

1700 Calorie Meal Plan

Monday

Meal 1-

6 Egg Whites
Greens Drink
.5 tbsp. Coconut Oil

Meal 2 –

7 oz. Of Chicken
One Handful Of Kale
6 oz. Jasmine Rice
1 Apple

Meal 3 -

1 Scoop Of Whey Protein
1 Cup Of Unsweetened Almond Milk
4 oz. Of Frozen Kale
0.25 Cup Blueberries
Cinnamon

Meal 4 –

8 oz. Turkey
One Handful Of Spinach
2 oz. Avocado

Meal 5 –

1 Scoop Of Whey Protein



1 Cup Of Unsweetened Almond Milk
4 oz. Of Frozen Spinach
Cinnamon

Meal 6 –

1 Cup Of Fat Free Cottage Cheese

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Tuesday

Meal 1-

6 Egg Whites
Greens Drink
.5 tbsp. Coconut Oil

Meal 2 –

6 oz. Grass-Fed Beef
One Collard Greens
6 oz. Quinoa
1 Grapefruit

Meal 3 –

1 Scoop Of Whey Protein
1 Cup Of Unsweetened Almond Milk
4 oz. Of Frozen Spinach
0.25 Cup Oatmeal

Cinnamon

Meal 4 –

7oz. Of Chicken

One Handful Of Asparagus

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 6 –

6 Egg-Whites

1 tsp. Almond Butter

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Wednesday

Meal 1-

6 Egg Whites

Greens Drink

.5 tbsp. Grass-Fed Butter

Meal 2 –

9 oz. Of White Fish

One Handful Of Romanian Lettuce

6 oz. Quinoa

1 Tomato

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Broccoli

0.25 Cup Of Strawberries

Cinnamon

Meal 4 -

4 oz. Of Bison

One Handful Of Sprouts

Meal 5 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 6 -

1 Cup Fat Cottage Cheese

14 Cashews

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Thursday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

.5 tbsp. Coconut Oil

Meal 2 –

7 oz. Of Chicken

One Handful Of Kale

6 oz. Jasmine Rice

1 Apple

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

0.25 Cup Blueberries

Cinnamon

Meal 4 –

8 oz. Turkey

One Handful Of Spinach

2 oz. Avocado

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

Cinnamon

Meal 6 –

Cup Of Fat Free Greek Yoghurt

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout

Friday

Meal 1-

6 Egg Whites

Trader Joes Greens Drink

.5 tbsp. Coconut Oil

Meal 2 –

6 oz. Grass-Fed Beef

One Handful Of Collard Greens

6 oz. Quinoa

1 Grapefruit

Meal 3 -

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Spinach

0.25 Cup Oatmeal

Cinnamon

Meal 4 –

7 oz. Of Chicken

One Handful Of Asparagus

Meal 5 –

1 Scoop Of Whey Protein

1 Cup Of Unsweetened Almond Milk

4 oz. Of Frozen Kale

Cinnamon

Meal 6 –

6 Egg-Whites

1 tsp. Almond Butter

Supplements

Krill Oil - 2 Pills With Breakfast And 2 Pills With Lunch

Honey Badger - Take 15 Minutes Pre Workout