

■ 1700 Calorie High-Protein Standard Meal Plan

Balanced high-protein plan designed for performance, muscle recovery, and sustainable fat loss.

Approx. 1700 cal | 160g Protein | 140g Carbs | 55g Fat

Breakfast Options (350–400 cal)

Egg & Turkey Scramble: 3 egg whites + 1 whole egg, 2 oz turkey breast, spinach, peppers, 1 tsp olive oil — 370 cal | 34g P | 12g C | 20g F

Protein Oat Bowl: ½ cup oats, 1 scoop whey protein, 1 tbsp almond butter — 380 cal | 36g P | 35g C | 11g F

Greek Yogurt Parfait: 1 cup Greek yogurt, ½ scoop protein, ¼ cup granola, ½ cup berries — 390 cal | 35g P | 35g C | 8g F

Protein Smoothie: 1 scoop whey protein, ½ banana, 1 tbsp peanut butter, 1 cup almond milk — 400 cal | 38g P | 28g C | 14g F

Egg White Omelet & Toast: 4 egg whites + 1 whole egg, 1 slice sprouted toast — 375 cal | 32g P | 25g C | 11g F

Lunch Options (400–425 cal)

Chicken Power Bowl: 4 oz grilled chicken, ½ cup quinoa, spinach, 1 tsp olive oil — 410 cal | 36g P | 35g C | 12g F

Tuna Avocado Wrap: 4 oz tuna, ¼ avocado, low-carb wrap — 420 cal | 38g P | 25g C | 14g F

Turkey & Rice Bowl: 4 oz ground turkey, ½ cup brown rice, broccoli — 420 cal | 37g P | 30g C | 13g F

Shrimp Stir Fry: 5 oz shrimp, 1 cup veggies, ½ cup jasmine rice, coconut aminos — 425 cal | 40g P | 32g C | 10g F

Egg Salad Plate: 2 boiled eggs + 3 whites, 1 slice whole-grain toast, cucumber — 400 cal | 35g P | 28g C | 11g F

Dinner Options (425–450 cal)

Grilled Salmon & Veggies: 4 oz salmon, ½ cup roasted potatoes, asparagus, 1 tsp olive oil — 450 cal | 38g P | 32g C | 15g F

Steak & Quinoa Bowl: 4 oz lean steak, ½ cup quinoa, zucchini, olive oil drizzle — 440 cal | 40g P | 35g C | 14g F

Chicken & Broccoli Stir Fry: 5 oz chicken, 1 cup broccoli, ½ cup rice — 435 cal | 39g P | 38g C | 11g F

Ground Turkey Tacos: 4 oz ground turkey, 2 corn tortillas, lettuce, salsa — 445 cal | 37g P | 40g C | 13g F

White Fish & Veggie Bowl: 4 oz cod, ½ cup sweet potato mash, green beans — 430 cal | 35g P | 30g C | 12g F

Snack Options (125–175 cal)

Greek Yogurt & Honey: ¾ cup Greek yogurt, 1 tsp honey — 160 cal | 18g P | 12g C | 5g F

Protein Bar: 1 bar (20g protein) — 180 cal | 20g P | 22g C | 5g F

Turkey Jerky & Almonds: 1 oz turkey jerky + 10 almonds — 170 cal | 18g P | 6g C | 9g F

Whey Shake: 1 scoop whey isolate — 150 cal | 25g P | 2g C | 2g F

Cottage Cheese & Pineapple: ½ cup cottage cheese, ¼ cup pineapple — 150 cal | 15g P | 12g C | 4g F

Approximate Daily Summary

Calories: 1700

Protein: 155–165g

Carbs: 135–145g

Fat: 50–60g