

1700-Calorie Standard Meal Plan

Day 1

Meal 1: Breakfast: Oatmeal (1/2 cup) + 1 tbsp peanut butter + banana slices

Calories: 300 | Protein: 15g | Carbs: 30g | Fat: 10g

Meal 2: Morning Snack: Protein shake with unsweetened almond milk

Calories: 200 | Protein: 25g | Carbs: 5g | Fat: 5g

Meal 3: Lunch: Grilled chicken breast (4 oz) + jasmine rice (1/2 cup) + green beans

Calories: 400 | Protein: 35g | Carbs: 35g | Fat: 10g

Meal 4: Afternoon Snack: Apple + 1 tbsp almond butter

Calories: 200 | Protein: 4g | Carbs: 25g | Fat: 10g

Meal 5: Dinner: Turkey meatballs (4 oz) + spaghetti squash + marinara sauce

Calories: 450 | Protein: 30g | Carbs: 20g | Fat: 18g

Meal 6: Evening Snack: Cottage cheese (1/2 cup) + cinnamon + stevia

Calories: 150 | Protein: 12g | Carbs: 10g | Fat: 4g

Day 2

Meal 1: Breakfast: Scrambled eggs (2) + spinach + 1 slice toast

Calories: 300 | Protein: 20g | Carbs: 20g | Fat: 15g

Meal 2: Morning Snack: Greek yogurt (plain, 1/2 cup) + 1 tbsp flaxseeds

Calories: 200 | Protein: 15g | Carbs: 10g | Fat: 10g

Meal 3: Lunch: Grilled salmon (4 oz) + jasmine rice (1/2 cup) + asparagus

Calories: 400 | Protein: 32g | Carbs: 30g | Fat: 18g

Meal 4: Afternoon Snack: Rice cake (1) + 1 tbsp peanut butter

Calories: 200 | Protein: 5g | Carbs: 15g | Fat: 10g

Meal 5: Dinner: Chicken stir-fry (4 oz) + mixed veggies + coconut aminos

Calories: 450 | Protein: 35g | Carbs: 25g | Fat: 20g

Meal 6: Evening Snack: Protein smoothie with water + berries

Calories: 150 | Protein: 18g | Carbs: 12g | Fat: 5g

Day 3

Meal 1: Breakfast: Overnight oats + chia + blueberries + protein powder

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Calories: 300 | Protein: 22g | Carbs: 35g | Fat: 10g

Meal 2: Morning Snack: Protein shake with almond milk

Calories: 200 | Protein: 25g | Carbs: 6g | Fat: 5g

Meal 3: Lunch: Tuna salad lettuce wraps (4 oz tuna, celery, Greek yogurt)

Calories: 400 | Protein: 35g | Carbs: 20g | Fat: 15g

Meal 4: Afternoon Snack: Hummus + baby carrots + cucumber

Calories: 200 | Protein: 4g | Carbs: 15g | Fat: 12g

Meal 5: Dinner: Chicken breast (4 oz) + sweet potato + broccoli

Calories: 450 | Protein: 30g | Carbs: 30g | Fat: 18g

Meal 6: Evening Snack: Rice cake + almond butter + cinnamon

Calories: 150 | Protein: 6g | Carbs: 15g | Fat: 8g

Day 4

Meal 1: Breakfast: Whole grain waffle + Greek yogurt + strawberries

Calories: 300 | Protein: 18g | Carbs: 25g | Fat: 12g

Meal 2: Morning Snack: Protein bar (low sugar, high protein)

Calories: 200 | Protein: 20g | Carbs: 15g | Fat: 8g

Meal 3: Lunch: Ground turkey (4 oz) + jasmine rice (1/2 cup) + mixed veggies

Calories: 400 | Protein: 35g | Carbs: 30g | Fat: 15g

Meal 4: Afternoon Snack: Boiled eggs (2) + orange

Calories: 200 | Protein: 12g | Carbs: 20g | Fat: 10g

Meal 5: Dinner: Grilled steak (4 oz) + mashed cauliflower + green beans

Calories: 450 | Protein: 32g | Carbs: 15g | Fat: 20g

Meal 6: Evening Snack: Protein pudding (Greek yogurt + cocoa + stevia)

Calories: 150 | Protein: 14g | Carbs: 10g | Fat: 4g

Day 5

Meal 1: Breakfast: Protein pancakes (2) topped with banana slices + 1 tbsp peanut butter

Calories: 350 | Protein: 25g | Carbs: 30g | Fat: 14g

Meal 2: Morning Snack: Cottage cheese (1/2 cup) + 1/2 peach

Calories: 150 | Protein: 14g | Carbs: 15g | Fat: 5g

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Meal 3: Lunch: Turkey burger (no bun) + roasted potatoes + side salad with vinaigrette

Calories: 400 | Protein: 35g | Carbs: 30g | Fat: 18g

Meal 4: Afternoon Snack: Carrot sticks + hummus (3 tbsp)

Calories: 150 | Protein: 6g | Carbs: 15g | Fat: 9g

Meal 5: Dinner: Grilled steak (4 oz) + jasmine rice (1/2 cup) + roasted Brussels sprouts

Calories: 450 | Protein: 32g | Carbs: 28g | Fat: 20g

Meal 6: Evening Snack: Protein shake with water + cocoa powder + 1 tbsp almond butter

Calories: 200 | Protein: 18g | Carbs: 12g | Fat: 10g

Day 6

Meal 1: Breakfast: Avocado toast (1 slice whole grain bread, 1/4 avocado, 1 egg)

Calories: 300 | Protein: 18g | Carbs: 20g | Fat: 15g

Meal 2: Morning Snack: Protein shake with unsweetened almond milk + 1 tbsp chia seeds

Calories: 200 | Protein: 20g | Carbs: 10g | Fat: 9g

Meal 3: Lunch: Grilled chicken breast (4 oz) + quinoa (1/2 cup) + broccoli

Calories: 400 | Protein: 35g | Carbs: 30g | Fat: 12g

Meal 4: Afternoon Snack: Rice cakes (2) with 1 tbsp almond butter

Calories: 200 | Protein: 7g | Carbs: 22g | Fat: 10g

Meal 5: Dinner: Salmon (4 oz) + mashed cauliflower + sautéed spinach

Calories: 450 | Protein: 30g | Carbs: 18g | Fat: 20g

Meal 6: Evening Snack: Cottage cheese (1/2 cup) + cinnamon + stevia + walnuts

Calories: 150 | Protein: 14g | Carbs: 8g | Fat: 6g

Day 7

Meal 1: Breakfast: Scrambled eggs (2) with spinach + 1 slice whole grain toast

Calories: 300 | Protein: 20g | Carbs: 20g | Fat: 15g

Meal 2: Morning Snack: Greek yogurt (plain, 1/2 cup) + blueberries + 1 tbsp hemp seeds

Calories: 200 | Protein: 18g | Carbs: 14g | Fat: 7g

Meal 3: Lunch: Ground turkey (4 oz) taco bowl with brown rice (1/2 cup) + peppers/onions

Calories: 400 | Protein: 35g | Carbs: 30g | Fat: 15g

Meal 4: Afternoon Snack: Cucumber slices + 2 boiled eggs

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Calories: 200 | Protein: 14g | Carbs: 6g | Fat: 12g

Meal 5: Dinner: Grilled shrimp (4 oz) + couscous (1/2 cup) + steamed asparagus

Calories: 450 | Protein: 32g | Carbs: 25g | Fat: 18g

Meal 6: Evening Snack: Protein smoothie with frozen berries + water + 1 tbsp almond butter

Calories: 150 | Protein: 18g | Carbs: 15g | Fat: 8g