

1700 Calorie Plan

Aug 7, 2022 - Aug 7, 2022

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Sunday, August 7

1701 Cal ● 186.5g Carbs (46.5g Fiber) ● 56.9g Fat ● 122.0g Protein

First Meal 644 Cal



Chicken caesar salad

1 serving • 295 Cal



Carrots with Hummus

2 serving • 349 Cal

Last Meal 749 Cal



Black Bean Vegetarian Quesadillas

2 tortilla • 749 Cal

Second Meal 308 Cal



Blueberry protein pudding

1/2 serving • 216 Cal



Strawberries

2 cup • 92 Cal

Recipes

Aug 7, 2022 - Aug 7, 2022



Black Bean Vegetarian Quesadillas [🔗](#)



Prep 2 tortilla for Last Meal on [August 7](#)

Scaled to 2 tortilla

- 1/2 can** Canned black beans (212 g)
- 1/2 cup, shredded** Monterey cheese (56 g)
- 1 cup** Salsa (259 g)
- 2 tortilla** Tortillas (92 g)

Per 1 tortilla (1 serving):

374 Cal ● 50.0g Carbs (10.8g Fiber) ● 11.8g Fat ● 19.0g Protein

Directions are for original recipe of 1 tortilla

- 1 Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- 2 Microwave approximately 45 seconds to 1 minute 15 seconds or more depending on your microwave.
- 3 Serve the quesadillas with the remaining salsa.

Blueberry protein pudding [🔗](#)



Prep 0.5 serving for Second Meal on [August 7](#)

Scaled to 1/2 serving

- 1/2 cup** Nonfat greek yogurt (120 g)
- 1 scoop** Whey protein powder (30 g)
- 1 3/4 oz** Blueberries, frozen (50 g)

Per 1 serving :

432 Cal ● 26.7g Carbs (2.7g Fiber) ● 3.6g Fat ● 72.8g Protein

Directions are for original recipe of 1 serving

- 1 Blend ingredients in a mixer until mixture is thick enough to stay on a spoon.

Carrots with Hummus [🔗](#)



Prep 2 serving for First Meal on [August 7](#)

Scaled to 2 serving

- 10 tbsp** Hummus (150 g)
- 2 cup strips or slices** Carrots (244 g)

Per 1 serving :

175 Cal ● 22.4g Carbs (7.9g Fiber) ● 7.5g Fat ● 7.1g Protein

Directions are for original recipe of 1 serving

- 1 Dip carrots into hummus, eat.

Chicken caesar salad [🔗](#)



Prep 1 serving for First Meal on [August 7](#)

Scaled to 1 serving

2 cup shredded Lettuce (94 g)
1 tbsp Caesar salad dressing (15 g)
2 tsp Olive oil (9 g)
1 half breast Chicken breast (118 g)
2 tbsp Parmesan cheese (10 g)

Per 1 serving :

295 Cal ● 6.2g Carbs (2.0g Fiber) ● 15.8g Fat ● 31.5g Protein

Directions are for original recipe of 1 serving

- 1** Slice the raw chicken breast into strips and fry in a pan with olive oil.
- 2** Mix the roasted chicken, lettuce, dressing, and cheese in a bowl.
- 3** Eat it

Strawberries [🔗](#)



Prep 2 cup for Second Meal on [August 7](#)

Scaled to 2 cup

2 cup, whole Strawberries (288 g)

Per 1 cup (1 serving):

46 Cal ● 11.1g Carbs (2.9g Fiber) ● 0.4g Fat ● 1.0g Protein

Directions are for original recipe of 1 cup

- 1** Wash and eat.

Grocery List

Aug 7, 2022 - Aug 7, 2022

This list is **not subtracting** any foods you have in your Pantry.



Vegetables



Lettuce

2 cup shredded (94 g), Romaine or cos, raw



Carrots

3 1/2 large (7-1/4" to 8-1/2" long) (252 g), Raw

Fruits and Fruit Juices



Blueberries, frozen

1/3 cup, unthawed (52 g), Unsweetened



Strawberries

2 cup, whole (288 g), Raw

Dairy Products



Parmesan cheese

2 tbsp (10 g), Shredded



Nonfat greek yogurt

1/2 cup (120 g), Nonfat, plain



Whey protein powder

1 scoop (30g) (30 g), Gold Standard, Any flavor, 100% whey protein



Monterey cheese

2 oz (57 g), Includes Pepper Jack

Poultry Products



Chicken breast

1 half breast (fillet) (118 g), Broilers or fryers, meat only, raw

Soups and Sauces



Salsa

1 cup (259 g), Sauce, ready-to-serve

Soy & Legumes



Hummus

10 tbsp (150 g), Commercial



Canned black beans

1 cup (260 g), Low sodium, drained

Baked Products



Tortillas

2 tortilla (approx 7-8" dia) (92 g), Ready-to-bake or -fry, flour

Fats and Oils



Caesar salad dressing

1/4 cup (60 g), Low calorie



Olive oil

2/3 tbsp (9 g), Salad or cooking