GENERAL

17 day diet food list cycle 2

Published: September 3, 2026 | Index ID: #-

Introduction

When it comes to shedding pounds and feeling more energetic, many people turn to structured meal plans that promise quick results. One popular method is the 17 day diet, a short term program that blends calorie restriction, balanced macronutrients, and a clear schedule. If you've already completed the first cycle and are ready to dive into the second round, you'll want a fresh, detailed food list that keeps you on track and avoids the plateau that can happen after the first 17 days. This guide focuses on the 17 day diet food list for cycle two, offering you a comprehensive menu, sample meal plans, and practical tips to keep you motivated and satisfied.

What Is the 17 Day Diet?

The 17 day diet is a time bound eating strategy that encourages rapid weight loss while maintaining essential nutrients. It typically involves a daily calorie deficit of 500–700 calories, a balanced ratio of protein, carbohydrates, and healthy fats, and a focus on whole foods. The program is divided into two 17 day periods, with the second cycle designed to build on the progress of the first, helping you lock in new habits and continue shedding fat.

Understanding the 17 Day Diet Food List for Cycle Two

Cycle two is not just a repetition of the first 17 days; it's a refined version that incorporates the lessons learned during the initial period. You'll find that the food list for the second cycle is slightly more flexible, allowing for a wider variety of foods while still adhering to the core principles of calorie control and nutrient density. Below, we break down the key components of the meal plan, highlight the foods you'll be eating, and explain how to adjust portion sizes to match your evolving goals.

Phase 1: The First Week of Cycle Two

During the first week of the second cycle, the emphasis is on re establishing a consistent routine and ensuring that your body receives enough protein to preserve muscle mass. The daily calorie target typically sits between 1,200 and 1,400 calories, depending on your activity level and metabolic rate.

- Protein – lean poultry, fish, eggs, Greek yogurt, cottage cheese, and plant based options like lentils and chickpeas.
- Vegetables – leafy greens, cruciferous veggies, bell peppers, zucchini, and tomatoes.
- Whole Grains – quinoa, brown rice, oats, and whole wheat bread.
- Healthy Fats – avocado, nuts, seeds, and olive oil.
- Fruits – berries, apples, oranges, and pears in moderation.

1. Breakfast – Greek yogurt topped with fresh berries, a tablespoon of chia seeds, and a drizzle of honey.
2. Mid Morning Snack – a small handful of almonds and a sliced apple.
3. Lunch – grilled chicken breast over a mixed green salad with cherry tomatoes, cucumbers, and a light vinaigrette.
4. Afternoon Snack – carrot sticks with hummus.
5. Dinner – baked salmon with steamed broccoli and a side of quinoa.
6. Evening Snack – a cup of herbal tea and a square of dark chocolate (70% cacao).

Phase 2: The Second Week of Cycle Two

By the second week, you can introduce a bit more variety and slightly larger portions, especially if you've experienced a metabolic slowdown. The goal is to keep the calorie deficit while preventing boredom and nutrient deficiencies.

- Increase protein portion sizes by 10–15% to support muscle maintenance.
- Swap out some high carb grains for lower glycemic options like barley or millet.
- Add a protein shake post workout if you're engaging in resistance training.
- Incorporate fermented foods such as kimchi or kefir to aid digestion.

1. Breakfast – Oatmeal cooked with almond milk, topped with sliced banana and a sprinkle of cinnamon.
2. Mid Morning Snack – A boiled egg and a handful of cherry tomatoes.
3. Lunch – Lentil soup with diced carrots, celery, and a side of whole wheat pita.
4. Afternoon Snack – Greek yogurt with a dash of vanilla and a few walnuts.
5. Dinner – Stir fry tofu with mixed vegetables (broccoli, bell pepper, snap peas) in a soy ginger sauce, served over brown rice.
6. Evening Snack – A small bowl of mixed berries and a cup of chamomile tea.

Phase 3: The Final Week of Cycle Two

The last week is all about solidifying your new eating habits and preparing for the transition out of the program. You'll have the most flexibility in this phase, but the core principles remain: calorie control, balanced macros, and nutrient density.

- Maintain consistent protein intake to protect lean muscle.
- Prioritize fiber rich vegetables to aid digestion and satiety.
- Limit added sugars and refined grains to keep insulin levels stable.
- Incorporate healthy fats like omega 3 rich fish and omega 6 rich nuts for overall health.

1. Breakfast – Smoothie made with spinach, frozen berries, protein powder, and unsweetened almond milk.
2. Mid Morning Snack – Sliced cucumber with a light ranch dip.
3. Lunch – Turkey lettuce wraps with avocado, tomato, and a squeeze of lime.
4. Afternoon Snack – A handful of mixed nuts and dried apricots.
5. Dinner – Grilled shrimp skewers with a side of roasted Brussels sprouts and a small baked sweet potato.
6. Evening Snack – A cup of warm milk with a pinch of turmeric.

Full Food List for 17 Day Diet Cycle Two

Below is an exhaustive list of foods you can incorporate into each phase. Feel free to mix and match based on taste preferences and seasonal availability.

Proteins

- Chicken breast, turkey breast, lean beef
- Fish: salmon, tuna, cod, tilapia
- Shellfish: shrimp, scallops, mussels
- Plant based: tofu, tempeh, tempeh, edamame, lentils, chickpeas, black beans
- Eggs, egg whites, Greek yogurt, cottage cheese, protein powder

Vegetables

- Leafy greens: spinach, kale, arugula, romaine
- Cruciferous: broccoli, cauliflower, Brussels sprouts, cabbage

- Root: carrots, beets, sweet potatoes, regular potatoes (in moderation)
- Other: bell peppers, zucchini, cucumber, tomatoes, onions, garlic

Whole Grains & Starches

- Quinoa, brown rice, barley, millet, oats
- Whole wheat bread, pita, wraps
- Polenta, cornmeal, couscous (whole wheat)

Healthy Fats

- Avocado, olives, olive oil, coconut oil
- Nuts: almonds, walnuts, pistachios, cashews
- Seeds: chia, flaxseed, pumpkin, sunflower
- Fatty fish: salmon, sardines, mackerel

Fruits (in moderation)

- Berries: strawberries, blueberries, raspberries, blackberries
- Apples, pears, oranges, bananas, kiwi
- Melons: watermelon, cantaloupe, honeydew

Dairy & Alternatives

- Low fat milk, almond milk, soy milk, oat milk (unsweetened)
- Low fat cheese, Greek yogurt, cottage cheese
- Fermented: kefir, kimchi, sauerkraut, miso

Herbs, Spices & Condiments

- Fresh herbs: basil, cilantro, parsley, rosemary, thyme
- Spices: cumin, paprika, turmeric, black pepper, oregano, garlic powder
- Condiments: mustard, low sodium soy sauce, hot sauce, salsa, vinaigrette (olive oil & vinegar)

Sample 7 Day Meal Plan for Cycle Two

Below is a full week's worth of meals that you can adapt to fit your personal tastes. Each day is designed to stay within a 1,200–1,400 calorie range, with a macronutrient split of roughly 30% protein, 40% carbs, and 30% healthy fats.

1. Day 1

   Breakfast: Scrambled eggs with spinach and feta.
2. Snack: A small handful of pistachios.
3. Lunch: Grilled salmon salad with mixed greens, cherry tomatoes, and olive oil dressing.
4. Snack: Sliced cucumber with hummus.
5. Dinner: Turkey chili with beans and a side of steamed broccoli.
6. Evening Snack: A cup of green tea with a slice of lemon.

- Breakfast: Overnight oats with almond milk, chia seeds, and blueberries.
- Snack: Cottage cheese with pineapple chunks.
- Lunch: Quinoa bowl with grilled chicken, roasted veggies, and tahini sauce.
- Snack: Baby carrots with tzatziki.
- Dinner: Baked cod with lemon, served with sautéed green beans.
- Evening Snack: A square of dark chocolate.

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