

7-Day Standard Meal Plan - 1700 Calories with Macros

Note: This plan is meant to serve as a guideline. Feel free to swap meals as needed. Each day is designed to help you hit your protein targets while staying close to 1700 calories.

Day 1

Breakfast: Overnight oats with protein (Calories: 316, Protein: 28g, Carbs: 28g, Fat: 9g)

Mid-Morning Snack: Deli turkey + cheese + apple (Calories: 198, Protein: 22g, Carbs: 12g, Fat: 8g)

Lunch: Grilled chicken + rice + broccoli (Calories: 395, Protein: 36g, Carbs: 32g, Fat: 12g)

Afternoon Snack: Protein smoothie (Calories: 237, Protein: 28g, Carbs: 16g, Fat: 8g)

Dinner: Salmon + sweet potato + green beans (Calories: 395, Protein: 36g, Carbs: 28g, Fat: 16g)

Evening Snack: Cottage cheese + berries + rice cake (Calories: 158, Protein: 16g, Carbs: 12g, Fat: 4g)

Daily Total: 1700 Calories, 164g Protein, 127g Carbs, 57g Fat

Day 2

Breakfast: Greek yogurt + granola + berries (Calories: 290, Protein: 25g, Carbs: 25g, Fat: 8g)

Mid-Morning Snack: Chicken slices + carrots + hummus (Calories: 207, Protein: 23g, Carbs: 8g, Fat: 10g)

Lunch: Turkey burger + bun + salad (Calories: 415, Protein: 33g, Carbs: 29g, Fat: 17g)

Afternoon Snack: Cottage cheese + cucumbers + crackers (Calories: 207, Protein: 17g, Carbs: 17g, Fat: 8g)

Dinner: Shrimp stir-fry + rice + veggies (Calories: 415, Protein: 33g, Carbs: 33g, Fat: 12g)

Evening Snack: Eggs + jerky + cucumbers (Calories: 166, Protein: 21g, Carbs: 4g, Fat: 7g)

Daily Total: 1700 Calories, 152g Protein, 116g Carbs, 62g Fat

Day 3

Breakfast: Egg scramble + toast (Calories: 324, Protein: 28g, Carbs: 20g, Fat: 12g)

Mid-Morning Snack: Greek yogurt + protein + berries (Calories: 243, Protein: 28g, Carbs: 16g, Fat: 6g)

Lunch: Chicken Caesar salad (Calories: 364, Protein: 32g, Carbs: 8g, Fat: 20g)

Afternoon Snack: Turkey slices + peppers + hummus (Calories: 202, Protein: 23g, Carbs: 8g, Fat: 10g)

Dinner: Ground turkey + rice + squash (Calories: 405, Protein: 32g, Carbs: 28g, Fat: 15g)

Evening Snack: Cottage cheese + almond butter (Calories: 162, Protein: 16g, Carbs: 4g, Fat: 6g)

Daily Total: 1700 Calories, 160g Protein, 85g Carbs, 70g Fat

Day 4

Breakfast: Protein smoothie (Calories: 290, Protein: 29g, Carbs: 21g, Fat: 8g)

Mid-Morning Snack: Cottage cheese + jerky + tomatoes (Calories: 207, Protein: 23g, Carbs: 8g, Fat: 10g)

Lunch: Grilled steak + rice + green beans (Calories: 415, Protein: 37g, Carbs: 29g, Fat: 17g)

Afternoon Snack: Boiled eggs + almonds + peppers (Calories: 249, Protein: 21g, Carbs: 8g, Fat: 15g)

Dinner: Baked cod + sweet potato + spinach (Calories: 373, Protein: 33g, Carbs: 25g, Fat: 12g)

Evening Snack: Greek yogurt + flax + cinnamon (Calories: 166, Protein: 17g, Carbs: 8g, Fat: 4g)

Daily Total: 1700 Calories, 160g Protein, 100g Carbs, 66g Fat

Day 5

Breakfast: Omelet + toast (Calories: 316, Protein: 28g, Carbs: 16g, Fat: 14g)

Mid-Morning Snack: Cottage cheese + turkey + cucumbers (Calories: 198, Protein: 22g, Carbs: 8g, Fat: 8g)

Lunch: Turkey tacos + rice + salsa (Calories: 395, Protein: 32g, Carbs: 28g, Fat: 12g)

Afternoon Snack: Tuna salad + crackers + peppers (Calories: 237, Protein: 24g, Carbs: 16g, Fat: 8g)

Dinner: Chicken thighs + mashed sweet potatoes + broccoli (Calories: 395, Protein: 32g, Carbs: 24g, Fat: 16g)

Evening Snack: Greek yogurt + peanut butter (Calories: 158, Protein: 16g, Carbs: 8g, Fat: 6g)

Daily Total: 1700 Calories, 153g Protein, 99g Carbs, 64g Fat

Day 6

Breakfast: Protein pancakes + almond butter + banana (Calories: 316, Protein: 28g, Carbs: 24g, Fat: 9g)

Mid-Morning Snack: Jerky + cheese stick + peppers (Calories: 198, Protein: 20g, Carbs: 8g, Fat: 8g)

Lunch: Rotisserie chicken + rice + salad (Calories: 395, Protein: 36g, Carbs: 28g, Fat: 12g)

Afternoon Snack: Greek yogurt + seeds + berries (Calories: 237, Protein: 24g, Carbs: 20g, Fat: 8g)

Dinner: Pork tenderloin + couscous + carrots (Calories: 395, Protein: 32g, Carbs: 28g, Fat: 14g)

Evening Snack: Boiled eggs + carrots + hummus (Calories: 158, Protein: 16g, Carbs: 8g, Fat: 8g)

Daily Total: 1700 Calories, 154g Protein, 115g Carbs, 59g Fat

Day 7

Breakfast: Breakfast burrito (Calories: 316, Protein: 28g, Carbs: 20g, Fat: 12g)

Mid-Morning Snack: Protein smoothie (Calories: 237, Protein: 28g, Carbs: 16g, Fat: 6g)

Lunch: Chicken + quinoa + asparagus (Calories: 395, Protein: 36g, Carbs: 28g, Fat: 12g)

Afternoon Snack: Cottage cheese + peach + almonds (Calories: 198, Protein: 16g, Carbs: 12g, Fat: 9g)

Dinner: White fish + rice + broccoli (Calories: 395, Protein: 32g, Carbs: 28g, Fat: 12g)

Evening Snack: Greek yogurt + nut butter (Calories: 158, Protein: 16g, Carbs: 8g, Fat: 6g)

Daily Total: 1700 Calories, 154g Protein, 111g Carbs, 58g Fat