

A Simple 7-Day, 1,700-Calorie Diet Meal Plan

 musclesizeandstrength.com/a-simple-7-day-1700-calorie-diet-meal-plan

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High-Protein Meal Plan to Lose Fat, Build Lean Muscles & Fuel Performance. This meal plan is built around whole, minimally processed foods to make fat loss, muscle gain and maintenance as simple as possible. Each day targets approximately **200g protein, 110g carbohydrates, 45g fat, and 1,700 calories**.



Meal Plan Summary

Daily Macros (Approximate)

- **Calories:** 1,700 kcal
- **Protein:** 200g
- **Carbohydrates:** 110g
- **Fat:** 45g

Main Goal: Lose Fat, Build Muscle & Maintain Muscle

Diet Type: Low Calories, High Protein

Level: Beginner

Plan Duration: 1 week
Days Per Week: 7
Target Gender: Male & Female

Day 1

Breakfast



- 4 eggs
- 1 cup non-fat Greek yogurt
- 1 cup mixed berries

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- **170g (6 oz)** Grilled chicken breast
- **1 medium** sweet potato
- **Unlimited** Steamed broccoli & spinach

Meal Macros – Calories: **380 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **5g**

Dinner



- **170g (6 oz)** Lean ground beef (93% lean)
- **185g (1 cup)** cooked jasmine rice
- **150g** Green beans

Meal Macros – Calories: **550 kcal**, Protein: **50g**, Carbs: **45g**, Fat: **15g**

Snack



- 300g (1¼ cups) Cottage cheese
- 1 scoop (30g) whey protein

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

[**Beginner Full-Body Workout Program**](#)

Day 2

Breakfast



- 4 large eggs **50g mushrooms**
- **50g spinach**
- **250g non-fat Greek yogurt**
- **150g strawberries**

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- 220g (7–8 oz) Baked salmon
- 180g Sweet potato
- 150g Asparagus

Meal Macros – Calories: **400 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **7g**

Dinner



- 170g (6 oz) Sirloin steak
- 185g (1 cup) Jasmine rice
- 150g Mixed vegetables

Meal Macros – Calories: **530 kcal**, Protein: **50g**, Carbs: **45g**, Fat: **13g**

Snack



- 300g low-fat cottage cheese
- 1 scoop (30g) whey protein

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

[*The Complete Intermittent Fasting Guide*](#)

Day 3

Breakfast



- **4 Large** Scrambled eggs
- **250g** Greek yogurt
- **100g** Blueberries

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- **170g** Grilled turkey breast
- **180g** Sweet potato
- **150g** Green beans

Meal Macros – Calories: **380 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **5g**

Dinner



- **170g** Lean ground turkey
- **185g** Jasmine rice
- **150g** Roasted zucchini

Meal Macros – Calories: **550 kcal**, Protein: **50g**, Carbs: **45g**, Fat: **15g**

Snack



- **300g** low-fat cottage cheese
- **1 scoop** whey

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

Day 4

Breakfast



- 4 eggs
- **250g** Greek yogurt
- **120g** Raspberries

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- **220g** Grilled cod
- **180g** Sweet potato
- **150g** Steamed broccoli

Meal Macros – Calories: **370 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **4g**

Dinner



- **170g** Lean steak
- **185g** Jasmine rice
- **150g** Spinach salad

Meal Macros – Calories: **560 kcal**, Protein: **50g**, Carbs: **45g**, Fat: **16g**

Snack



- 300g low-fat cottage cheese
- 1 scoop whey

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

[Academy of Nutrition and Dietetics – Protein and Exercise](#)

Day 5

Breakfast



- 4 eggs
- 50g mushrooms
- 50g spinach
- 250g Greek yogurt
- 120g blackberries

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- **170g** chicken breast
- **180g** sweet potato
- **Unlimited** mixed vegetables

Meal Macros – Calories: **380 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **5g**

Dinner



- **170g** 93% lean ground beef
- **185g** cooked jasmine rice
- **150g** Brussels sprouts

Meal Macros – Calories: **550 kcal**, Protein: **50g**, Carbs: **45g**, Fat: **15g**

Snack



- **300g** low-fat cottage cheese
- **1 scoop (30g)** whey protein

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

Day 6

Breakfast



- 4 hard-boiled eggs
- **250g** Greek yogurt
- **100g** mixed berries

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- **220g** grilled tilapia
- **180g** sweet potato
- **150g** asparagus

Meal Macros – Calories: **375 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **4g**

Dinner



- **170g** grilled chicken breast
- **185g** cooked jasmine rice
- **150g** broccoli

Meal Macros – Calories: **545 kcal**, Protein: **50g**, Carbs: **45g**, Fat: **14g**

Snack



- **300g** low-fat cottage cheese
- **1 scoop (30g)** whey protein

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

Day 7

Breakfast



- 4 eggs
- 28g (1 oz) reduced-fat cheddar cheese
- 50g spinach
- 250g Greek yogurt
- 100g blueberries

Meal Macros – Calories: **470 kcal**, Protein: **50g**, Carbs: **25g**, Fat: **20g**

Lunch



- **220g** grilled shrimp
- **180g** sweet potato
- **Unlimited** green salad

Meal Macros – Calories: **375 kcal**, Protein: **50g**, Carbs: **30g**, Fat: **4g**

Dinner



- **170g** lean sirloin steak
- **185g (1 cup)** cooked jasmine rice
- **150g** roasted vegetables

Meal Macros – Calories: **555kcal**, Protein: **50g**, Carbs: **45g**, Fat: **16g**

Snack



- **300g** low-fat cottage cheese
- **1 scoop (30g)** whey protein

Meal Macros – Calories: **300 kcal**, Protein: **50g**, Carbs: **10g**, Fat: **5g**

[Harvard T.H. Chan School of Public Health – Healthy Eating Plate](#)

Notes

- **Weights for meat and fish are cooked weights.**
- **Macros are estimates and may vary slightly depending on the specific brands, portion sizes, and cooking methods used.**
- **Rice is measured after cooking.**
- **Sweet potato weight is cooked.**
- **Non-starchy vegetables (broccoli, spinach, asparagus, green beans, zucchini, salad, etc.) are intentionally generous because they add fiber and volume with relatively few calories.**

Healthy Food Swaps

Protein

- Chicken breast
- Turkey breast
- Lean ground turkey
- Lean ground beef (93–96% lean)
- Sirloin steak
- Salmon
- Cod
- Tilapia
- Shrimp
- Tuna
- Egg whites



Carbohydrates



- Jasmine rice
- Brown rice
- Sweet potatoes
- Baby potatoes
- Oats
- Quinoa

Vegetables

Eat as much as you like:

- Broccoli
- Spinach
- Green beans
- Asparagus
- Brussels sprouts
- Zucchini
- Bell peppers
- Cauliflower
- Cucumber
- Lettuce



Fruit



- Blueberries
- Strawberries
- Blackberries
- Raspberries

Success Tips

- Drink **3–4 liters of water** every day.
- Aim for **8,000–12,000 steps daily**.
- Lift weights **3–5 times per week**.
- Get **7–9 hours of quality sleep** each night.
- Stay consistent—progress comes from repeating the basics over time, not chasing perfection.



References

1. [Harvard T.H. Chan School of Public Health – Healthy Eating Plate](#) – Evidence-based guidance for building balanced, nutrient-dense meals with quality protein, whole grains, fruits, and vegetables. ([The Nutrition Source](#))

2. [Harvard Health – Healthy Eating Plate](#) – Science-backed recommendations on healthy eating patterns, protein choices, and meal composition. ([Harvard Health](#))
3. [Harvard T.H. Chan School of Public Health – Healthy Eating Plate vs. USDA MyPlate](#) – Explains the differences between the Healthy Eating Plate and MyPlate, with guidance on choosing healthier protein sources, whole grains, and vegetables. ([The Nutrition Source](#))
4. [Harvard Health – Harvard Researchers Continue to Support the Healthy Eating Plate](#) – Discusses the scientific evidence supporting balanced eating patterns and high-quality protein sources for long-term health. ([Harvard Health](#))