

1700-Calorie Standard

◆ Breakfast Options (375–425 cal)

1. Protein Oat Power Bowl

- ½ cup rolled oats cooked in water or almond milk
- 1 scoop whey or plant protein (mixed in after cooking)
- ½ banana, sliced
- 1 tsp almond butter

Approx: 410 cal | 32g P | 47g C | 11g F

2. Egg, Turkey & Veggie Scramble

- 2 whole eggs + 3 egg whites
- 2 oz turkey breast (deli or cooked)
- ½ cup peppers + ½ cup spinach
- 1 tsp olive oil for the pan

Approx: 400 cal | 38g P | 10g C | 22g F

3. Greek Yogurt Parfait

- 1 cup nonfat or 2% Greek yogurt
- ½ cup mixed berries
- ¼ cup high-protein granola
- 1 tsp chia seeds

Approx: 390 cal | 32g P | 44g C | 9g F

4. Breakfast Wrap

- 1 high-protein tortilla (70–90 cal)
- 1 whole egg + 2 egg whites
- 1 oz shredded cheese
- Handful spinach

Approx: 380 cal | 30g P | 30g C | 15g F

◆ Lunch Options (375–425 cal)

1. Chicken & Rice Performance Bowl

- 4 oz grilled chicken breast
- ½ cup cooked jasmine or basmati rice
- 1 cup mixed veggies (broccoli, peppers, carrots)
- 1 tsp olive oil or light dressing

Approx: 410 cal | 38g P | 40g C | 10g F

2. Turkey & Quinoa Plate

- 4 oz lean ground turkey or sliced turkey
- ½ cup cooked quinoa
- 1 cup greens or mixed salad
- 1 tbsp light vinaigrette

Approx: 400 cal | 35g P | 38g C | 11g F

3. Tuna Power Salad

- 1 can tuna in water (drained)
- 1 tbsp olive oil or light mayo
- 1 cup mixed greens
- ½ cup cucumber + tomato
- 4–6 whole grain crackers on the side

Approx: 390 cal | 34g P | 26g C | 16g F

4. Shrimp & Veggie Stir-Fry

- 4 oz shrimp
- 1 cup mixed stir-fry veggies
- ½ cup cooked rice or ¾ cup cauliflower rice + ½ small fruit (apple or orange)
- 1 tsp sesame or olive oil

Approx: 380–400 cal | 32g P | 35–40g C | 10–12g F

◆ Dinner Options (450–500 cal)

1. Salmon, Potato & Greens

- 4 oz salmon
- 1 medium potato or $\frac{3}{4}$ cup roasted baby potatoes
- 1 cup steamed or roasted broccoli
- 1 tsp olive oil or butter

Approx: 480 cal | 34g P | 40g C | 19g F

2. Chicken Pasta Lite

- 4 oz grilled chicken
- 1 cup cooked chickpea or whole-wheat pasta
- $\frac{1}{2}$ cup marinara or light cream sauce
- 1 cup spinach or zucchini mixed in

Approx: 470 cal | 38g P | 52g C | 9–11g F

3. Lean Beef & Veggie Skillet

- 4 oz 93% lean ground beef
- 1 cup mixed veggies (zucchini, peppers, onions)
- $\frac{1}{2}$ cup cooked rice OR $\frac{1}{2}$ cup black beans
- 1 tsp olive oil

Approx: 460–480 cal | 35g P | 35–40g C | 16–18g F

4. Cod Taco Bowl

- 4 oz baked cod
- $\frac{1}{2}$ cup cooked rice
- $\frac{1}{4}$ cup black beans
- Shredded lettuce, salsa, squeeze of lime
- 1 tbsp light sour cream or Greek yogurt

Approx: 450–470 cal | 34g P | 48g C | 10–12g F

◆ Snack Options (100–175 cal)

Pick 1–2 per day depending on which meals you choose.

1. Protein Shake (water or almond milk)

- 1 scoop protein
- 120–150 cal | 24–30g P | 2–5g C | 1–3g F
- 2. **Apple + 1 tbsp peanut or almond butter**
 - ~170 cal | 4g P | 22g C | 8g F
- 3. **Greek Yogurt Mini Cup (½ cup)**
 - ~90–100 cal | 10g P | 6g C | 2g F
- 4. **Cottage Cheese + ½ cup berries**
 - ~140 cal | 13g P | 12g C | 4g F
- 5. **String cheese + 10 almonds**
 - ~150 cal | 9g P | 5g C | 11g F