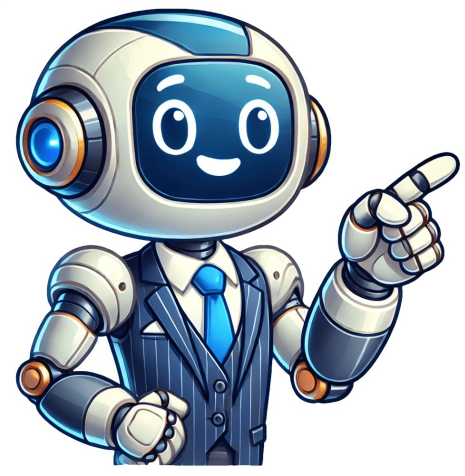


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The calorie calculator allows you to calculate how many calories you should eat a day in order to lose a certain amount of weight by a certain date. Maximize your weight loss efforts by using the results from this calculator and apply them to this visual hack. Activity Level: Very Light: (most of day sitting or at work or at home, a little slow walking, some standing and light household chores) Light: (mostly sedentary, standing or slow walking, but including about 2 hours a day of further activity - e.g. gardening, heavy housework, brisk walking) Moderate: (some occupational walking rather than just sedentary work, plus a little vigorous additional exercise, e.g. dancing, swimming) Heavy: (high levels of activity, both at work and in leisure hours) If you're wondering where to start when figuring out how many calories your body needs, it's best to begin with a basic calculation that has proven accuracy. The Mifflin-St. Jerome equation has been studied against many other calorie calculators and has come out on top according to the Journal of the Academy of Nutrition and Dietetics. (1) Our calculator incorporates the Mifflin-St. Jerome equation and uses the research based on the NIH Body Weight Planner and adapted from research collected at the National Institute of Diabetes and Digestive and Kidney Diseases. (2,3) The calorie calculator is very useful for weight management as it displays how many calories are needed over the specified period of time. It keeps track of weight loss and calories required. The less you weigh, the fewer calories you will need to take in for weight loss to continue. This is reflected in the calculator with the corresponding calories intake on a week-to basis. For example: Assuming you are female, 5' 5", 170lbs at the start of August and would like to be 150lbs by Christmas, you would specify that you want to lose 20lbs in 5 months. The calculator will then give you your calories required on a week-to-week basis to reach your goal weight. NB: Any (-ve) negative values are shown in red, ie trying to lose 50 pounds in 1 week is not possible. Values in yellow indicates a very low calorie intake. As a rule of thumb you should not eat below 1200 calories for female and 1600 calories for male. How You Can Maximize Your Weight Loss If you would like to maximize your weight loss efforts, use the results from this calculator and apply them to this visual hack. Using this one visual tool, you can help avoid the common pitfalls most people run into when trying to lose weight. Combining the numbers generated by this calculator and adding them to a visual aid means you should have such a successful weight loss journey, you will want to share both the calculator and visual hack tool with your friends! 3 Ways To Reduce Calories 1. Exercise Participating in regular exercise is very important. The American Heart Association recommends for adults to get about 150 minutes of moderate exercise or about 75 minutes of intense exercise (it's best to get some of both) throughout the week (4). Exercising will keep you fit and burn excess calories, reducing your overall calorie intake. It can also be just as beneficial to incorporate incidental exercise throughout your day. Change your everyday habits This is a great way to offset some of the calories you take in through your diet: Choose the stairs rather than the elevator. Get off the bus, tram or subway a stop earlier and walk to your destination. Park your car at the far end of the carpark when doing your weekly shopping. Walk to the corner store for milk and bread rather than driving. Walk to the next office to speak with colleagues in person rather than sending an email. Intense targeted workouts Choose to 3-4 intense targeted workouts per week. Some good choices include swimming, circuit, cycling, running and weight training. Another way to include high intensity, high calorie burning exercises into your week is to join a team sport which includes competition as well as training weekly. Finally it's important to stay motivated. Reducing your calorie intake is hard. Take some time to look at your motivation. By writing down your motivation and your goals, you are more likely to stick to your calories and lose weight. Losing weight is about cutting your overall calories. The fastest way to reduce calorie intake is to combine diet and exercise. There are two important factors in reducing calories through diet. 2. Change Your Diet Changing your diet is by far the most effective way to losing weight. Look at your current diet and make a change towards healthy and filling foods. Foods that are healthy and filling keep you fuller for longer, and mean that you reduce the amount of food and calories you are eating. Your diet should include complex carbohydrates such as natural oatmeal, sweet potatoes and brown rice. Vegetables (broccoli, spinach, green beans, cabbage, cauliflower, lettuce, radishes, asparagus, etc) fruits and salads should make up a large proportion of your diet. Your source of lean protein should come from egg whites, chicken, turkey, lean red meat and fish (salmon, tuna, etc). Lean protein should be eaten with every meal. These options should keep you full and help you to avoid overeating leading to a high calorie intake and weight gain. Try to avoid fatty, deep fried, and foods full of sugar. These are high calorie foods without any nutritional value. They will increase your calorie intake without satisfying your hunger. 3. Reduce Your Portion Sizes Often our portion sizes are much larger than we need. You should serve meals using a smaller plate. If there is more food than needed, put it away for another meal. It's much harder to have another serving if your leftovers have been portioned out for another meal. Eat slowly. It takes some time for your body to register that you are full. If you eat quickly, you will eat too much food, and end up eating more calories than you need. Don't eat if you aren't hungry and choose foods that keep you fuller for longer. By drinking up to 2 litres of water before a meal, you will feel fuller and less likely to overeat. Looking at food slowly while maintaining a balanced diet? A 1700-calorie high-protein meal plan could be your perfect solution. This approach combines the science of fat loss with optimal protein intake to help you realize your fitness goals while you're timing your shed pounds. It maintains your current weight, so this nutrition strategy delivers the perfect balance of nutrients your body needs. With emphasis on quality protein sources, you'll get approximately 130-164 grams of protein daily, along with a healthy mix of carbs and fats. It's an approach that supports muscle strength and improves satiety and overall health performance. A 1700-calorie high-protein diet provides 130-164 grams of protein daily (30-35% of total calories), supporting both muscle maintenance and gradual weight loss of 1-2 pounds per week. The daily calories are distributed across breakfast (425 kcal), lunch (510 kcal), dinner (510 kcal), and snacks (255 kcal), with meals spaced 3-4 hours apart for optimal energy levels. This calorie level creates an effective deficit for most adults, particularly active women 5'2"-5'7" and sedentary to lightly active men 5'7"-6'0". The meal plan combines lean proteins, complex carbs, and healthy fats while emphasizing portion control and regular protein intake throughout the day. For muscle building and fat loss, pair this diet with resistance training 3-4 times weekly and ensure adequate protein distribution across meals. If you notice disturbing signs in your health, like constant fatigue, rapid or no weight loss, or anything else that you feel to be abnormal, consult a certified doctor for support and further guidance. A 1700-calorie diet provides a moderate energy intake that supports weight management for individuals with moderate activity levels. This eating pattern creates a caloric deficit of 500-750 calories per day, resulting in 1-2 pounds of weight loss per week when combined with regular exercise. The daily calorie distribution usually follows this pattern: MealCaloriesPercentageBreakfast42525%Lunch51042.5%Snacks25515.8% For a high-protein version, the macronutrient breakdown includes: Protein: 130-164g (30-35% of total calories). Carbohydrates: 270-212g (40-50% of total calories). Fat: 47-56g (25-30% of total calories). The diet is designed to be sustainable, allowing for a variety of food choices while maintaining a consistent weight loss rate. It's particularly suitable for people who consume around 1700 calories daily, experience consistent weight reduction, and are following the Dietary Guidelines for Americans. The high-protein composition of this meal plan enhances weight loss through three key mechanisms: Increases metabolic rate by burning 80-100 extra calories daily through digestion. Reduces appetite by promoting satiety hormones. Preserves lean muscle mass during caloric restriction. Weight Loss FactorsImpactExpected Weekly Loss1-2 poundsDaily Caloric Deficit500-750 caloriesProteinThermogenic Effect80-100 calories burnedRecommended ActivityLevelModerateThe 1700-calorie target proves sustainable for long-term adherence compared to more restrictive diets. Research published in The American Journal of Clinical Nutrition confirms that high-protein, calorie-controlled diets increase weight loss success rates by 27% versus standard protein diets. Your results will still depend on many factors: Starting weightActivity levelMuscle mass percentageConsistency with the meal planQuality of food choicesSleep patternsStress managementTracking weight changes over 2-3 weeks. Adjust portions up or down by 100 calories if losing more than 2 pounds or less than 1 pound weekly. A 1700-calorie diet creates a deficit for most adults based on their total daily energy expenditure (TDEE). 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Weight Loss The biggest advantage of the 1700-calorie diet is that it is designed as a gradual and sustainable approach to losing weight instead of restricting calories instead, affecting well-being. The 1700-calorie diet is ideal for the right person, as they are neither too low nor too high that they impede weight loss effects. Individual Variability The daily caloric requirements of individuals vary, however, so a 1700-calorie diet is not right for everyone. Comprise Healthy Meals The 1700-calorie diet includes all the major food groups such as lean proteins, whole grains, healthy fats, and fruits and vegetables, providing essential nutrition and keeping you healthy in the long run. Customizability The 1700-calorie diet has no hard and fast rule over choosing meals. You can customize the meal plans as you like. The only requirement is that they should be nutritious and balanced. You should limit fast foods and increase the intake of more nutritious food items. Moderate Caloric Intake The 1700-calorie plan comprises moderate calories, making it suitable for many individuals or beginners. A few potential drawbacks of this meal plan are as follows: Gradual results The long-term and gradual results of the 1700-calorie diet may not sit well with some individuals as people are looking for immediate ways and shortcuts to losing weight. However, more rapid weight loss is usually not sustainable and often results in weight regain. Risk of Muscle Loss Consuming too few proteins may affect muscle-building capabilities and decrease muscle mass, especially without strength training (10). To avoid this, include protein-rich foods at every meal and snack, and incorporate some strength training into your routine. Individual Variability The daily caloric requirements of individuals vary based on factors such as age, sex, activity level, weight, etc. Eating 1700 calories a day will result in an optimal calorie deficit and sustainable weight loss for some people, while it may be too few or even slightly too many calories for others. Monotonous Eating Routine It is important to include a variety of different foods from all the food groups, and to experiment with different recipes and meal combinations. Eating the same foods over and over or following a strict meal plan can lead to boredom and monotony. If you wish to cinch your waist, tone up your bat wings, blast away the muffin top - our fitness app was created to cater to all your needs! BetterMe won't give excess weight a chance! The Rainbow Diet: Unlocking the Power of Colorful FoodsSee alsoWhat Can I Eat For 1700 Calories? The food you consume as part of your 1700-calorie meal plan can influence your health and weight loss goals. Here's a sample meal plan covering 1700 calories from Monday to Friday (1): Monday For breakfast Take 3/4 cup of non-fat Greek yogurt, 1/4 cup of granola, and 1 cup of strawberries. This meal plan comprises 298 calories, 21 grams of protein, 31 grams of carbohydrates, and 8 grams of fat. For snack Eat a medium pear and one ounce of mozzarella cheese. This contains 183 calories, 9 grams of protein, 26 grams of carbohydrates, and 7 grams of fat. For lunch Take two slices of whole grain bread with 3 ounces roast turkey breast, 1 medium tomato, and 1 tsp mayonnaise. Have a cup of blueberries. This meal plan comprises 407 calories, 24 grams of protein, 66 grams of carbohydrates, and 9 grams of fat. For snack Take one cup of air-popped popcorn, 2 tablespoons of almonds, and 2 tablespoons of raisins. The micronutrients in this snack plan will be 168 calories, 25 grams of carbohydrates, 4 grams of protein, and 8 grams of fat. For dinner Take 3 ounces of broiled salmon, 1 cup of quinoa, and 1 cup of mixed cauliflower and broccoli with 2 teaspoons of olive oil. This meal plan comprises 473 calories, 32 grams of protein, 45 grams of carbohydrates, and 19 grams of fat. For snack Eat 2 small chocolate chip cookies and a cup of skim milk. This will have 181 calories, 9 grams of proteins, 25 grams of carbohydrates, and 6 grams of fat. Tuesday For breakfast Take a slice of whole wheat toast with 2 tablespoons guacamole, 1-ounce cheddar cheese, and 1 cup strawberries. This meal plan comprises 277 calories, 14 grams of protein, 33 grams of carbohydrates, and 11 grams of fat. For snack Eat half a cup of plain, nonfat Greek yogurt, a cup of strawberries, and 2 tablespoons of granola. This will contain 166 calories, 15 grams of protein, 16 grams of carbohydrates, and 5 grams of fat. For lunch Take a slice of whole wheat bread topped with 1/2 avocado, mashed, one fried egg, and an apple. This meal plan comprises 408 calories, 13 grams of protein, 48 grams of carbohydrates, and 21 grams of fat. For snack Eat 15 grams of dark chocolate, 2 tablespoons of almonds, and 2 tablespoons of raisins. Together, this will contain 220 calories, 4 grams of protein, 28 grams of carbohydrates, and 12 grams of fat. For dinner Take 3 ounces of shrimp, 1 cup of brown rice, 1 cup of red peppers, and 1 cup of broccoli. This meal plan comprises 458 calories, 29 grams of protein, 59 grams of carbohydrates, and 12 grams of fat. For snack Eat 2 cups of air-popped popcorn and one medium-sized apple. This will contain 157 calories, 3 grams of proteins, 37 grams of carbohydrates, and 2 grams of fat. Wednesday For breakfast Take a packet of plain oatmeal made with 2/3 cup of skim milk and 1 banana, along with 1 tablespoon of walnuts. This meal plan comprises 301 calories, 12 grams of protein, 55 grams of carbohydrates, and 6 grams of fat. Pilates Diet Guide: What To Eat Before And After A Pilates WorkoutSee alsoFor snack Eat a cup of shelled edamame. This will contain 189 calories, 17 grams of proteins, 15 grams of carbohydrates, and 8 grams of fat. For lunch Two slices of whole grain bread with 3 ounces of canned tuna mixed with 2 teaspoons mayonnaise, 1 cup of spinach, and 1 cup of red pepper sticks. This meal plan comprises 382 calories, 32 grams of protein, 42 grams of carbohydrates, and 11 grams of fat. For snack Eat half a cup of nonfat Greek yogurt, strawberries, and 2 tablespoons of granola. This will contain 166 calories, 15 grams of protein, 16 grams of carbohydrates, and 5 grams of fat. For dinner Take 3 ounces of grilled chicken, 1 cup of broccoli, and 1 cup of kale stir-fried in 2 teaspoons of olive oil. This meal plan comprises 501 calories, 39 grams of protein, 59 grams of carbohydrates, and 15 grams of fat. For snack Eat one medium-sized apple and one ounce of cheddar cheese. This will contain approximately 9 grams of protein, 183 calories, 26 grams of carbs, and 7 grams of fat. Thursday For breakfast Have a smoothie with 1 cup of plain nonfat Greek yogurt, one banana, half almond milk, and 1 tablespoon of peanut butter. This meal plan comprises 334 calories, 28 grams of protein, 42 grams of carbohydrates, and 10 grams of fat. For snack Take one cup of grapes and two tablespoons of almonds. This contains around 140 calories, 3 grams of protein, 19 grams of carbs, and 7 grams of fat. For lunch Take three ounces salmon, a 1/2 cup brown rice, and 1 cup red pepper slices. This meal plan comprises 391 calories, 28 grams of protein, 52 grams of carbohydrates, and 8 grams of fat. For snack Eat ¼ cup of roasted chickpeas and 2 tablespoons of raisins. This has approximately 189 calories, 5 grams of protein, 6 grams of fat, and 32 grams of carbohydrates. For dinner Have a salad with 2 cups of spinach, 1 cup of diced carrots, 1 tablespoon of olive oil, and a cup of cooked quinoa. This meal plan comprises 532 calories, 36 grams of protein, 53 grams of carbohydrates, and 20 grams of fat. For snack Eat 2 cups of air-popped popcorn and 15 grams of dark chocolate. This combination contains 145 calories, 21 grams of carbohydrates, 3 grams of protein, and 6 grams of fat. Friday For breakfast Have a cup of plain Greek yogurt, 1 cup of blueberries, and 2 tablespoons of unsalted almonds. This meal plan comprises 295 calories, 27 grams of protein, 32 grams of carbohydrates, and 9 grams of fat. For snack Take 2 cups of air-popped popcorn and a tablespoon of dark chocolate. This contains 145 calories, 21 grams of carbs, 3 grams of protein, and 6 grams of fat. For lunch Have 3 ounces of grilled chicken, 2 cups of kale salad with 2 teaspoons of olive oil vinaigrette, and 1 tablespoon of walnuts. This meal plan comprises 403 calories, 34 grams of protein, 33 grams of carbohydrates, and 17 grams of fat. For snack Eat ¼ cup of hummus and a cup of carrot sticks. This contains around 150 calories, 5 grams of proteins, 20 grams, and 6 grams of fat. Low-FODMAP Desserts You Need to TrySee alsoFor dinner Have 1 cup of black beans, 1 cup of brown rice, 1 cup of red pepper, 1 medium diced tomato, and 2 tablespoons of guacamole. This meal plan comprises 528 calories, 22 grams of protein, 100 grams of carbohydrates, and 7 grams of fat. For snack Go for one banana and a tablespoon of peanut butter. This has 200 calories, 5 grams of protein, 30 grams of carbohydrates, and 8 grams of fat. What Does 1700-Calorie Day Look Like? The average 1700-calorie day consists of eating three well-balanced meals and two snacks daily. These meals cover all food groups and offer a healthy source of proteins, carbs, fats, and fiber from fruits, meat, and vegetables. Here are some meal combinations you can include in a 1700-calorie diet day (2): For Breakfast (428 calories) Have an egg sandwich made of 2 slices of bread, 2 whole eggs, 6 tbsp liquid egg whites, and 1 medium apple. For Snack (210 calories) Have 2 Non-fat Greek yogurts and a rice cake. For Lunch (420 calories) Have a Teriyaki Chicken Bowl comprising 1 serving of jasmine rice, 6 oz chicken thighs, and 1.5 cups of coleslaw shredded cabbage. Mid-afternoon Snack (224 calories) Have a protein shake. Here's one of the best protein shake recipes for weight loss. Take 1 cup of almond milk, 1 scoop of protein powder, and 120 grams of frozen berries. Blend them all and prepare a fresh protein shake. For Dinner (427 calories) Have 1 medium sweet potato, 6 oz grilled chicken thighs, 3/4 cup Brussels sprouts, and 3 tbsp avocado. What Are Some Tips On Following the 1700-calorie Diet? To make the most out of your 1700-calorie diet, follow these essential tips (4): Have a fulfilling breakfast Start your day by having a full-fledged and balanced breakfast, setting the tone for the entire day. Having a hearty breakfast makes your body feel satiated throughout the day and you don't get many cravings. Make sure to include protein and fiber. For example, you may have an egg sandwich of 2 slices of whole grain bread, 2 whole eggs, egg whites, and an apple. Follow the Plate Method for Weight Loss The plate method is the best strategy for the 1700-calorie diet as it helps you control portions. (3). According to the plate method, you fill one-half of your plate with non-starchy vegetables and/or fruit. Fill one-quarter of the plate with lean protein and the last quarter with complex carbs from grain products or starchy vegetables. Read more: 24 Weight Loss Smoothies, 2 Diet Plans, and 5 Belly Fat Smoothie Secrets FAQsEveryone's individual calorie needs vary, as does whether they are likely to gain, lose, or maintain their weight at a certain calorie intake. You can use an online calculator to estimate your individual needs and then establish a goal based on whether you would like to lose, gain, or maintain your weight. 1700 calories with regular exercise is optimal for some individuals but if you are very active, have ample muscle mass and have high energy expenditure, this range may not be enough for you. 1700 calories may not be the right goal for you. It might be too many or too few calories, either of which could hinder your weight loss efforts. Start by using an online calculator to determine your daily calorie needs to maintain your weight based on individual factors. Then establish a goal based on the calorie deficit you want to create. A calorie deficit is the difference between the number of calories you expend in a day and the number you take in through eating and drinking. A 500-calorie daily deficit is usually a good place to start for sustainable weight loss. The Bottom Line By providing the body with the right balance of nutrients, this dietary plan empowers individuals to achieve their health goals, whether that involves weight management, increased energy levels, or simply cultivating a sustainable and nourishing lifestyle. Find out the best 1700-calorie diet recipes and gradually incorporate them into your days. Following this diet can lead to sustainable weight loss without compromising on health. However, you should consult your healthcare provider before embarking on any weight loss routine to see if you are fit for the 1700-calorie diet routine. Once you are ready, you can sustainably lose weight and regain shape. This article is intended for general informational purposes only and does not serve to address individual circumstances. It is not a substitute for professional advice or help and should not be relied on for making any kind of decision-making. Any action taken as a direct or indirect result of the information in this article is entirely at your own risk and is your sole responsibility. BetterMe, its content staff, and its medical advisors accept no responsibility for inaccuracies, errors, misstatements, inconsistencies, or omissions and specifically disclaim any liability, loss or risk, personal, professional or otherwise, which may be incurred as a consequence, directly or indirectly, of the use and/or application of any content. You should always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or your specific situation. Never disregard professional medical advice or delay seeking it because of BetterMe content. If you suspect or think you may have a medical emergency, call your doctor. SOURCES: 7-Day, 1,700-Calorie Meal Plan & Recipe Prep (2022, verywellfit.com) 1700-calorie meal plan: An Ultimate Guide (2022, themealprep ninja.com) A DIETITIAN'S REVIEW: THE PLATE METHOD (n.d., myweightwhattoknow.com) A 1,700-calorie Diet and Meal Plan (2023, livestrong.com) Daily Diet Composition Charts for Carbs, Protein, and Fat (2021, verywellfit.com) Healthy Eating Plan (n.d., nhlbi.nih.gov) How to Lose Fat and Gain Muscle at the Same Time (2017, self.com) Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial (2016, ajcn.nutrition.org) Introduction to Protein Summit 2.0: continued exploration of the impact of high-quality protein on optimal health (2015, ajcn.nutrition.org) Nutrition Mistakes That Hinder Muscle Growth (2023, verywellhealth.com) Protein Intake Impact on Men (2016, ajcn.nutrition.org)