

# Breakfast

## *Oatmeal (6oz)*

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

## *Fresh Fruit (6oz)*

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

## *Turkey Sausage (1.5oz patty)*

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

## *Hash Brown Potatoes (4oz)*

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

# Lunch

## *Pasta With Black Beans And Artichoke (9oz)*

Cal: **280** Fat: **48%** Carb: **30%** Protein: **24%**

## *Steamed Cauliflower (4oz)*

Cal: **50** Fat: **48%** Carb: **30%** Protein: **24%**

## *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

## *Herb Roasted Chicken Breast (6oz)*

Cal: **250** Fat: **25.2%** Carb: **8%** Protein: **60.8%**

## *Steamed White Rice (4oz)*

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

## *Steamed Broccoli (4oz)*

Cal: **30** Fat: **0%** Carb: **80%** Protein: **40%**

## *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

# 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

## *Baked Fish With Herb (8oz)*

Cal: **180** Fat: **5%** Carb: **4.4%** Protein: **82.2%**

## *Brown Rice (4oz)*

Cal: **120** Fat: **15%** Carb: **80%** Protein: **9%**

## *Mixed Vegetables (4oz)*

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

## *Squash And Tomatoes (4oz)*

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

## *Roll (1)*

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

## *Fresh Fruit (6oz)*

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

# Dinner

## *Vegetable Lo Mein (9oz)*

Cal: **250** Fat: **14.4%** Carb: **68.8%** Protein: **16%**

## *Mixed Vegetables (4oz)*

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

## *Squash And Onions (4oz)*

Cal: **45** Fat: **0%** Carb: **106.7%** Protein: **8.9%**

## *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%**

### *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

### *Pasta Primavera (9oz)*

Cal: **300** Fat: **27%** Carb: **64%** Protein: **12%**

### *Steamed Cauliflower (4oz)*

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

### *Baby Carrots (4oz)*

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

### *Fresh Fruit (6oz)*

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

## Dinner

### *Beef Fajitas (6oz)*

Cal: **320** Fat: **30.9%** Carb: **43.8%** Protein: **23.75%**

### *Spanish Rice (4oz)*

Cal: **130** Fat: **34.6%** Carb: **55.4%** Protein: **6.2%**

### *Mixed Vegetables (4oz)*

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

### *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%**

# 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

## *Vegetable Pasta (8oz)*

Cal: **250** Fat: **21.6%** Carb: **60.8%** Protein: **19.2%**

## *Steamed Broccoli (4oz)*

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

## *Mixed Vegetables (4oz)*

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

## *Fresh Fruit (6oz)*

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

## *Roll (1)*

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

# Dinner

## *Blackened Fish Filet (8oz)*

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

## *Baked Potato (4oz)*

Cal: **110** Fat: **0%** Carb: **85%** Protein: **8%**

## *Green Beans (4oz)*

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

## *Mushroom, Peppers And Peas (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%**

## 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

### *Chicken And Mushroom Penne (9oz)*

Cal: **360** Fat: **32.5%** Carb: **42.2%** Protein: **23.3%**

### *Steamed Cauliflower (4oz)*

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

### *Baby Carrots (4oz)*

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

### *Roll (1oz)*

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

### *Fresh Fruit (6oz)*

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

## Dinner

### *Vegetable Pasta With Marinara (9oz)*

Cal: **240** Fat: **22.5%** Carb: **61.7%** Protein: **18.3%**

### *Steamed Broccoli (4oz)*

Cal: **30** Fat: **0%** Carb: **80%** Protein: **40%**

### *Red Cabbage (4oz)*

Cal: **80** Fat: **14.6%** Carb: **93.5%** Protein: **6.5%**

### *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

### *Vegetable Paella (9oz)*

Cal: **220** Fat: **12.3%** Carb: **76.4%** Protein: **12.7%**

### *Okra And Tomatoes (4oz)*

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

### *Steamed Broccoli (4oz)*

Cal: **30** Fat: **0%** Carb: **80%** Protein: **40%**

### *Roll (1oz)*

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

### *Fresh Fruit (6oz)*

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

## Dinner

### *Baked Salmon With Lemon Butter (8oz)*

Cal: **200** Fat: **40.5%** Carb: **0%** Protein: **104%**

### *Steamed White Rice (4oz)*

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

### *Steamed Green Beans (4oz)*

Cal: **45** Fat: **0%** Carb: **80%** Protein: **17.8%**

### *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

## 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

### *Black Beans With Rice (9oz)*

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

### *Mustard Greens (4oz)*

Cal: **20** Fat: **0%** Carb: **60%** Protein: **40%**

### *Steamed Squash (4oz)*

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

### *Roll (1)*

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: **250** Fat: **25.2%** Carb: **8%** Protein: **60.8%**

### *Spanish Rice (4oz)*

Cal: **130** Fat: **34.6%** Carb: **55.4%** Protein: **6.2%**

### *Steamed Sliced Carrots (4oz)*

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

### *Green Peas (4oz)*

Cal: **90** 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%**