

1700 Calorie Standard Meal Plan

Balanced, high-protein meal plan designed to build lean muscle, stabilize energy, and support daily performance.

Approx. 1700 cal | 130–140g Protein | 120–130g Carbs | 50–60g Fat

Breakfast Options (400–450 cal)

Egg White & Turkey Scramble

4 egg whites + 1 whole egg, 2 oz lean turkey, ½ cup peppers, ¼ avocado. 420 cal | 36g P | 20g C | 18g F

Protein Pancakes

½ cup oats, 1 scoop vanilla protein, 1 egg, cinnamon, topped with berries. 430 cal | 37g P | 32g C | 12g F

Cottage Cheese Bowl

¾ cup low-fat cottage cheese, ½ banana, 1 tbsp almond butter, cinnamon. 410 cal | 32g P | 28g C | 14g F

English Muffin Sandwich

1 whole grain English muffin, 1 egg, 1 slice cheese, 2 oz turkey bacon. 440 cal | 34g P | 35g C | 15g F

Power Smoothie

1 scoop protein, ½ banana, 1 tbsp peanut butter, spinach, almond milk. 430 cal | 36g P | 30g C | 12g F

Lunch Options (400–450 cal)

Chicken Burrito Bowl

4 oz grilled chicken, ½ cup brown rice, ¼ cup beans, salsa, avocado. 440 cal | 38g P | 35g C | 13g F

Greek Chicken Wrap

4 oz chicken, 1 small whole wheat wrap, lettuce, tomato, tzatziki. 420 cal | 37g P | 30g C | 11g F

Tuna Rice Bowl

1 can tuna (4 oz), ½ cup rice, ½ cup cucumber, 1 tbsp olive oil. 440 cal | 35g P | 32g C | 14g F

Turkey Chili

4 oz lean ground turkey, tomato sauce, beans, peppers, spices. 430 cal | 36g P | 28g C | 13g F

Shrimp Veggie Bowl

4 oz shrimp, 1 cup stir-fry vegetables, ½ cup rice, light soy drizzle. 440 cal | 34g P | 38g C | 10g F

Dinner Options (450–500 cal)

Grilled Chicken & Potatoes

4 oz chicken, $\frac{3}{4}$ cup roasted potatoes, 1 cup green beans. 480 cal | 39g P | 38g C | 14g F

Beef Taco Plate

4 oz lean beef, lettuce, tomato, avocado, 2 corn tortillas. 470 cal | 38g P | 35g C | 15g F

Honey Garlic Salmon

4 oz salmon baked with honey garlic glaze, $\frac{1}{2}$ cup rice, asparagus. 490 cal | 36g P | 34g C | 18g F

Chicken Pesto Pasta

4 oz chicken, 1 cup protein pasta, 1 tbsp pesto, spinach. 460 cal | 40g P | 40g C | 10g F

Turkey Meatballs & Veggies

4 oz turkey meatballs, $\frac{1}{2}$ cup marinara, 1 cup zucchini noodles, olive oil drizzle. 450 cal | 38g P | 28g C | 15g F

Snack Options (150–200 cal)

Almond Butter Rice Cakes

2 rice cakes + 1 tbsp almond butter. 180 cal | 7g P | 20g C | 8g F

Protein Bar

1 low-sugar protein bar. 190 cal | 20g P | 15g C | 5g F

Hard-Boiled Eggs

2 eggs + sea salt. 160 cal | 12g P | 1g C | 11g F

Greek Yogurt & Cinnamon

$\frac{3}{4}$ cup Greek yogurt with cinnamon and stevia. 170 cal | 15g P | 9g C | 6g F

Trail Mix Snack

1 oz nuts and seeds blend. 200 cal | 8g P | 9g C | 16g F

Approximate Daily Summary

Calories: 1700 | Protein: 130–140g | Carbs: 120–130g | Fat: 50–60g