



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 - 2 links

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

Hash Brown Potatoes (4oz)

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

Lunch

Mushroom and Tomato Pasta (9oz)

Cal: **270** Fat: **48%** Carb: **52%** Protein: **24%**

Steamed Cauliflower (4 oz)

Cal: **50** Fat: **36.5%** Carb: **40%** Protein: **16%**

Garlic Herb Green Beans (4oz)

Cal: **60** Fat: **0%** Carb: **63%** 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%**

Sliced Carrot Coins (4oz)

Cal: **45** Fat: **1%** Carb: **80%** Protein: **8.9%**

Brussel Sprouts (4oz)

Cal: **70** Fat: **32.1%** Carb: **62.9%** Protein: **22.9%**

Roll (1oz)

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

Fresh Fruit (6oz)

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

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 liquid 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 Fettuccini Gratin (9oz)

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

Steamed Broccoli (4 oz)

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

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

Tilapia with Red Peppers and Peach Salsa (8oz)

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

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 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%**

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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: **17.0%** Carb: **75.7%** Protein: **5.4%**

Steamed White Rice (4oz)

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

Mustard Greens (4oz)

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

Steamed Sliced Carrots (4oz)

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

Fresh Fruit (6oz)

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

Dinner

Herb Roasted Pork (6oz)

Cal: **320** Fat: **25.3%** Carb: **0%** Protein: **67.5%**

Spanish Rice (4oz)

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

Sautéed Squash And Onions (4oz)

Cal: **45** Fat: **50%** Carb: **35.6%** Protein: **8.9%**

Green Peas (4oz)

Cal: **60** Fat: **0%** Carb: **73.3%** Protein: **26.7%**

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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Breakfast



Toast (1 Slice)

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

Scrambled Eggs (2 Eggs)

Cal: **160** Fat: **67.5%** Carb: **2.5%** 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

Baked Ham (4oz)

Cal: **175** Fat: **30.9%** Carb: **9.1%** Protein: **54.9%**

Brown Rice (4oz)

Cal: **120** Fat: **15.5%** Carb: **80%** Protein: **9%**

Steamed Broccoli (4oz)

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

Steamed Sliced Carrots (4oz)

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

Roll (1)

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

Dinner

Seafood Linguine (9oz)

Cal: **325** Fat: **24.9%** Carb: **56.6%** Protein: **17.2%**

Sautéed Garlic Mushrooms (4oz)

Cal: **30** Fat: **75%** Carb: **26.7%** Protein: **13.3%**

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%**



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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%**

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

Pasta Primavera (9oz)

Cal: **540** Fat: **26.7%** Carb: **63.7%** Protein: **11.9%**

Red Beans (4oz)

Cal: **60** Fat: **3%** Carb: **73.3%** Protein: **26.7%**

Fresh Fruit (6oz)

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

Dinner

Baked Cod (8oz)

Cal: **220** Fat: **8.2%** Carb: **7.3%** Protein: **80%**

Steamed Yellow Rice (4oz)

Cal: **190** 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%**



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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%**

Grits (6oz)

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

Lunch

Grilled Chicken Breast (6oz)

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

Yellow Rice & Peas (5oz)

Cal: **200** Fat: **20.3%** Carb: **68%** Protein: **10%**

Steamed Sliced Carrots (4oz)

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%**

Dinner

Lemon Pepper Tilapia (3.4oz)

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

Steamed White Rice (4oz)

Cal: **190** Fat: **0%** Carb: **40%** Protein: **4%**

Steamed Green Beans

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

Okra & Tomatoes (4oz)

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

Roll (1oz)

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

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

Moroccan Vegetable Stew (9oz)

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

Mixed Vegetables (4oz)

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

Collard Greens (4oz)

Cal: **30** Fat: **23%** Carb: **65%** Protein: **10%**

Roll (1)

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

Fresh Fruit (6oz)

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

Dinner

Oven Roasted Turkey (without gravy) (6oz)

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

Roasted Potatoes (4oz)

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

Zucchini (4oz)

Cal: **25** Fat: **0%** Carb: **16%** Protein: **4%**

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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