I'm not a robot

A 1,700 calorie vegetarian diet, carefully planned, can promote healthy eating habits for individuals aiming for weight loss. Be mindful that calorie needs vary, hence caloric intake should align with personal goals and lifestyle. Please note: This is just a day's example of a 1,700 calorie vegetarian meal plan. For a fully personalized plan that suits you and your goals, with hundreds of individual and delicious recipes, be sure to check out our Macro Calculator and Meal Plan Generator and let us do all the work for you! Who should try this diet? If you're focused on losing weight, a diet that aims for an average of 1,700 calories can be a highly effective approach. This calorie level provides ample energy to support your daily activities and exercise routines, while creating enough of a caloric deficit to encourage weight loss. Of course, this amount of calories should only be followed by individuals with a moderate level of activity. However! It's important to keep in mind that everyone's calorie requirements are unique. Therefore, determining the appropriate daily calorie intake based on your specific goals, whether it be losing fat, building muscle, or adopting a healthy lifestyle, is paramount for success. If following this style of meal plan creates unwanted weight loss, it may be necessary to increase total calories consumed accordingly. Realized that perhaps you need to be eating more calories? Try one of these free meal plans:1,800 Calorie Vegetarian Meal Plan1,900 Calorie Vegetarian Meal Plan2,000 Calorie Vegetarian Meal Plan Example plan We've provided a printable 1,700 calorie vegetarian meal plan PDF, including recipes for breakfast, lunch, dinner, and snacks. It's structured over 5 meals (3 mains and 2 snacks). Download the meal plan in the link above or continue reading for recipes. Provides 1,741 kcal, 89g Protein, 218g Carbs, 66g Fat per day. Breakfast Peanut Butter Power Smoothie Ideally, use a chilled or even a frozen banana for this splendid mix of peanutty protein power. Calories and Macros 490 Calories 34g Protein 59g Carbohydrates 15g Fat Ingredients 1 medium Banana20 grams Oats20 grams Peanut Butter (smooth)250 ml Milk (1% fat)20 grams Vanilla Whey Protein (80%) Instructions Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients. Step 2: Securely fasten the lid and blend thoroughly for around 15 – 30 seconds while gradually adding water (if necessary) to create desired consistency. Step 3: Pour into a glass for that fresh serving of muscle-building goodness. Lunch The Cottage Sandwich Calories and Macros 421 Calories 21g Protein59g Carbohydrates12g Fat Ingredients 30 grams Cottage Cheese (1% fat)4 slices Whole Grain Bread45 grams Avocado30 grams Cucumber1/4 tsp Black Pepper20 grams Romaine Lettuce Instructions Step 1: Lightly toast your whole grain bread to your preferred toastiness… (Toasting the bread removes the chances of a soggy sandwich!). Step 2: Slice your cucumber and avocado into sandwich-style slices. Step 3: Place your lightly-toasted bread on a plate and layer all ingredients in the following order: lettuce, cottage cheese, avocado, cucumber, and then top it all off with a sprinkle of salt and pepper. Step 4: Serve up and smile all day as a result. *Watercress also works very well with this sandwich! Dinner Classic Turkish One-Pan Menemen Calories and Macros 523 Calories 26g Protein55g Carbohydrates26g Fat Ingredients 1 tbsp Olive Oil1 medium Onion1/2 medium Green Bell Pepper1 Red Chilli Pepper220 grams Chopped Tomatoes40 grams Sun-Dried Tomatoes1 tsp Brown Sugar1 tbsp chopped Parsley3 tbsp Greek Yogurt (whole milk)2 cloves Garlic2 Eggs Instructions Step 1: Chop the onion and bell pepper into bite-size slices and set aside. Step 2: Finely slice the garlic and chilli and set to the other side. Step 3: Heat the oil in a heavy-based frying pan over a medium temperature. Step 4: Stir in the onions, bell pepper, and chilies and allow them all to become very well acquainted in the pan for about 3 minutes. Season with a little salt and pepper here too! Step 5: Add the canned tomatoes and the sugar and bring to a light simmer to reduce the liquid. Then, add the sun-dried tomatoes and stir. Step 6: Using a wooden spoon, create pockets that will hold the eggs. Step 7: Crack an egg into each pocket, reduce the heat to low, and cover the pan. Allowing the eggs to set. Step 8: While you wait, beat the finely-sliced garlic into the yogurt and season well. Step 9: Serve the menemen with some parsley sprinkled over the top and a dollop of the garlicky yogurt on the side. Snack 1 Banana and Mixed Nuts Power! Calories and Macros 166 Calories3g Protein29g Carbohydrates6g Fat Ingredients 1 medium Banana10 grams Mixed Nuts Instructions Step 1: Eat the banana and the mixed nuts. All of them. Did you know that if you leave the banana skin in a glass of water overnight, you'll be left with a nutrient-rich liquid fit for feeding your plants! Snack 2 Rad Avocado Toast This one will ignite your taste buds more than expected! Calories and Macros 141 Calories5g Protein16g Carbohydrates7g Fat Ingredients 1/4 Avocado1 slice Whole Grain Bread1 sprinkle Sea Salt1 dash Black Pepper Instructions Step 1: Place your bread into a toaster and let things heat up while you scoop out the avocado and chop it into thin slices. Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, layer the avocado on top. Step 3: Sprinkle with some watercress and a little sliced radish if you have it! Get crunching. So, there you have it! A balanced, nutritious, and delicious 1,700-calorie vegetarian meal plan. Enjoy! Eat This Much creates personalized meal plans based on your food preferences, budget, schedule, and more. Try it with the Vegan diet, a lifestyle choice that eliminates all animal products, focusing on nutrient-rich plant-based foods for a healthier you and planet. Whether you're aiming to shed a few pounds or maintain your current weight, a 1700 calorie meal plan might be what you need to reach your goals. For those following a vegan diet, this calorie target can forward your goals while ensuring you get a balance of nutrition from a variety of plant-based sources. Our planner provides you with balanced, nutrient-dense meals that keep you satisfied while helping you reach your goals. Morning Juice 1 serving Guacamole on Tostada 1 serving Vegan Strawberry Protein Smoothie 1 smoothie Spicy Jicama Sticks 1 serving Unsure of your calorie goals? Use our calorie calculator to help set your targets. Calorie Calculator Ready for more? With a free account, you can customize your preferences, track your intake, create recipes, and much more. Register Example Seven Day 1700 Calorie Vegan Meal Plan Here's a sample Vegan meal plan with daily averages of 1688 Calories, 107g protein, 72g fat, and 175g carbs (123g net carbs). You can generate your own custom plans like this with a free Eat This Much account and generate complete instant grocery lists with our Premium features. Features of Eat This Much Follow any eating style or create your own. You can customize popular eating styles like vegan and paleo to match your needs and preferences. Detailed nutrition information for each ingredient, recipe, and meal. Easily track vitamins, minerals, and macronutrients as you follow your plan, and add your own foods to track your intake as you follow along. Take the anxiety out of picking what to eat. With a meal plan, you make the important decisions ahead of time and on your own schedule. Then there's nothing to worry about when it's meal time. Learn More Start a Free Account Browse Other 1700 Calorie Diet Plans Keto Low-carb, high-fat diet focusing on ketosis for energy and weight management Vegan Excludes all animal products, emphasizing plant-based foods for health and ethics Vegetarian Plant-based diet including dairy and eggs, avoiding meat for health and ethics Paleo Emulates ancient diet with whole foods, free of processed items and grains Mediterranean Rich in fruits, vegetables, fish, and olive oil for a balanced, heart-healthy diet Low Carb Reduces carbohydrate intake, focusing on proteins and fats for energy Low Fat Limits fat consumption, emphasizing lean proteins, grains, and vegetables High Protein Prioritizes protein intake for muscle growth and repair, with balanced nutrients Gluten Free Avoids gluten, suitable for celiac or gluten sensitivity, focusing on alternative grains Other See how to follow other popular plans like Whole30, Low FODMAP, Pescetarian, and more At Verywell, we believe there is no one-size-fits-all approach to a healthy lifestyle. Successful eating plans need to be individualized and consider the whole person. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition. Meal planning helps keep you organized so you can shop for ingredients and prepare nutritious meals and snacks each week. If you are trying to reach a specific calorie goal, meal plans can also outline the correct portion size. If you're looking for a 1,700-calorie-per-day meal plan, this is made up of three meals and three snacks daily to keep you energized and satisfied. Meal planning can help keep you on track, no matter what your nutrition goal is. Prepping and planning doesn't have to be time-intensive and complicated. A few simple steps, including basic meal constructs, making a shopping list, shopping strategically, and methodically preparing food ahead of time, are what make meal planning a helpful tool to keep you energized, meet your nutrition goals, reduce food waste, and save money. Nutrient-dense foods should make up the bulk of a 1,700-calorie daily diet, with a bit of wiggle room for sweets and treats. The Dietary Guidelines for Americans recommend choosing foods from a variety of food groups in order to get all of the nutrients that the body requires. The food groups are vegetables, fruits, grains, dairy, and protein foods. The guidelines also recommend that Americans consume limited amounts of added sugars, saturated fat, and sodium. Foods high in sugars or saturated fat, such as soda, fast food, and candy, provide calories but lack significant amounts of beneficial fiber, vitamins, and minerals. Although there is room in a balanced diet for most types of food, we do not want to get 1,700 calories only from these nutrient-sparse foods. Consequently, the bulk of this meal plan is made from whole, nutrient-dense foods, with a few treats added here and there. This one-week meal plan was designed for a person who needs about 1,700 calories per day and has no dietary restrictions. Your daily calorie goal may vary. Learn what it is below, then make tweaks to the plan to fit your specific needs. Consider working with a registered dietitian or speaking with a healthcare provider to assess and plan for your dietary needs more accurately. This 7-day meal plan includes breakfast, lunch, dinner, and three snacks. It has a good balance of carbohydrates (mostly from whole grains, vegetables, fruits, and beans), protein, and healthy fats, which mirrors the recommendations from the dietary guidelines for Americans. If there are certain foods that you don't enjoy, feel free to swap them out and replace them with something that you prefer, but try to stay within the same category. For example, you can substitute a cup of rice with a cup of pasta or quinoa. Or perhaps you will swap out cauliflower for broccoli or green beans. It's also important to keep cooking methods in mind when you swap out foods. For example, swap grilled chicken for grilled fish, but not deep-fried fish, which has more calories and will skew the calorie count. 3/4 cup plain nonfat Greek yogurt 1/4 cup granola 1 cup strawberries Macronutrients: approximately 298 calories, 21 grams protein, 31 grams carbohydrates, and 8 grams fat 1 medium pear1 ounce mozzarella cheese Macronutrients: approximately 183 calories, 9 grams protein, 26 grams carbohydrates, and 7 grams fat 2 slices whole grain bread with 3 ounces roast turkey breast, 1 medium tomato, and 1 teaspoon mayonnaise 1 cup blueberries Micronutrients: 407 calories, 24 grams protein, 66 grams carbohydrates, and 9 grams fat 1 cup air-popped popcorn2 tablespoons almonds2 tablespoons raisins Micronutrients: 168 calories, 4 grams protein, 25 grams carbohydrates, and 8 grams fat 3 ounces broiled salmon1 cup quinoa1 cup mixed cauliflower and broccoli with 2 teaspoons of olive oil vinaigrette Micronutrients: 473 calories, 32 grams protein, 45 grams carbohydrates, and 19 grams fat 2 small chocolate chip cookies1 cup skim milk Micronutrients: 181 calories, 9 grams protein, 25 grams carbohydrates, and 6 grams fat Daily Totals: 1,710 calories, 99 grams protein, 218 grams carbohydrates, and 57 grams fat Note that beverages are not included in this meal plan. Individual fluid needs vary based on age, sex, activity level, and medical history. For optimal hydration, experts generally recommend drinking approximately 9 cups of water per day for women and 13 cups of water per day for men. When adding beverages to your meal plan, consider their calorie count. Aim to reduce or eliminate consumption of sugar-sweetened beverages, and opt for water when possible. 1 slice whole wheat toast with 2 tablespoons guacamole1-ounce reduced-fat cheddar cheese1 cup strawberries Micronutrients: 277 calories, 14 grams protein, 33 grams carbohydrates, and 11 grams fat 1/2 cup plain nonfat Greek yogurt 1 cup strawberries 2 tablespoons granola Micronutrients: 166 calories, 15 grams protein, 16 grams carbohydrates, and 5 grams fat 1 slice whole wheat bread topped with 1/2 avocado, mashed, and one fried egg1 medium apple Macronutrients: 408 calories, 13 grams protein, 48 grams carbohydrates, 21 grams fat 15 grams dark chocolate2 tablespoons almonds2 tablespoons raisins Micronutrients: 220 calories, 4 grams protein, 28 grams carbohydrates, and 12 grams fat 3 ounces shrimp1 cup brown rice1 cup red peppers and 1 cup broccoli stir-fried in 2 teaspoons of olive oil Micronutrients: 458 calories, 29 grams protein, 59 grams carbohydrates, and 12 grams fat 2 cups air-popped popcorn1 medium apple Micronutrients: 157 calories, 3 grams protein, 37 grams carbohydrates, and 2 grams fat Daily Totals: 1,686 calories, 78 grams protein, 221 grams carbohydrates, and 63 grams fat 1 packet plain oatmeal made with 2/3 cup of skim milk 1 banana 1 tablespoon walnuts Micronutrients: 301 calories, 12 grams protein, 55 grams carbohydrates, and 6 grams fat Micronutrients: 189 calories, 17 grams protein, 15 grams carbohydrates, and 8 grams fat 2 slices whole grain bread with 3 ounces canned tuna mixed with 2 teaspoons mayonnaise and 1 cup spinach1 cup red pepper sticks Micronutrients: 382 calories, 32 grams protein, 42 grams carbohydrates, and 11 grams fat 1/2 cup plain nonfat Greek yogurt1 cup strawberries2 tablespoons granola Micronutrients: 166 calories, 15 grams protein, 16 grams carbohydrates, and 5 grams fat 3 ounces grilled chicken 1 cup broccoli and 1 cup kale stir-fried in 2 teaspoons olive oil 1 cup pasta with 1/4 cup tomato sauce Micronutrients: 501 calories, 39 grams protein, 59 grams carbohydrates, and 15 grams fat 1 medium apple1-ounce cheddar cheese Macronutrients: approximately 183 calories, 9 grams protein, 26 grams carbohydrates, and 7 grams fat Daily Totals: 1,722 calories, 124 grams protein, 214 grams carbohydrates, and 52 grams fat Smoothie made with 1 cup plain nonfat Greek yogurt, 1 banana, 1/2 cup almond milk, and 1 tablespoon of peanut butter Macronutrients: approximately 334 calories, 28 grams protein, 42 grams carbohydrates, and 10 grams fat 1 cup grapes2 tablespoons almonds Macronutrients: approximately 140 calories, 3 grams protein, 19 grams carbohydrates, and 7 grams fat 3 ounces salmon1/2 cup brown rice1 cup red pepper slices Macronutrients: approximately 391 calories, 28 grams protein, 52 grams carbohydrates, and 8 grams fat 1/4 cup roasted chickpeas 2 tablespoons raisins Macronutrients: approximately 189 calories, 5 grams protein, 32 grams carbohydrates, and 6 grams fat Salad made with 2 cups spinach, 1 cup diced carrots, 1 tablespoon olive oil vinaigrette3 ounces grilled chicken1 cup cooked quinoa Micronutrients: 532 calories, 36 grams protein, 53 grams carbohydrates, and 20 grams fat 2 cups air-popped popcorn15 grams dark chocolate Micronutrients: 145 calories, 3 grams protein, 21 grams carbohydrates, and 6 grams fat Daily Totals: 1,761 calories, 103 grams protein, 219 grams carbohydrates, and 57 grams fat 1 cup nonfat plain Greek yogurt 1 cup blueberries 2 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams protein, 32 grams carbohydrates, 9 grams fat 2 cups air-popped popcorn 1 tablespoon dark chocolate chips Macronutrients: 145 calories, 3 grams protein, 21 grams carbohydrates, 6 grams fat 3 ounces grilled chicken2 cups kale salad with 2 teaspoons olive oil vinaigrette and 1 tablespoon walnuts1 small whole grain roll Macronutrients: 403 calories, 34 grams protein, 33 grams carbohydrates, 17 grams fat 1/4 cup hummus1 cup carrot sticks Macronutrients: 150 calories, 5 grams protein, 20 grams carbohydrates, 6 grams fat 1 cup black beans1 cup brown rice1 cup diced red pepper1 medium diced tomato2 tablespoons guacamole Micronutrients: 528 calories, 22 grams protein, 100 grams carbohydrates, and 7 grams fat 1 banana1 tablespoon peanut butter Micronutrients: 200 calories, 5 grams protein, 30 grams carbohydrates, and 8 grams fat Daily Totals: 1,720 calories, 96 grams protein, 236 grams carbohydrates, and 53 grams fat 2 eggs, fried in 1 teaspoon butter1 slice 100% whole wheat bread1 medium tomato Micronutrients: 296 calories, 18 grams protein, 24 grams carbohydrates, and 16 grams fat 1 container (5.3 ounces) vanilla Greek yogurt1 cup strawberries Macronutrients: 166 calories, 14 grams protein, 28 grams carbohydrates, 0 grams fat 2 cups spinach salad and 1 cup sliced green beans with 1 tablespoon olive oil vinaigrette3 ounces canned tuna1 small whole grain roll1 orange Micronutrients: 440 calories, 30 grams protein, 59 grams carbohydrates, and 16 grams fat 1/4 cup hummus 1 cup broccoli florets Macronutrients: 131 calories, 7 grams protein, 14 grams carbohydrates, 6 grams fat 2 cups lettuce1 small diced tomato1 cup chickpeas2 teaspoons salad dressing1 slice whole grain toast with 1 teaspoon butter Micronutrients: 536 calories, 18 grams protein, 85 grams carbohydrates, and 17 grams fat Micronutrients: 137 calories, 2 grams protein, 16 grams carbohydrates, and 7 grams fat Daily Totals: 1,709 calories, 89 grams protein, 226 grams carbohydrates, and 62 grams fat 1 slice 100% whole wheat bread2 hard-boiled eggs mixed with 1 teaspoon mayonnaise1 tomato Macronutrients: 296 calories, 18 grams protein, 24 grams carbohydrates, 16 grams fat 1 orange2 tablespoons mixed nuts Macronutrients: 171 calories, 7 grams protein, 29 grams carbohydrates, 14 grams fat 1 cup cooked pasta1 cup spinach and 1 cup cauliflower stir-fried in 2 teaspoons olive oil3 ounces grilled chicken Macronutrients: 414 calories, 36 grams protein, 44 grams carbohydrates, 13 grams fat 1 ounce cheddar cheese1 medium apple Macronutrients: 183 calories, 9 grams protein, 26 grams carbohydrates, 7 grams fat 4 ounces grilled trout10 asparagus spears1 cup brown rice Macronutrients: 483 calories, 32 grams protein, 50 grams carbohydrates, 16 grams fat 1 cup strawberries1 tablespoon chocolate chips Macronutrients: 132 calories, 2 grams protein, 21 grams carbohydrates, 5 grams fat Daily Totals: 1,679 calories, 102 grams protein, 194 grams carbohydrates, and 71 grams fat Flexibility is built in. You can still reach the 1,700 calorie level daily even if you mix up the timing of meals and snacks each day. For example, if you prefer to eat more at breakfast and less at dinner, you can easily move 100 calories from one meal to the next. Or, perhaps you don't want to snack three times per day. You can have two snacks, and add the final snack to your meal.Snacks are interchangeable. Within each day, the three snacks can be switched. So, if popcorn is slated as the after-dinner snack but you prefer to eat it in the morning, go ahead!Portion sizes dictate calories. This meal plan was specifically created for 1,700 calories, which is based on the serving size for each meal and snack. If you eat larger portions, you will take in more calories. If you eat smaller portions, you will take in fewer calories. This meal plan can help you determine the portion sizes of meals and snacks that make up a daily 1,700-calorie diet. To find out if 1,700 calories per day is right for you, speak with a healthcare provider or a registered dietitian on a customized meal plan. We recognize that meal plans may not be appropriate for all, especially those with disordered eating habits. If you or a loved one are coping with an eating disorder, contact the National Eating Disorders Association (NEDA) Helpline for support at 1-800-931-2237. Eat This Much creates personalized meal plans based on your food preferences, budget, schedule, and more. Try it with the Vegetarian diet, rich in vegetables, fruits, and grains, offering a sustainable path to nutrition while reducing meat consumption. Whether you're aiming to shed a few pounds or maintain your current weight, a 1700 calorie meal plan might be what you need to reach your goals. For those following a vegetarian diet, this calorie target can forward your goals while ensuring you get a balance of nutrition from a variety of plant-based and dairy sources. Our planner provides you with balanced, nutrient-dense meals that keep you satisfied while helping you reach your goals. Banana Egg Pancakes 2 pancakes Peaches and Almond Butter on Toast 1 serving Cucumber Sandwich 2 servings Zesty Kale Cucumber Salad 1 serving Tortellini Southwest 1 serving Lemon Avocado Salad 1 serving Unsure of your calorie goals? Use our calorie calculator to help set your targets. Calorie Calculator Ready for more? With a free account, you can customize your preferences, track your intake, create recipes, and much more. Register Example Seven Day 1700 Calorie Vegetarian Meal Plan Here's a sample Vegetarian meal plan with daily averages of 1692 Calories, 121g protein, 64g fat, and 177g carbs (135g net carbs). You can generate your own custom plans like this with a free Eat This Much account and generate complete instant grocery lists with our Premium features. Features of Eat This Much Follow any eating style or create your own. You can customize popular eating styles like vegan and paleo to match your needs and preferences. Detailed nutrition information for each ingredient, recipe, and meal. Easily track vitamins, minerals, and macronutrients as you follow your plan, and add your own foods to track your intake as you follow along. Take the anxiety out of picking what to eat. With a meal plan, you make the important decisions ahead of time and on your own schedule. Then there's nothing to worry about when it's meal time. 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Protein supplements Protein shake 2 scoop per day (218cal, 48p, 2c, 1f) Recipe has been scaled from original by 0.5x. Adjust cook times and pan sizes accordingly. 1 Heat olive oil in a skillet over medium-low heat. 2 Add onions and garlic, and cook, stirring until lightly browned. 3 Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly. 4 Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors. 5 Cook, stirring until thickened, and serve immediately. Recipe has been scaled from original by 1.75x. Adjust cook times and pan sizes accordingly. 1 Cook lima beans according to package. 2 Season to taste with salt and pepper. Scale to: 1 meal 2 meals 3 meals 4 meals 5 meals 6 meals 7 meals , 2 scoop 2 scoop (1/3 cup ea) (62g) 1 Mix protein powder and milk together in a bowl until there are no clumps. Add cereal. 2 Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal. Scale to: 1 meal 2 meals , 1 container For 1 Meal Recipe has been scaled from original by 2x. Adjust cook times and pan sizes accordingly. 2 Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through. 3 (optional) Transfer zoodles to towel and pat any excess water off. 4 Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through. For 1 Meal 2 pan, dinner, or small roll (2" square, 2" high) (56g) Recipe has been scaled from original by 2x. Adjust cook times and pan sizes accordingly. For 1 Meal 1/4 cucumber (8-1/4") (75g) Recipe has been scaled from original by 0.25x. Adjust cook times and pan sizes accordingly. 1 Slice cucumber into rounds and serve. Scale to: 1 meal 2 meals 3 meals , 1 bar(s) Scale to: 1 meal 2 meals 3 meals Scale to: 1 meal 2 meals 3 meals , 36 cherry tomatoes 36 cherry tomatoes (612g) Recipe has been scaled from original by 6x. Adjust cook times and pan sizes accordingly. 1 Rinse tomatoes, remove any stems, and serve. Scale to: 1 meal 2 meals 3 meals , 3 cucumber 3 cucumber (8-1/4") (903g) Recipe has been scaled from original by 3x. Adjust cook times and pan sizes accordingly. 1 Slice cucumber into rounds and serve. Recipe has been scaled from original by 0.17x. Adjust cook times and pan sizes accordingly. 1 Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done. 2 Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley. 3 Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve. For 1 Meal Recipe has been scaled from original by 0.5x. Adjust cook times and pan sizes accordingly. 1 Prepare according to instructions on package. Scale to: 1 meal 2 meals , 6 oz Recipe has been scaled from original by 0.75x. Adjust cook times and pan sizes accordingly. 1 Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through. 2 Season with salt, pepper, or seasonings of choice. Serve. For 1 Meal Recipe has been scaled from original by 0.25x. Adjust cook times and pan sizes accordingly. 1 Cook lentil pasta according to package. 2 Top with sauce and serve. For 1 Meal Recipe has been scaled from original by 1.5x. Adjust cook times and pan sizes accordingly. 1 Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend. 2 Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy. For 1 Meal Recipe has been scaled from original by 0.5x. Adjust cook times and pan sizes accordingly. 1 In a medium-sized bowl, mash the bananas. 2 Mix the flaxseed and water together and add to the bananas. 3 Add the salt and cinnamon and stir to combine. 4 Heat griddle and melt the coconut oil. 5 Ladle the batter onto the pan- either in strips or as small pancakes. 6 Once they have firmed up on one side, flip and finish cooking the other side. 7 Serve with maple syrup. Recipe has been scaled from original by 3.5x. Adjust cook times and pan sizes accordingly. 1 Cook quinoa according to directions on package, except add in cumin and turmeric to the water while it cooks. 2 While quinoa cooks, prepare remaining ingredients. (Optionally: you can halve the bell pepper and roast in the broiler for about 10 minutes, flipping once, or until skin blisters. Remove the skin and finely chop. This is optional and you can also just use finely chopped, raw bell pepper.) 3 When quinoa is cooked, let it cool for 5 minutes and then mix in all remaining ingredients. 4 Season with salt and pepper to taste. Serve. Scale to: 1 meal 2 meals , 12 cherry tomatoes 12 cherry tomatoes (204g) Recipe has been scaled from original by 2x. Adjust cook times and pan sizes accordingly. 1 Rinse tomatoes, remove any stems, and serve. Scale to: 1 meal 2 meals , 1 slice(s) 1 (Optional) Toast bread. 2 Spread hummus over bread and serve. Scale to: 1 meal 2 meals , 1/2 cucumber 1/2 cucumber (8-1/4") (151g) Recipe has been scaled from original by 0.5x. Adjust cook times and pan sizes accordingly. 1 Slice cucumber into rounds and serve. Recipe has been scaled from original by 0.67x. Adjust cook times and pan sizes accordingly. 1 Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft. 2 Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes. 3 Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute. 4 Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes. 5 Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve. Scale to: 1 meal 2 meals , 1/6 cup(s) A 1,700 calorie vegetarian diet, carefully planned, can promote healthy eating habits for individuals aiming for weight loss. Be mindful that calorie needs vary, hence caloric intake should align with personal goals and lifestyle. Please note: This is just a day's example of a 1,700 calorie vegetarian meal plan. For a fully personalized plan that suits you and your goals, with hundreds of individual and delicious recipes, be sure to check out our Macro Calculator and Meal Plan Generator and let us do all the work for you! Who should try this diet? If you're focused on losing weight, a diet that aims for an average of 1,700 calories can be a highly effective approach. This calorie level provides ample energy to support your daily activities and exercise routines, while creating enough of a caloric deficit to encourage weight loss. Of course, this amount of calories should only be followed by individuals with a moderate level of activity. However! It's important to keep in mind that everyone's calorie requirements are unique. Therefore, determining the appropriate daily calorie intake based on your specific goals, whether it be losing fat, building muscle, or adopting a healthy lifestyle, is paramount for success. If following this style of meal plan creates unwanted weight loss, it may be necessary to increase total calories consumed accordingly. Realized that perhaps you need to be eating more calories? Try one of these free meal plans:1,800 Calorie Vegetarian Meal Plan1,900 Calorie Vegetarian Meal Plan2,000 Calorie Vegetarian Meal Plan Example plan We've provided a printable 1,700 calorie vegetarian meal plan PDF, including recipes for breakfast, lunch, dinner, and snacks. It's structured over 5 meals (3 mains and 2 snacks). Download the meal plan in the link above or continue reading for recipes. Provides 1,741 kcal, 89g Protein, 218g Carbs, 66g Fat per day. Breakfast Peanut Butter Power Smoothie Ideally, use a chilled or even a frozen banana for this splendid mix of peanutty protein power. Calories and Macros 490 Calories 34g Protein 59g Carbohydrates 15g Fat Ingredients 1 medium Banana20 grams Oats20 grams Peanut Butter (smooth)250 ml Milk (1% fat)20 grams Vanilla Whey Protein (80%) Instructions Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients. Step 2: Securely fasten the lid and blend thoroughly for around 15 – 30 seconds while gradually adding water (if necessary) to create desired consistency. Step 3: Pour into a glass for that fresh serving of muscle-building goodness. Lunch The Cottage Sandwich Calories and Macros 421 Calories 21g Protein59g Carbohydrates12g Fat Ingredients 30 grams Cottage Cheese (1% fat)4 slices Whole Grain Bread45 grams Avocado30 grams Cucumber1/4 tsp Black Pepper20 grams Romaine Lettuce Instructions Step 1: Lightly toast your whole grain bread to your preferred toastiness… (Toasting the bread removes the chances of a soggy sandwich!). Step 2: Slice your cucumber and avocado into sandwich-style slices. Step 3: Place your lightly-toasted bread on a plate and layer all ingredients in the following order: lettuce, cottage cheese, avocado, cucumber, and then top it all off with a sprinkle of salt and pepper. Step 4: Serve up and smile all day as a result. *Watercress also works very well with this sandwich! Dinner Classic Turkish One-Pan Menemen Calories and Macros 523 Calories 26g Protein55g Carbohydrates26g Fat Ingredients 1 tbsp Olive Oil1 medium Onion1/2 medium Green Bell Pepper1 Red Chilli Pepper220 grams Chopped Tomatoes40 grams Sun-Dried Tomatoes1 tsp Brown Sugar1 tbsp chopped Parsley3 tbsp Greek Yogurt (whole milk)2 cloves Garlic2 Eggs Instructions Step 1: Chop the onion and bell pepper into bite-size slices and set aside. Step 2: Finely slice the garlic and chilli and set to the other side. Step 3: Heat the oil in a heavy-based frying pan over a medium temperature. Step 4: Stir in the onions, bell pepper, and chilies and allow them all to become very well acquainted in the pan for about 3 minutes. Season with a little salt and pepper here too! Step 5: Add the canned tomatoes and the sugar and bring to a light simmer to reduce the liquid. Then, add the sun-dried tomatoes and stir. Step 6: Using a wooden spoon, create pockets that will hold the eggs. Step 7: Crack an egg into each pocket, reduce the heat to low, and cover the pan. Allowing the eggs to set. Step 8: While you wait, beat the finely-sliced garlic into the yogurt and season well. Step 9: Serve the menemen with some parsley sprinkled over the top and a dollop of the garlicky yogurt on the side. Snack 1 Banana and Mixed Nuts Power! Calories and Macros 166 Calories3g Protein29g Carbohydrates6g Fat Ingredients 1 medium Banana10 grams Mixed Nuts Instructions Step 1: Eat the banana and the mixed nuts. All of them. Did you know that if you leave the banana skin in a glass of water overnight, you'll be left with a nutrient-rich liquid fit for feeding your plants! Snack 2 Rad Avocado Toast This one will ignite your taste buds more than expected! Calories and Macros 141 Calories5g Protein16g Carbohydrates7g Fat Ingredients 1/4 Avocado1 slice Whole Grain Bread1 sprinkle Sea Salt1 dash Black Pepper Instructions Step 1: Place your bread into a toaster and let things heat up while you scoop out the avocado and chop it into thin slices. Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, layer the avocado on top. Step 3: Sprinkle with some watercress and a little sliced radish if you have it! Get crunching. So, there you have it! A balanced, nutritious, and delicious 1,700-calorie vegetarian meal plan. Enjoy! Eat This Much creates personalized meal plans based on your food preferences, budget, schedule, and more. Try it with the Vegan diet, a lifestyle choice that eliminates all animal products, focusing on nutrient-rich plant-based foods for a healthier you and planet. Whether you're aiming to shed a few pounds or maintain your current weight, a 1700 calorie meal plan might be what you need to reach your goals. For those following a vegan diet, this calorie target can forward your goals while ensuring you get a balance of nutrition from a variety of plant-based sources. Our planner provides you with balanced, nutrient-dense meals that keep you satisfied while helping you reach your goals. Cinnamon Almond Oatmeal 1 serving Classic Fruit Salad 1 bowl Unsure of your calorie goals? Use our calorie calculator to help set your targets. Calorie Calculator Ready for more? With a free account, you can customize your preferences, track your intake, create recipes, and much more. Register Example Seven Day 1700 Calorie Vegan Meal Plan Here's a sample Vegan meal plan with daily averages of 1688 Calories, 107g protein, 72g fat, and 175g carbs (123g net carbs). You can generate your own custom plans like this with a free Eat This Much account and generate complete instant grocery lists with our Premium features. Features of Eat This Much Follow any eating style or create your own. You can customize popular eating styles like vegan and paleo to match your needs and preferences. Detailed nutrition information for each ingredient, recipe, and meal. Easily track vitamins, minerals, and macronutrients as you follow your plan, and add your own foods to track your intake as you follow along. Take the anxiety out of picking what to eat. With a meal plan, you make the important decisions ahead of time and on your own schedule. Then there's nothing to worry about when it's meal time. Learn More Start a Free Account Browse Other 1700 Calorie Diet Plans Keto Low-carb, high-fat diet focusing on ketosis for energy and weight management Vegan Excludes all animal products, emphasizing plant-based foods for health and ethics Vegetarian Plant-based diet including dairy and eggs, avoiding meat for health and ethics Paleo Emulates ancient diet with whole foods, free of processed items and grains Mediterranean Rich in fruits, vegetables, fish, and olive oil for a balanced, heart-healthy diet Low Carb Reduces carbohydrate intake, focusing on proteins and fats for energy Low Fat Limits fat consumption, emphasizing lean proteins, grains, and vegetables High Protein Prioritizes protein intake for muscle growth and repair, with balanced nutrients Gluten Free Avoids gluten, suitable for celiac or gluten sensitivity, focusing on alternative grains Other See how to follow other popular plans like Whole30, Low FODMAP, Pescetarian, and more Day 1 of the daily vegan meal plan is the first blog article part of a series where I will be sharing 1 days worth of vegan eating. This includes breakfast, lunch, dinner, and snacks. Let's dive straight into it!The meals form part of an overall meal plan of 1700 calories daily. I also use protein powder everyday. If you don't want to use protein powder, you can swap out the same amount of protein powder for rolled oats instead.Get a free copy of 2 of my 1 week vegan meal plans by subscribing! A PDF will be emailed straight to your inbox once you have confirmed your subscription.Don't want to subscribe? Check out my free 1 week vegan meal plan blog article HERE1 small banana1 tablespoon of peanut butter1.5 cups of almond milk1 scoop of pure pea protein powder (30g)½ cup of frozen spinach1 tablespoon of cacao powder1 teaspoon of erythitol / calorie free sweetenerAdd all ingredients to a blender and blend smooth1 cup of shelled edamame¾ a cup of cooked brown rice2 teaspoon of chia seeds½ a small carrot¼ of a small purple cabbage¼ cup of finely chopped spring onion¼ of small broccoli, cut into florets¼ cup of fresh coriander leaves1 teaspoon of sesame oil1 tablespoon of white vinegar1 tablespoon of soy sauce1 tablespoon of sugar free maple syrup (can use 1 teaspoon of sugar or natural sweetener of choice)Defrost the edamame beansCook brown rice in rice cooker or on stoveCut the broccoli florets and add to a bowl of boiling water. Leave in boil water for 10 minutes until draining and let coolShred the carrot and purple cabbageFinely chop the spring onion and fresh coriander leavesAdd all ingredients to a bowl and stir in the salad dressingStore bought vegan muesli bar of your choice. I like these ones by Carmens! 1 scoop (25g) of chocolate pea protein powder2 tablespoon of chia seeds1 cup of almond milk1 cup of fresh or frozen blueberriesBlend almond milk and protein powder (use a protein shaker or blender)Stir in chia seeds and let sit in the fridge for at least 1 hr, stirring at least once to keep the chia seeds from sticking to the bottom. This can also be left overnightAdd 1 cup of blueberries right before serving. Frozen blueberries taste good too!50 grams of tempeh75 grams of firm tofu1 small white potato60 grams of pomegranate seeds¼ green capsicum / bell pepper¼ zucchini1 punnet of button mushrooms¼ cup Soy sauce for marinatingVeganaise for salad dressingskewer sticksPress firm tofu in tofu press to remove excess moistureCut tempeh and tofu into cube sized pieces and add to marinade bag with soy sauce. Let sit for at least 15 minutesCut green capsicum, zucchini and button mushrooms into pieces to add to skewer stickAdd tofu, tempeh, capsicum, zucchini and mushrooms to skewer sticksBake for 15 minutes in the oven on 180 degrees / 350 FPeel and slice potato into small pieces. Add potato to baking lined tray in oven and cook for 15 minutes. Remove from oven and smash the potato before adding back to the oven for another 10 minutes. Full recipe here for the smashed potatoesRemove pomegranate seedsFinely slice lettuce leavesStir the salad together with the smashed potatoes, pomegranate, lettuce, and veganaise right before servingCheck out my veganaise recipe here This post may contain affiliate links at no additional cost to you. As an Amazon Associate I earn from qualifying purchases. Click to view our full disclosure. If you are considering doing a 1700 calorie diet, having a meal plan can help you stay on the right path. But like many people, you might not know where to start. As a Registered Dietitian, I've created hundreds of meal plans to help my clients achieve their goals. So, to make things easier for you, I've created several 1700 calorie meal plans to help you get started. Each easy 1700 calorie meal plan PDF comes with the meals for the day, the recipes, and a grocery list. It can't get easier than that! You only click the link and download the meal plan you want to follow. It's great for men who want to lose weight, as well as women making caloric adjustments for weight gain, loss, or maintenance. However, before we begin, I always suggest getting a personalized meal plan. A meal plan tailored to your goals, needs, and preferences is always going to provide the best results. So make sure you consult with a health professional to help you determine how many calories and macros you need. Related: 1500 Calorie Meal Plan PDF A 1700 calorie meal plan is a diet where you eat 1700 calories daily. The meal plans consist of three main meals daily with two snacks in between. Remember that you can always make adjustments to the meal plan. You can switch a vegetable with another vegetable. For example, from broccoli to cauliflower. Or, you can also change the protein as long as they have a similar composition and cooking method (you cannot replace chicken breast for fried shrimp). You can also switch the meals within the same day. For example, you might switch the morning snack with the afternoon snack. Or, have the set lunch for dinner. As long as you eat the same meals throughout the day, the results are going to be the same. Another thing you can do is repeat the same day for a couple of days. For example, you can have the meal set for Monday for several days if that makes it easier. Now, what you cannot do is replace meals from different days. For example, switch the Monday snack to the Thursday afternoon snack. This will make changes in the macros and calories of the day. A 1700 calorie meal plan is an option for several types of people. It all depends on your goals, activity level, and more. So, who can benefit from a 1700 calorie meal plan? Men who want to lose weight. Highly active women (six to seven training sessions that last more than 90 minutes) who want to lose weight. Women who want to be in maintenance. Women who want to have a slight caloric surplus to gain weight. Remember that everyone has different dietary needs, which is why it is always important to check with a health professional. Related: 1800 Calorie Meal Plan PDF There are several benefits to a 1700 calorie meal plan, but that doesn't mean those benefits are available to everyone. Pay close attention to the drawbacks as well as the benefits. It can promote weight loss for men and highly active women without affecting their muscle mass. It might produce lean weight gain for some women. It provides highly nutritious and satiating meals. Planning ahead allows you to save time and money. Knowing what you are going to have makes it easier to stay on plan. Some men might be consuming too few calories, which increases the risk of muscle loss or nutrient deficiency. You might not have time to prepare all the meals. It might cause weight gain if you don't follow it along with an appropriate exercise routine. Related: 2500 Calorie Meal Plan PDF There is no one-size-fits-all when it comes to meal plans. In a moment, I'll be sharing with you several 1700-calorie meal plans to adjust to your needs. You'll find meal plans based on how many days you want planned (7, 21, or 30) or different macro compositions. Here's a full list of the meal plans: 7-Day Balanced 1700 Calorie Meal Plan PDF 21-Day Fix 1700 Calorie Meal Plan PDF 30-Day Balanced 1700 Calorie Meal Plan PDF 1700 Calorie Meal Plan 40/30/30 PDF 1700 Calorie Meal Plan 40/40/20 PDF 1700 Calorie Meal Plan 50/30/20 PDF Related: 1900 Calorie Meal Plan PDF If you are new to following a meal plan, don't worry – it's not as tough as it sounds. I've been there myself, and so have my clients. Here are three professional tips to help you along. These tips will help you go into the meal plan prepared, understanding what foods can either help the cause or damage the process. Meal prep sounds like a lot of work, especially if you are not a big fan of cooking. However, it doesn't have to be. The beauty of meal prep is that there is plenty of wiggle room. It can be adjusted to each individual's needs, time, and preferences. Some people might want to prepare all the meals of the week, but if you find this to be too overwhelming, you can just wash and prepare the fruits and vegetables, or only prepare the snacks and lunches for the week. So, what are the benefits of meal prep? It helps prevent resorting to unhealthy foods, keeping you on-plan. Decreases stress levels since you know what you are going to eat. Makes it easier and faster to go grocery shopping. You save money since you're not buying takeout or extra groceries not on the plan. Meal prepping promotes portion control, making it easier to reach your goals. Get ready. After reading over the meal plan, make a list of the foods you need to prepare and select the ones you want to prepare in advance. Make sure you take some time to analyze what you need to make the process easier, such as containers or a scale. Create an event. Select a day and time to start meal prepping. Write it in your calendar so you don't forget and treat it like any other appointment. Eventually, it will make it easier to form a habit. Go grocery shopping. Take your list to the store and shop for everything you need. Weigh foods and portion them out. Once you're creating the meals, weigh the food and place them in containers. Placing them in individual portions makes it easier to take them from the fridge and reheat it, saving you time. Certain foods make it easier to follow the plan. If you are on a weight loss journey, you want foods that will keep you feeling full. Proteins and vegetables take longer to digest, so they are going to be highly satiating. Also, one of the benefits of protein is that it can slightly increase the metabolism without doing any extra work. So, if you are still hungry after eating the meal, you can always include more vegetables. Add more salad (as long as it doesn't have extra dressing), or add some vegetable sticks as a snack to help you stay fuller for longer. Processed foods are not very filling since they are high in sugar, fats, and salt. Also, they lack essential vitamins, minerals, proteins, and fiber. For that reason, substitute refined grains for whole grains. For example, instead of white pasta, switch to whole-grain pasta or legume-based pasta. It will provide more nutrients and make you feel fuller, making it easier to stay on plan. Related: 2200 Calorie Meal Plan PDF Not everyone is going to need 1700 calories. A health professional can determine how many calories and macros you need based on your goals, needs, and starting point. This can decrease the risk of nutrient deficiency and muscle loss. However, not everyone can make it to a health professional for diet advice. If this is the case, a calorie and macro calculator can help. Our calorie and macro calculator is one of the easiest to use. Select your experience with nutrition and training: Beginner, moderate, or expert. Select your tracking experience: Beginner, moderate, or expert. Set your age, weight, height, and fat percentage (optional). Select your activity levels: Sedentary, lightly active, moderately active, heavily active, and athlete. Write down your name and email to get your results. Starting this list of 1700 calorie meal plans, we have a seven-day balanced meal plan. It provides 50% carbs, 20% proteins, and 30% fats. Breakfast: Fried chickpeas and spinach yogurt bowl Snack: Edamame ricotta toast Lunch: Roasted cabbage, broccoli, and tofu Snack: Papaya breakfast bowl Dinner: Fusilli with grilled eggplant Breakfast: Fried chickpeas and spinach yogurt bowl Snack: Edamame ricotta toast Lunch: Fusilli with grilled eggplant Snack: Papaya breakfast bowl Dinner: Chicken, broccoli, and cashew stir fry Breakfast: Fried chickpeas and spinach yogurt bowl Snack: Edamame ricotta toast Lunch: Chicken, broccoli, and cashew stir fry Snack: Papaya breakfast bowl Dinner: Tofu veggie fried rice Breakfast: Berry cottage cheese overnight oats Snack: Sardine and cream cheese bagel Lunch: Tofu veggie fried rice Snack: Persimmon with yogurt and pumpkin seeds Dinner: Artichoke, olive, and sun dried tomato pesto pizza Breakfast: Berry cottage cheese overnight oats Snack: Sardine and cream cheese bagel Lunch: Artichoke, olive, and sun dried tomato pesto pizza Snack: Persimmon with yogurt and pumpkin seeds Dinner: Sesame chicken and noodle jar Breakfast: Banana chocolate protein smoothie Snack: Sardine and cream cheese bagel Lunch: Sesame chicken and noodle jar Snack: Persimmon with yogurt and pumpkin seeds Dinner: Pork summer rolls with peanut sauce Breakfast: Banana chocolate protein smoothie Snack: Sardine and cream cheese bagel Lunch: Pork summer rolls with peanut sauce Snack: Persimmon with yogurt and pumpkin seeds Dinner: Amatriciana pasta To get the free 7-day balanced 1700-calorie meal plan with a grocery list and recipes, click the following link: 7-Day Balanced 1700 Calorie Meal Plan PDF If you really want to achieve your goals, I always recommend planning a couple more weeks to help you stay on track. The best results I've seen in my clients are those who manage to plan in advance. This makes it easier to meal prep and avoid adding any unwanted meals . The following meal plan has a 21-day plan already planned for you. You'll get delicious recipes that the entire family will love. It has the same macro breakdown as the previous meal plan: 50% carbs, 20% proteins, and 30% fats. Breakfast: Chocolate protein baked oatmeal Snack: Stone fruit salad with cottage cheese Lunch: Fiddlehead and edamame pesto pasta Snack: Chocolate strawberry chia pudding Dinner: Spicy tofu and cauliflower soup Breakfast: Chocolate protein baked oatmeal Snack: Stone fruit salad with cottage cheese Lunch: Spicy tofu and cauliflower soup Snack: Chocolate strawberry chia pudding Dinner: Air fryer eggplant parmesan Breakfast: Chocolate protein baked oatmeal Snack: Stone fruit salad with cottage cheese Lunch: Air fryer eggplant parmesan Snack: Chocolate strawberry chia pudding Dinner: Portobello veggie burger Breakfast: Butternut squash smoothie Snack: Peach cobbler smoothie Lunch: Portobello veggie burger Snack: Greek yogurt with almonds and pear Dinner: Kimchi and tofu rice bowls Breakfast: Butternut squash smoothie Snack: Peach cobbler smoothie Lunch: Kimchi and tofu rice bowls Snack: Greek yogurt with almonds and pear Dinner: Spiced beef and spinach with rice Breakfast: Japanese omelet rice Snack: Peach cobbler smoothie Lunch: Spiced beef and spinach with rice Snack: Greek yogurt with almonds and pear Dinner: Grilled vegetable and lentil salad Breakfast: Japanese omelet rice Snack: Peach cobbler smoothie Lunch: Grilled vegetable and lentil salad Snack: Greek yogurt with almonds and pear Dinner: Squash and black bean enchiladas To get the free 21-day balanced 1700 calorie meal plan with the complete grocery list and easy recipes, just click below and download: Imagine that 21 days worth of meals can help you stay committed. What about 30 days? Planning for an entire month might sound overwhelming. But it doesn't have to be, especially if you only need to click a link. The following meal plan provides an entire month's worth of meals. You'll get a macro distribution of 50% carbs, 20% proteins, and 30% fats. Breakfast: Squash and pomegranate breakfast bowl Snack: Golden smoothie Lunch: Balsamic roasted tempeh bowls Snack: Yogurt overnight bowls Dinner: Teriyaki tofu bowls Breakfast: Squash and pomegranate breakfast bowl Snack: Golden smoothie Lunch: Teriyaki tofu bowls Snack: Yogurt overnight bowls Dinner: Pesto shrimp pasta Breakfast: Squash and pomegranate breakfast bowl Snack: Golden smoothie Lunch: Pesto shrimp pasta Snack: Yogurt overnight bowls Dinner: One pot beef, rice and peppers Breakfast: Vanilla cauliflower shake Snack: Kefir and granola bowl Lunch: One pot beef, rice and peppers Snack: Strawberry banana chia pudding Dinner: Lentil meatballs and pasta Breakfast: Vanilla cauliflower shake Snack: Kefir and granola bowl Lunch: Lentil meatballs and pasta Snack: Strawberry banana chia pudding Dinner: Red lentil dahl Breakfast: Quinoa green smoothie bowl Snack: Kefir and granola bowl Lunch: Red lentil dahl Snack: Strawberry banana chia pudding Dinner: Ground turkey, green beans and rice Breakfast: Quinoa green smoothie bowl Snack: Kefir and granola bowl Lunch: Ground turkey, green beans and rice Snack: Strawberry banana chia pudding Dinner: Dominican-style pork chops and rice To get the free 30-day balanced sample 1700-calorie meal plan with a ready-made grocery list and delicious recipes, click below: If you are looking for a meal plan to help you lose a bit of fat mass while maintaining your muscle mass, you've come to the right place. This meal plan has a distribution of 40% carbs, 30% protein, and 30% fats. This simple 1700-calorie meal plan is free for you to download. Breakfast: Apple turmeric smoothie Snack: Turkey and spinach wrap Lunch: Spinach and tuna grilled cheese Snack: Cherry raspberry smoothie Dinner: Deconstructed stuffed peppers Breakfast: Apple turmeric smoothie Snack: Turkey and spinach wrap Lunch: Deconstructed stuffed peppers Snack: Cherry raspberry smoothie Dinner: Goan fish curry Breakfast: Apple turmeric smoothie Snack: Turkey and spinach wrap Lunch: Goan fish curry Snack: Cherry raspberry smoothie Dinner: Meal prep maple Dijon chicken, mushroom, quinoa, and zucchini Breakfast: Butternut squash smoothie Snack: Apple slices with tuna Lunch: Meal prep maple Dijon chicken, mushroom, quinoa, and zucchini Snack: Strawberry blueberry smoothie Dinner: Lemon garlic chicken and orzo Breakfast: Butternut squash smoothie Snack: Apple slices with tuna Lunch: Meal prep maple Dijon chicken, mushroom, quinoa, and zucchini Snack: Strawberry blueberry smoothie Dinner: Lemon garlic chicken and orzo Breakfast: Scrambled egg white with avocado Snack: Apple slices with tuna Lunch: Lemon garlic chicken and orzo Snack: Strawberry blueberry smoothie Dinner: Turmeric chicken with brown rice Breakfast: Scrambled egg white with avocado Snack: Apple slices with tuna Lunch: Turmeric chicken with brown rice Snack: Strawberry blueberry smoothie Dinner: Shrimp and cabbage grain bowl with peanut sauce To get the free 7-day balanced 1700-calorie meal plan 40/30/30 with a grocery list and recipes, click the following link: 1700 Calorie Meal Plan 40/30/30 PDF If you need a low-fat meal plan because your doctor recommended it, here is a 1700-calorie meal plan with a distribution of 40% carbs, 40% proteins, and 20% fats. Remember that a low-fat meal plan should be advised by a health professional. Breakfast: Mango banana smoothie Snack: Yogurt and berries Lunch: Chicken-fried rice Snack: Yogurt and pomegranate Dinner: Maple ginger stir fry bowl with rice Breakfast: Mango banana smoothie Snack: Yogurt and berries Lunch: Maple ginger stir fry bowl with rice Snack: Yogurt and pomegranate Dinner: Crispy haddock burger Breakfast: Mango banana smoothie Snack: Yogurt and berries Lunch: Crispy haddock burger Snack: Yogurt and pomegranate Dinner: Chicken and pea soba noodles Breakfast: Pineapple spinach smoothie with stone fruit salad and cottage cheese Snack: Cinnamon raisin protein cookies Lunch: Chicken and pea soba noodles Snack: Salmon burger bites with cucumber and pineapple Dinner: Maple roasted carrots and chicken Breakfast: Pineapple spinach smoothie with stone fruit salad and cottage cheese Snack: Cinnamon raisin protein cookies Lunch: Maple roasted carrots and chicken Snack: Salmon burger bites with cucumber and pineapple Dinner: BBQ salmon bowl with peach salsa Breakfast: Simple vanilla protein shake with sumac tomato and chickpea flatbread Snack: Cinnamon raisin protein cookies Lunch: BBQ salmon bowl with peach salsa Snack: Salmon burger bites with cucumber and pineapple Dinner: Spicy shrimp fried rice Breakfast: Simple vanilla protein shake with sumac tomato and chickpea flatbread Snack: Cinnamon raisin protein cookies Lunch: Spicy shrimp fried rice Snack: Salmon burger bites with cucumber and pineapple Dinner: one pot smoky chicken and rice To get the free 7-day balanced, easy 1,700-calorie meal plan PDF with 40/40/20 macros, a full grocery list, and low-fat recipes, see below: 1700 Calorie Meal Plan 40/40/20 PDF Finally, the last meal plan is ideal for those who want a higher protein intake without affecting the carbs. It can be ideal for highly active people who want optimal muscle recovery thanks to the replenishment of muscle glycogen. It has a distribution of 50% carbs, 30% protein, and 20% fats. Breakfast: Mango green smoothie bowl Snack: Yogurt with pear Lunch: Ground turkey and veggie stir fry Snack: Blueberry protein smoothie Dinner: Spaghetti with mussels Breakfast: Mango green smoothie bowl Snack: Yogurt with pear Lunch: Spaghetti with mussels Snack: Blueberry protein smoothie Dinner: Cold noodle salad with chicken Breakfast: Mango green smoothie bowl Snack: Yogurt with pear Lunch: Cold noodle salad with chicken Snack: Blueberry protein smoothie Dinner: Turkey sausage, broccoli, and rice Breakfast: Jackfruit carrot smoothie Snack: Yogurt and mixed berry sauce Lunch: Turkey sausage, broccoli, and rice Snack: English muffin breakfast pizzas Dinner: BBQ salmon bowls with peach salsa Breakfast: Jackfruit carrot smoothie Snack: Yogurt and mixed berry sauce Lunch: BBQ salmon bowls with peach salsa Snack: English muffin breakfast pizzas Dinner: Goan fish curry Breakfast: Mango banana smoothie Snack: Yogurt and mixed berry sauce Lunch: Goan fish curry Snack: English muffin breakfast pizzas Dinner: Breaded turkey with broccoli and potatoes Breakfast: Mango banana smoothie Snack: Yogurt and mixed berry sauce Lunch: Snack: English muffin breakfast pizzas Dinner: To get the free 7-day balanced 1700-calorie meal plan 50/30/20 with a grocery list and recipes, click the following link: 1700 Calorie Meal Plan 50/30/20 PDF That's it for the free printable 1700 calorie meal plan PDFs. Make sure you select the one based on your macro needs or your schedule. For example, try the 30 days if you need longer meal plans to help you stay on track. A 1700 calorie meal plan is ideal for men who want to lose weight and women who want to stay in maintenance. For some women, it can mean a slight caloric surplus that helps increase muscle mass. Remember that a tailored meal plan is always going to be the best option. It's adapted to your needs, goals, and any other special requirements. When possible, visit a health professional to help you establish the best meal plan for you. In case you are not able to go to a healthcare professional, check our calorie and macro calculator to help determine how many calories and macros are right for your goals. So, I know which of these recipes I am going to create next. Which one caught your eye and are dying to try? Let us know in the comments. Yes, men can lose weight by eating 1700 calories a day. Women who are highly active (training six to seven times a week or even twice a day) might also lose weight by trying a 1700 calorie meal plan. For men, 1700 calories a day can be considered a deficit. For women, it depends on their activity levels, age, height, and weight. If you have doubts about how many calories you need, check our free calorie and macro calculator. No, as long as you are in a caloric deficit, eating fewer calories than the body needs, you are not going to gain fat. If you are on a caloric surplus (eating more calories than the body needs), and accompany it with strength training, you are less likely to gain fat mass and can gain muscle instead. No, as long as you are in a caloric deficit, meaning eating fewer calories than the body needs, you are not going to gain weight. Share Tweet Email