

1700-Calorie Standard Meal Plan

Breakfast Options

Greek Yogurt Berry Parfait

- 1 cup nonfat Greek yogurt
- ½ cup mixed berries
- 2 tbsp granola
- 1 tbsp chia seeds
- 1 tsp honey

Macros: 280 cal | 20g P | 35g C | 6g F

Veggie Egg Scramble

- 2 whole eggs + 2 egg whites
- ½ cup spinach
- ¼ cup bell pepper
- 1 slice whole grain toast
- 1 tsp olive oil

Macros: 300 cal | 22g P | 22g C | 14g F

Protein Oats

- ½ cup oats
- 1 scoop vanilla whey protein
- ½ banana
- 1 tbsp almond butter

Macros: 370 cal | 27g P | 42g C | 12g F

Lunch Options

Grilled Chicken Salad with Avocado

- 4 oz chicken breast
- 3 cups mixed greens
- ½ avocado
- ½ cup cherry tomatoes
- ¼ cucumber
- 1 tbsp olive oil
- 1 tsp balsamic

Macros: 400 cal | 32g P | 15g C | 24g F

Turkey Wrap

- 1 whole wheat tortilla
- 3 oz turkey breast
- 1 slice provolone
- 1 cup spinach
- 1 tbsp hummus

Macros: 350 cal | 28g P | 28g C | 14g F

Tuna Salad Bowl

- 1 can tuna in water
- 2 cups romaine lettuce
- ½ cup chickpeas
- 1 tbsp olive oil + lemon juice
- 1 boiled egg

Macros: 420 cal | 38g P | 18g C | 20g F

Dinner Options

Lemon Garlic Salmon with Quinoa & Broccoli

- 5 oz salmon fillet
- ½ cup cooked quinoa
- 1 cup broccoli
- 1 tsp olive oil
- ½ lemon
- 1 clove garlic

Macros: 520 cal | 40g P | 30g C | 23g F

Ground Turkey Stir Fry

- 5 oz ground turkey (93% lean)
- 1 cup stir-fry vegetables
- ½ cup jasmine rice
- 1 tbsp soy sauce

Macros: 480 cal | 38g P | 45g C | 15g F

Chicken & Sweet Potato Bowl

- 5 oz chicken breast
- 1 medium sweet potato
- 1 cup green beans
- 1 tsp olive oil

Macros: 450 cal | 42g P | 38g C | 13g F

Snack Options

Cottage Cheese with Almonds

- ½ cup low-fat cottage cheese
- 1 tbsp almonds

Macros: 160 cal | 14g P | 6g C | 8g F

Apple + Peanut Butter

- 1 medium apple

- 1 tbsp natural peanut butter

Macros: 190 cal | 4g P | 22g C | 9g F

Oatmeal Protein Balls (serving = 2)

- 1 cup rolled oats
- ½ cup peanut butter
- 2 scoops vanilla protein powder
- 2 tbsp honey
- 2 tbsp mini chocolate chips
- 2 tbsp chia seeds
- 2–4 tbsp almond milk

Macros: 210 cal | 12g P | 18g C | 9g F