



# 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%**

### *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 Primavera (9oz)*

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

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

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

### *Red Cabbage (4oz)*

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

### *Roll (1)*

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

### *Fresh Fruit (6oz)*

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

## Dinner

### *Lemon Pepper Tilapia (8oz)*

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

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

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

### *Collard Greens (4oz)*

Cal: **30** Fat: **0%** Carb: **80%** Protein: **26.7%**

### *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

### *Seafood Fettuccine (9oz)*

Cal: **310** Fat: **23.2%** Carb: **51.6%** Protein: **24.5%**

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

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

### *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

### *Blackened Tilapia With Red Peppers And Peach Salsa (8oz)*

Cal: **340** Fat: **50.3%** Carb: **76.2%** Protein: **63.2%**

### *Sesame Rice (4oz)*

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

### *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 (1oz)*

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

### *Fresh Fruit (6oz)*

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





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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

### *Five Bean Casserole (9oz)*

Cal: **370** Fat: **17%** Carb: **75.7%** Protein: **5.4%**

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

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

### *Peas With Mushrooms (4oz)*

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

### *Steamed Cabbage (4oz)*

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

### *Fresh Fruit (6oz)*

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

## Dinner

### *Blackened Tilapia (8oz)*

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

### *Roasted Potatoes (4oz)*

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

### *Steamed Cauliflower (4oz)*

Cal: **50** Fat: **36.2%** Carb: **40%** Protein: **16%**

### *Sugar Snap Peas (4oz)*

Cal: **50** Fat: **10%** Carb: **80%** Protein: **24%**

### *Roll (1oz)*

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

### *Fresh Fruit (6oz)*

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



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

## 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

### *Roasted Garlic & Herb Pork Loin (6oz pork + 2oz gravy)*

Cal: **220** Fat: **18.4%** Carb: **9.1%** Protein: **67.3%**

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

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

### *Corn (4oz)*

Cal: **110** Fat: **8.2%** Carb: **64%** Protein: **8%**

### *Mixed Vegetables (4oz)*

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

### *Roll (1)*

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

## Dinner

### *Vegetable Ragout (9oz)*

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

### *Baked Potato (4oz)*

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

### *Green Peas (4oz)*

Cal: **70** Fat: **0%** Carb: **68.6%** Protein: **28.6%**

### *Steamed Cauliflower (4oz)*

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

### *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%**

### *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

### *Mushroom And Tomato Pasta (9oz)*

Cal: **220** Fat: **28.6%** Carb: **54.5%** Protein: **14.5%**

### *Succotash (4oz)*

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

### *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

### *Baked Fish (8oz)*

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

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

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

### *Mixed Vegetables (4oz)*

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

### *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

### *Moroccan Vegetable Stew (9oz)*

Cal: **360** Fat: **11.3%** Carb: **82.2%** Protein: **10%**

### *Steamed Squash (4oz)*

Cal: **25** Fat: **0%** Carb: **80%** Protein: **16%**

### *Corn (4oz)*

Cal: **110** Fat: **8.2%** 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%**

## Dinner

### *Grilled Chicken Breast (6oz)*

Cal: **260** Fat: **38.1%** Carb: **0%** Protein: **58.5%**

### *Vegetable Rice (4oz)*

Cal: **130** Fat: **6.9%** Carb: **89.2%** Protein: **9.2%**

### *Baby Carrots (4oz)*

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

### *Steamed Cabbage (4oz)*

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

### *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

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

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

## *Okra And Tomatoes (4oz)*

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

## *Corn On The Cob (1 cob)*

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

## *Roll (1)*

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

## *Fresh Fruit (6oz)*

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

# Dinner

## *Roasted Garlic & Herb Pork Loin*

### *(6oz pork + 2oz Gravy)*

Cal: **220** Fat: **18.4%** Carb: **9.1%** Protein: **67.3%**

## *Rice Pilaf (4oz)*

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

## *Steamed Broccoli (4oz)*

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

## *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%**



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