



1700-CALORIE MEAL PLAN

(Approx. 50% P, 25% F, 25% C)

Day 1 (1,691 calories)

Breakfast: Chicken and avocado (406 calories)

- 260g chicken breast, steamed
- 60g avocado
- 2 tbsp. Leggo's Italian Chicken Scallopini sauce

Snack: Berry Blast Protein Smoothie (333 calories)

- 150g frozen blueberries
- 150g frozen raspberries
- 1 cup baby spinach leaves
- 300mL water (can add more if you want to make it less thick)
- 1 ½ scoops Optimum Nutrition – Gold Standard Whey Protein Powder (vanilla flavour)

Lunch: Chicken and salad (490 calories)

- 230g chicken breast, steamed
- 150g spinach leaves
- ½ cup, cherry/grape tomatoes
- ½ cup, cucumber
- ½ cup, mushrooms
- ¼ large avocado
- 75g rainbow salad mix
- Handful thinly sliced red onion
- 1 tbsp. sesame seeds and pepitas
- Drizzle of olive oil

Snack: Fruit (80 calories)

- Apple

Dinner: Pork and steamed vegetables (296 calories)

- 200g pork loin
- 1 cup, steamed broccoli florets
- 1 cup steamed zucchini chunks
- 1 cup steamed green string beans

Snack: Cheese slice (75 calories)

- Tasty natural cheese slice

Water

- 2-3L per day
- Green tea

Totals	1,691	114	50	215
Your Daily Goal	1,700	106	47	213
Remaining	9	-8	-3	-1
	Calories	Carbs	Fat	Protein



1700-CALORIE MEAL PLAN

(Approx. 50% P, 25% F, 25% C)

Day 2 (1,705 calories)

Breakfast: Chicken and beans (432 calories)

- 200g steamed chicken breast
- 100g of Edgell's four bean mix
- 100g Organic tomato pasta/bolognaise sauce

Snack: Balsamic beef with mashed potato (367 calories)

- 180g balsamic beef, slow cooked
- 60g sweet potato, mashed

Lunch: Chicken stir-fry (484 calories)

- 160g chicken breast, steamed
- 0.5 tsp. coconut oil
- 0.5 cups broccoli
- 0.5 cups carrots
- 0.25 cups baby corn
- 0.5 cups snow peas
- 0.5 cups red capsicum
- 0.25 cup red onion
- 2 tsp. crushed garlic
- ½ tsp. chilli
- 3 tsp. reduced salt soy sauce
- 3 tbsp. oyster sauce

Snack: Protein bar (133 calories)

- Aussie Bodies - Naked almond, coconut and cacao bar

Dinner: Kangaroo and vegetables (289 calories)

- 3 kangaroo sausages (Woolworths Macro Meats Gourmet Game Bush Tomato kangaroo sausages)
- 1 bunch broccolini, steamed
- 1 cup green string beans, steamed

Water

- 2-3L per day
- Green tea

Totals	1,705	128	44	196
Your Daily Goal	1,700	106	47	213
Remaining	-5	-22	3	17
	Calories	Carbs	Fat	Protein



1700-CALORIE MEAL PLAN

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Day 3 (1,702 calories)

Breakfast: Oats and berries (327 calories)

- ½ cup oats
- ½ cup low fat milk
- ½ scoop vanilla protein powder (Optimum Nutrition - Gold Standard)
- ½ punnet blueberries
- ½ punnet raspberries

Snack: Protein Shake (130 calories)

- Optimum Nutrition – Gold Standard Natural 100% Whey Protein Powder, chocolate (1 scoop)
- 1.5 – 2 cups water

Lunch: Chicken and rice (479 calories)

- 240g chicken breast, steamed
- ½ cup (cooked) brown rice
- 2 tsp. olive oil

Snack: Chicken and broccolini (191 calories)

- 160g chicken breast, steamed
- 1 cup broccolini, steamed
- Salt and pepper

Dinner: Steak and vegetables (523 calories)

- 230g porterhouse steak, extra trim
- 1 cup steamed mixed vegetables (frozen)

Snack: Raspberries (52 calories)

- 100g fresh raspberries

Water

- 2-3L per day
- Green tea

Totals	1,702	104	53	204
Your Daily Goal	1,700	106	47	213
Remaining	-2	2	-5	9
	Calories	Carbs	Fat	Protein



1700-CALORIE MEAL PLAN

(Approx. 50% P, 25% F, 25% C)

Day 4 (1,701 calories)

Breakfast: Chicken and Rice (478 calories)

- 240g chicken breast, steamed
- ¾ cup (cooked) brown rice
- 10 walnuts
- 1 large tsp. extra virgin olive oil
- Salt and pepper

Snack: Protein shake (130 calories)

- Optimum Nutrition - Gold Standard Natural 100% Whey Protein Powder, Chocolate (1 scoop)
- 2-3 cups water

Lunch: Steak and asparagus (408 calories)

- 200g porterhouse steak – lean, trimmed
- 1 cup asparagus, steamed
- Salt and pepper to taste

Snack: Chicken and vegetables (255 calories)

- 120g steamed chicken breast
- 1 cup broccoli, steamed
- 1 cup zucchini, steamed
- ½ cup steamed green beans
- 20g Taylor's Peanut Satay Simmer Sauce

Dinner: Healthy chia seed omelette (430 calories)

- 2 cups baby spinach leaves
- 0.5 cups tomatoes, diced
- 4 large eggs
- 1 heaped tsp. chia seeds
- 1 tsp. coconut oil
- Salt and pepper to taste

Water

- 2-3L per day

Totals	1,701	68	69	203
Your Daily Goal	1,700	106	47	213
Remaining	-1	37	-22	9
	Calories	Carbs	Fat	Protein



1700-CALORIE MEAL PLAN (Approx. 50% P, 25% F, 25% C)

Day 5 (1,604 calories)

Breakfast: Chicken and beans (500)

- 200g steamed chicken breast
- 150g of Edgell's four bean mix
- 100g Organic tomato pasta/bolognaise sauce
- ½ tsp. chia seeds (sprinkled on top of cooked beans)

Snack: Chicken platter (255 calories)

- 180g steamed chicken breast
- ¼ medium avocado
- 75g vine ripened truss tomatoes
- Salt and pepper to taste

Lunch: Bush Lamb and Salad (430 calories)

- 150g lamb leg steak
- 20g Masterfoods Bush Spice seasoning
- 2 cups baby spinach leaves
- ½ cup grape tomatoes, halved
- ½ cup cucumber, sliced
- ½ cup mushrooms, sliced
- 80g rainbow salad mix (Woolworths)
- 50g beetroot
- 2 tbsp. balsamic vinegar

Snack: Soup (123 calories)

- 1 ¾ cups Amy's Organic Vegetable and Barley soup

Dinner: Salmon and salsa (396 calories)

- 150g cooked salmon
- ½ small cucumber, diced
- 1 tomato, diced
- ¼ or less red onion, thinly sliced
- Sprinkle of dill and chives



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tbsp. lemon juice

- Salt and pepper to taste

Water

- 2-3L per day
- Green tea

Totals	1,704	105	57	193
Your Daily Goal	1,700	106	47	213
Remaining	-4	1	-9	19
Calories	Carbs	Fat	Protein	

Day 6 (1,701 calories)

Breakfast: Chicken and avocado (378 calories)

- 230g chicken breast, steamed
- 75g avocado (approx. half)

Snack: Chocolate almond shake (248 calories)

- Optimum Nutrition - Gold Standard Natural 100% Whey Protein Powder, Chocolate (1 scoop)
- 2 - 2 ½ cups water
- ½ tsp. coconut oil
- 15 raw almonds

Lunch: Basil Pomodoro Zucchini pasta with Chicken (442 calories)

- 200g chicken breast, steamed
- 2 zucchinis, spiralled
- ½ tsp. garlic, crushed
- ¼ cup white onions, diced
- ½ cup organic tomato pasta sauce
- 1- 1 ½ tbsp. chopped basil leaves
- 1 x tin diced/crushed tomatoes
- ½ tsp. coconut oil
- Salt and pepper to taste

Snack: Organic Chicken and Vegetable soup (146 calories)

- 600g Pitango Hearty Chicken and Vegetable soup

Dinner: Fish with roast tomatoes and broccoli pesto (437 calories)

- 140g white fish, baked
- ½ cup (cooked) long grain brown rice
- 50 g broccoli florets
- 150g cherry truss tomatoes
- ¼ cup fresh basil leaves
- 8g dry roasted almonds, coarsely chopped
- 1 small tbsp. grated parmesan cheese
- 1 small clove garlic, crushed/minced
- 2 ½ tbsp. water
- 1 tbsp. white balsamic vinegar



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Snack: Strawberries (50 calories)

- 150g fresh strawberries

Water

- 2-3L per day
- Green tea

Totals	1,701	114	53	191
Your Daily Goal	1,700	106	47	213
Remaining	-1	-8	-6	21
	Calories	Carbs	Fat	Protein

Day 7 (1,700 – 1,750 calories)

Breakfast: Berry Blast Protein Smoothie (278 calories)

- 150g frozen blueberries
- 150g frozen raspberries
- 1 cup baby spinach leaves
- 300mL water (can add more if you want to make it less thick)
- 1 scoop Optimum Nutrition – Gold Standard Whey Protein Powder (vanilla flavour)

Snack: Vegetables and rice (235 calories)

- ½ cup zucchini, steamed
- 1 cup broccolini, steamed
- ½ cup green string beans, steamed
- ½ cup (cooked) brown rice
- 2 tsp. extra virgin olive oil

Lunch: Fresh garden salad (380 calories)

- 120g chicken breast, steamed
- 125g baby spinach leaves
- 100g cherry tomatoes
- 1/3 avocado
- Red onion (approx. 3 slices)
- 1 cup cucumber, sliced
- 75g mushrooms
- 50g red capsicum
- 1 tbsp. sesame seeds
- Dressing (balsamic vinegar, lemon juice, salt and pepper, drizzle of olive oil)

Snack: Tomato soup (260 calories)

- 1 tin Amy's Chunky Tomato soup

Dinner: CHEAT MEAL (525 – 575 calories)



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This meal you can have whatever you like that you have restricted in your weekly meal plan.

Water

- 2-3L per day
- Green tea