

1700 Calorie Standard Meal Plan

Breakfast Options

Veggie Egg Scramble with Toast + Fruit

Ingredients:

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

Instructions:

- Heat olive oil in pan.
- Sauté spinach and bell pepper.
- Whisk eggs, scramble until cooked.
- Toast bread, serve with fruit.

Macros: ~310 cal | 25g P | 25g C | 12g F

Greek Yogurt & Berries Bowl

Ingredients:

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

Instructions:

- Add yogurt to bowl.
- Top with berries, chia seeds, granola.

Macros: ~280 cal | 22g P | 32g C | 5g F

Protein Oats + Almond Butter

Ingredients:

- ½ cup rolled oats
- 1 scoop vanilla protein powder
- ½ banana, sliced
- 1 tsp almond butter

Instructions:

- Cook oats with water.
- Stir in protein powder.
- Top with banana and almond butter.

Macros: ~340 cal | 27g P | 38g C | 7g F

Lunch Options

Grilled Chicken Salad + Chickpeas

Ingredients:

- 4 oz grilled chicken breast
- 2 cups mixed greens
- ½ avocado
- ½ cup cherry tomatoes
- ½ cup chickpeas
- 1 tbsp olive oil + lemon juice

Instructions:

- Grill chicken, slice thin.
- Assemble greens, avocado, tomatoes, chickpeas.
- Top with chicken, drizzle with dressing.

Macros: ~390 cal | 32g P | 26g C | 19g F

Turkey Wrap with Veggies

Ingredients:

- 1 whole wheat tortilla
- 3 oz sliced turkey breast
- 1 slice provolone cheese
- 1 cup spinach
- ¼ cup shredded carrots or peppers

Instructions:

- Lay tortilla flat.
- Layer turkey, spinach, cheese, veggies.
- Roll tightly and slice.

Macros: ~330 cal | 29g P | 31g C | 12g F

Lentil & Quinoa Bowl (Vegetarian)

Ingredients:

- ½ cup cooked lentils
- ½ cup cooked quinoa
- 1 cup roasted zucchini + peppers
- 1 tsp olive oil

Instructions:

- Roast zucchini and peppers with olive oil.
- Cook quinoa.
- Warm lentils, combine all.

Macros: ~320 cal | 20g P | 44g C | 8g F

Dinner Options

Salmon with Broccoli & Brown Rice

Ingredients:

- 4 oz salmon fillet
- ½ cup cooked brown rice
- 1 cup steamed broccoli
- 1 tsp olive oil

Instructions:

- Bake or pan-sear salmon.
- Cook rice, steam broccoli.
- Serve with olive oil drizzle.

Macros: ~430 cal | 35g P | 34g C | 17g F

Chicken & Sweet Potato Bowl + Greens

Ingredients:

- 4 oz grilled chicken breast
- ½ medium sweet potato, cubed and roasted
- 1 cup green beans
- 1 cup side salad with lemon vinaigrette

Instructions:

- Roast sweet potato at 400°F.
- Grill chicken breast.
- Steam beans, toss salad.
- Assemble in bowl.

Macros: ~380 cal | 34g P | 32g C | 11g F

Turkey Stir Fry with Jasmine Rice

Ingredients:

- 4 oz ground turkey (93% lean)
- 1 cup mixed stir-fry veggies
- ½ cup cooked jasmine rice
- 1 tsp soy sauce

Instructions:

- Brown turkey in skillet.
- Add veggies, cook until tender.
- Stir in soy sauce, serve over rice.

Macros: ~360 cal | 31g P | 28g C | 12g F

Snack Options

Apple + Peanut Butter (Lightened)

Ingredients:

- 1 medium apple
- 2 tsp natural peanut butter

Instructions:

- Slice apple.
- Dip/spread peanut butter.

Macros: ~160 cal | 2g P | 21g C | 8g F

String Cheese + Turkey Slices**Ingredients:**

- 1 mozzarella string cheese
- 2 oz turkey breast

Instructions:

- Pair cheese with turkey slices.
- Optional: roll turkey around cheese.

Macros: ~150 cal | 16g P | 3g C | 7g F

Protein Energy Ball**Ingredients:**

- 1 cup rolled oats
- ½ cup peanut butter
- 2 scoops protein powder
- 2 tbsp honey
- 2 tbsp mini chocolate chips

Instructions:

- Mix all ingredients into dough.
- Roll into ~12 balls.
- Store in fridge; 1 ball = serving.

Macros: ~170 cal | 10g P | 15g C | 7g F