

Breakfast



Oatmeal (6oz)

Cal: **90** Fat: **15%** Carb: **71%** Protein: **13%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Turkey Sausage - 2 links

Cal: **80** Fat: **51%** Carb: **0%** Protein: **50%**

Hash Brown Potatoes (4oz)

Cal: **150** Fat: **30%** Carb: **64%** Protein: **8%**

Lunch

Lemon Pepper Fish (8oz)

Cal: **310** Fat: **20.3%** Carb: **23.2%** Protein: **63.2%**

Steamed White Rice (4oz)

Cal: **190** Fat: **0%** Carb: **85%** Protein: **8%**

Steamed Cabbage (4oz)

Cal: **25** Fat: **0%** Carb: **96%** Protein: **16%**

Steamed Sliced Carrots (4oz)

Cal: **45** Fat: **10%** Carb: **80%** Protein: **8.9%**

Roll (1)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Dinner

Vegetarian Pasta (9oz)

Cal: **220** Fat: **16.4%** Carb: **70.9%** Protein: **12.7%**

Steamed Spinach (4oz)

Cal: **50** Fat: **9%** Carb: **40%** Protein: **32%**

Okra And Tomatoes (4oz)

Cal: **30** Fat: **0%** Carb: **93.3%** Protein: **13.3%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat



Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat

Breakfast



English Muffin (1)

Cal: **130** Fat: **6.9%** Carb: **80%** Protein: **15.4%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Scrambled Eggs (2oz)

Cal: **80** Fat: **56.3%** Carb: **0%** Protein: **35%**

Grits (6oz)

Cal: **120** Fat: **7.5%** Carb: **83.3%** Protein: **10%**

Lunch

Pasta Carbonara (9oz)

Cal: **350** Fat: **25.7%** Carb: **56%** Protein: **18.3%**

Collard Greens (4 oz)

Cal: **30** Fat: **0%** Carb: **40%** Protein: **26.7%**

Baby Carrots (4oz)

Cal: **40** Fat: **0%** Carb: **80%** Protein: **10%**

Roll (1)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Dinner

Sesame Roast Pork

Cal: **260** Fat: **42%** Carb: **5%** Protein: **49%**

Steamed White Rice (4oz)

Cal: **190** Fat: **0%** Carb: **85%** Protein: **8%**

Sugar Snap Peas (4oz)

Cal: **50** Fat: **0%** Carb: **80%** Protein: **24%**

Steamed Broccoli (4oz)

Cal: **25** Fat: **0%** Carb: **64%** Protein: **32%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**



Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat

Breakfast



Oatmeal (6oz)

Cal: **90** Fat: **15%** Carb: **71%** Protein: **13%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Toast (1 Slice)

Cal: **70** Fat: **12.9%** Carb: **68.6%** Protein: **17.1%**

Hard Boiled Egg (1)

Cal: **77.5** Fat: **62%** Carb: **3%** Protein: **32%**

Lunch

Blackened Tilapia (8oz)

Cal: **310** Fat: **20.3%** Carb: **23.2%** Protein: **63.2%**

Rice Pilaf (4oz)

Cal: **160** Fat: **0%** Carb: **85%** Protein: **8%**

Green Peas (4oz)

Cal: **90** Fat: **0%** Carb: **66.7%** Protein: **26.7%**

Steamed Sliced Carrots (4oz)

Cal: **45** Fat: **10%** Carb: **80%** Protein: **8.9%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Dinner

Sana Fe Chicken

Cal: **260** Fat: **8.7%** Carb: **75.4%** Protein: **18.5%**

Green Beans (4oz)

Cal: **50** Fat: **0%** Carb: **64%** Protein: **16%**

Peas With Mushrooms (4oz)

Cal: **80** Fat: **0%** Carb: **75%** Protein: **30%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Breakfast



Toast (1 Slice)

Cal: **70** Fat: **12.9%** Carb: **68.6%** Protein: **17.1%**

Scrambled Eggs (2oz)

Cal: **80** Fat: **56.3%** Carb: **0%** Protein: **35%**

Grits (6oz)

Cal: **120** Fat: **7.5%** Carb: **83.3%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Lunch

Herb Rubbed Roast Turkey (6oz) (No Gravy)

Cal: **200** Fat: **27%** Carb: **4%** Protein: **76%**

Wild Rice Blend (4oz)

Cal: **100** Fat: **9.0%** Carb: **76%** Protein: **20%**

Cut Corn (4oz)

Cal: **100** Fat: **9%** Carb: **64%** Protein: **32%**

Green Beans (4oz)

Cal: **50** Fat: **0%** Carb: **64%** Protein: **16%**

Roll (1)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Dinner

Mixed Bean Creole With Brown Rice (9oz)

Cal: **210** Fat: **15%** Carb: **74.3%** Protein: **15.2%**

Steamed Squash (4oz)

Cal: **20** Fat: **0%** Carb: **80%** Protein: **20%**

Cauliflower (4oz)

Cal: **30** Fat: **0%** Carb: **66.7%** Protein: **26.7%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat



Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat

Breakfast



Oatmeal (6oz)

Cal: **90** Fat: **15%** Carb: **71%** Protein: **13%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Hash Brown Potatoes (4oz)

Cal: **150** Fat: **30%** Carb: **64%** Protein: **8%**

Turkey Sausage (1.5oz patty)

Cal: **80** Fat: **50.6%** Carb: **0%** Protein: **50%**

Lunch

Roasted Cod With Herb Rub (8oz)

Cal: **190** Fat: **7.1%** Carb: **0%** Protein: **84.2%**

Steamed White Rice (4oz)

Cal: **190** Fat: **0%** Carb: **85%** Protein: **8%**

Succotash (4oz)

Cal: **90** Fat: **10%** Carb: **84.4%** Protein: **17.8%**

Baby Carrots (4oz)

Cal: **40** Fat: **0%** Carb: **80%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Dinner

Black Beans With Rice (9oz)

Cal: **310** Fat: **5.8%** Carb: **74.8%** Protein: **18.1%**

Steamed Yellow Rice (4oz)

Cal: **150** Fat: **0%** Carb: **85%** Protein: **8%**

Steamed Cauliflower (4oz)

Cal: **50** Fat: **36%** Carb: **40%** Protein: **16%**

Corn On The Cob (1 cob)

Cal: **70** Fat: **6.4%** Carb: **80%** Protein: **11.4%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**



Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat

Breakfast



Oatmeal (6oz)

Cal: **90** Fat: **15%** Carb: **71%** Protein: **13%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Toast (1 slice)

Cal: **70** Fat: **12.9%** Carb: **68.6%** Protein: **17.1%**

Hard Boiled Egg (1)

Cal: **77.5** Fat: **62%** Carb: **3%** Protein: **32%**

Lunch

Shrimp Fettuccini (9oz)

Cal: **315** Fat: **22.9%** Carb: **52.1%** Protein: **24.1%**

Steamed Cauliflower (4oz)

Cal: **50** Fat: **36%** Carb: **40%** Protein: **16%**

Mixed Vegetables (4oz)

Cal: **70** Fat: **0%** Carb: **85.7%** Protein: **17.1%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Dinner

Herb Roasted Chicken Breast (6oz)

Cal: **280** Fat: **19.3%** Carb: **0%** Protein: **75.7%**

Steamed White Rice (4oz)

Cal: **190** Fat: **0%** Carb: **85%** Protein: **8%**

Steamed Green Cabbage (4oz)

Cal: **25** Fat: **0%** Carb: **96%** Protein: **16%**

Squash And Tomatoes (4oz)

Cal: **30** Fat: **0%** Carb: **80%** Protein: **13.3%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Breakfast

Yogurt (4oz)

Cal: **170** Fat: **7.9%** Carb: **77.6%** Protein: **11.8%**

Pancake (1pc / 2oz)

Cal: **110** Fat: **20.5%** Carb: **65.5%** Protein: **7.3%**

Turkey Sausage (1.5oz patty)

Cal: **80** Fat: **4.5%** Carb: **0%** Protein: **50%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Lunch

Lemon Pepper Tilapia (8oz)

Cal: **220** Fat: **16.4%** Carb: **0%** Protein: **81.8%**

Steamed White Rice (4oz)

Cal: **190** Fat: **0%** Carb: **85%** Protein: **8%**

Green Peas (4oz)

Cal: **90** Fat: **0%** Carb: **66.7%** Protein: **26.7%**

Steamed Sliced Carrots (4oz)

Cal: **45** Fat: **10%** Carb: **80%** Protein: **8.9%**

Roll (1)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**

Dinner

Vegetable Ragout (9oz)

Cal: **100** Fat: **22.5%** Carb: **64%** Protein: **20%**

Roasted Potatoes (4oz)

Cal: **110** Fat: **8.2%** Carb: **87.3%** Protein: **7.3%**

Steamed Sliced Carrots

Cal: **45** Fat: **10%** Carb: **80%** Protein: **8.9%**

Mixed Vegetables (4oz)

Cal: **70** Fat: **0%** Carb: **85.7%** Protein: **17.1%**

Roll (1oz)

Cal: **80** Fat: **23%** Carb: **65%** Protein: **10%**

Fresh Fruit (6oz)

Cal: **60** Fat: **0%** Carb: **100%** Protein: **0%**



Reduced Calorie Meal Plan

1700 Calorie Day, 50-70% Carbs, 10-20% Protein, 10-30% Fat