast)
- 1 medium plain bagel
  (248 calories, 13g protein, 58g carbs)
- 1 tablespoon of low fat cream cheese
  (80 calories, 2g protein, 2g carbs)
- 1 cup of strawberries
  (50 calories, 1g protein, 11g carbs)

Meal 2 (Snack)
- 1 low fat blueberry muffin
  (370 calories, 6g protein, 98g carbs)

Meal 3 (Lunch)
- 1 cup of sweet potato
  (114 calories, 2g protein, 26g carbs)
- 4oz Turkey Breast
  (160 calories, 34g protein, 0g carbs)
- 1 cup of mixed vegetables
  (50 calories, 3g protein, 10g carbs)

Meal 4 (Protein Shake)
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Meal 5 (Dinner)
- 1 5oz can of Tuna Fish
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- ½ avocado
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