

# 1 DAY MEAL PLAN

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Your Guide To Eating Delicious Food, Reaching Your Weight Loss Goals and Feeling Your Best



**1 DAY OF MEALS WITH ALL THE INGREDIENTS,  
CALORIES & PROTEIN WORKED OUT FOR YOU**

*By Tara Hammett*

# THANK YOU FOR DOWNLOADING MY 1 DAY MEAL PLAN

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It may seem challenging planning meals to help you lose weight, hit your protein target and enjoy your food.....so I've done all the thinking for you.

I'll be bringing you a series of meal plans that you can literally copy & enjoy!

You're welcome ;-)

Don't forget to keep following my social media posts for the most up to date meal plans and weight loss tips.

**If you'd love support to help you lose weight. Email or DM me '6' and I'll send you more info on how I can help you lose weight and keep it off**



# Common Challenges

- Eating out
- Picking & Grazing
- Not knowing what to eat
- Drinking alcohol
- Emotional Eating
- Not paying attention
- Believing You Can't Lose Weight & It's Too Hard
- ....Plus many more.

When we recognise what temptations & excuses we face, we can recognise what we struggle with and instead of ignoring them and letting them take over, we can create a plan and come up with solutions.

## SO WHAT CAN WE DO

We need to learn to eat better

Improve relationships with food

Get support to help you along the journey with a coach

Strengthen your support with a community of women just like you who are achieving their goals and inspiring you daily

@tarahammett

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# HERE'S YOUR DAY

Taking a few minutes to plan your meals for the day will save you so much time & think whilst also helping to reduce down picking and grazing.

This is what you need to lose weight whilst feeling full and in control.

*This day comes in at approximately  
1500 Calories & 133g Protein.*

## WANT TO CHANGE ANYTHING?

I often get asked about swapping food items, so if there's anything you would need to change please know you absolutely can. You just need to adjust the calories & protein accordingly

## BREAKFAST

245 Calories. 28g Protein

225g yoghurt  
8g mixed seeds  
5 almonds  
40g blueberries

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# LUNCH

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340 Calories. 27g Protein

M&S Wholemeal Pitta  
1/2 can (51g) Tuna  
3 Tbs (80g) Sweetcorn  
40 Skyr Fatfree Yoghurt  
Lemon Juice  
Black Pepper  
Cherry Tomatoes  
Sugar Snap Peas

# SNACK

296 Calories. 20g Protein

3 corn thins  
2 boiled eggs  
Sliced Cucumber  
30g Philadelphia lightest

# TREAT & MILK

146 Calories. 4g Protein

1 Curly Wurly

100ml Semi Skimmed Milk

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# DINNER

This 10 minute, one-pan meal is perfect for a quick, easy, filling dinner to make when you CBA.

Make sure you check out my 1500 Calorie Day Meal Plan Reel too.

## CAJUN CHICKEN & RICE (Makes 3 Servings)

- 3 Medium Cooked Chicken Breast (130g) or a 650g Pack Diced Chicken Breast
- 250g Pack Wholegrain Rice
- 240g Frozen Soya Beans
- 100g Diced frozen Onions
- 1 Diced Red Pepper
- Cajun Spice
- Salt & Pepper
- 1 Cal Spray

This recipe makes 3 servings.

Each individual serving is approx 465 Calories and 54g Protein

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# DAILY PLANNER

Date: \_\_\_\_\_



## TODAY'S SCHEDULE

6:00 am \_\_\_\_\_

6:30 am \_\_\_\_\_

7:00 am \_\_\_\_\_

7:30 am \_\_\_\_\_

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## NON-NEGOTIABLES

- 20 MIN MORNING WORKOUT.
- 30 MIN WALK OUTSIDE
- 4 MEALS

## REMEMBER

 “ I CAN ONLY DO MY BEST”  
‘ALL OR NOTHING ENDS UP WITH NOTHING’  
‘PROGRESS OVER PERFECTION’

## PRIORITY OF THE DAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WATER INTAKE



## NOTE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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Date: \_\_\_\_\_



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## NON-NEGOTIABLES

Blank pink area for non-negotiables.

## REMEMBER

Blank light blue area for reminders, with an information icon in the top right corner.

## PRIORITY OF THE DAY

Blank light blue area for daily priorities, with five blue square bullet points on the left side.

## WATER INTAKE



## NOTE

Four horizontal lines for notes, each preceded by a blue circle bullet point.