

1700 Calorie Standard Meal Plan

Balanced, high-protein, moderate-carb plan for strength, recovery, and body composition goals.
Approx. 1700 cal | 130–140g Protein | 130–150g Carbs | 50–60g Fat

Breakfast Options (350–400 cal)

Egg & Oat Combo

2 whole eggs + 2 egg whites, ½ cup oats cooked in water, 1 tsp honey, cinnamon.
390 cal | 32g P | 38g C | 10g F

Greek Yogurt Bowl

¾ cup Greek yogurt (nonfat), ½ scoop protein powder, ¼ cup berries, 1 tbsp almond butter.
380 cal | 35g P | 28g C | 11g F

Protein Smoothie

1 scoop protein powder, 1 cup almond milk, ½ banana, 1 tbsp peanut butter, ice.
400 cal | 34g P | 35g C | 12g F

Lunch Options (400–450 cal)

Chicken & Rice Bowl

4 oz grilled chicken, ½ cup cooked rice, 1 tsp olive oil, mixed greens, and hot sauce.
420 cal | 37g P | 30g C | 14g F

Turkey Wrap

3 oz sliced turkey, whole-grain wrap, lettuce, tomato, 1 tbsp mayo or mustard.
410 cal | 36g P | 32g C | 12g F

Tuna Salad Bowl

1 can tuna (4 oz), ½ cup cooked rice, 1 tbsp light mayo, spinach, lemon juice.
400 cal | 38g P | 28g C | 10g F

Dinner Options (450–480 cal)

Salmon & Sweet Potato Plate

4 oz baked salmon, ½ medium sweet potato, 1 tsp butter, side of green beans.
470 cal | 36g P | 28g C | 18g F

Lean Beef & Veggies

4 oz lean ground beef (93/7), 1 cup mixed vegetables, ½ cup rice, 1 tsp olive oil.
460 cal | 35g P | 34g C | 15g F

Chicken Stir-Fry

4 oz chicken breast, 1 cup stir-fry veggies, 1 tbsp soy sauce, 1 tsp sesame oil.
450 cal | 38g P | 25g C | 14g F

Snack Options (120–150 cal)

Protein Bar

180 cal | 20g P | 18g C | 5g F

Hard-Boiled Eggs (2)

140 cal | 12g P | 1g C | 9g F

Apple + 1 tbsp Peanut Butter

150 cal | 5g P | 16g C | 8g F

Greek Yogurt (½ cup)

120 cal | 18g P | 6g C | 0g F

Approximate Daily Summary

Calories: 1700 | Protein: 130–140g | Carbs: 130–150g | Fat: 50–60g