

# 7-Day 1700-Calorie Standard Meal Plan

## Day 1

Meal	Food	Calories
Breakfast	Oatmeal with banana and peanut butter	300
Morning Snack	Protein shake with almond milk	200
Lunch	Grilled chicken, 1/2 cup basmati rice, broccoli	400
Afternoon Snack	Greek yogurt with berries	200
Dinner	Salmon, jasmine rice, sautéed spinach	450
Evening Snack	Rice cake with almond butter	150

## Day 2

Meal	Food	Calories
Breakfast	2 scrambled eggs, whole grain toast, 1/2 avocado	300
Morning Snack	Hard-boiled egg and an apple	200
Lunch	Turkey wrap with spinach and hummus, side carrots	400
Afternoon Snack	Celery sticks with hummus	200
Dinner	Grilled chicken, roasted sweet potatoes, green beans	450
Evening Snack	Small protein smoothie	150

## Day 3

Meal	Food	Calories
Breakfast	Greek yogurt parfait with granola and berries	300
Morning Snack	Rice cake with peanut butter	200
Lunch	Quinoa salad with chickpeas, cucumber, feta	400
Afternoon Snack	1 boiled egg and 5 crackers	200
Dinner	Turkey meatballs, zucchini noodles, marinara	450
Evening Snack	Greek yogurt with honey	150

## Day 4

Meal	Food	Calories
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Breakfast	Veggie omelet with 1 slice toast	300
Morning Snack	Handful of almonds and a clementine	200
Lunch	Grilled salmon, mixed greens, vinaigrette	400
Afternoon Snack	Cottage cheese with cinnamon	200
Dinner	Stir-fried tofu, rice, mixed veggies	450
Evening Snack	Low-fat popcorn	150

## Day 5

Meal	Food	Calories
Breakfast	Smoothie with protein, banana, spinach, almond milk	300
Morning Snack	Greek yogurt	200
Lunch	Chicken Caesar salad (light dressing)	400
Afternoon Snack	Trail mix (lightly salted)	200
Dinner	Lean beef patty, mashed cauliflower, peas	450
Evening Snack	Cottage cheese and pineapple	150

## Day 6

Meal	Food	Calories
Breakfast	Cottage cheese with pineapple and almonds	300
Morning Snack	Protein bar	200
Lunch	Beef stir-fry with veggies and jasmine rice	400
Afternoon Snack	Protein shake	200
Dinner	Baked cod, quinoa, asparagus	450
Evening Snack	Dark chocolate square and strawberries	150

## Day 7

Meal	Food	Calories
Breakfast	Whole grain waffle with almond butter and strawberries	300
Morning Snack	Low-fat cheese stick and cucumber slices	200
Lunch	Shrimp tacos with slaw and salsa	400
Afternoon Snack	Banana with almond butter	200
Dinner	Stuffed bell peppers with ground turkey and rice	450

Evening Snack	Sliced apple with cinnamon	150
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