

AI Athlete Trainer - Diet Plan

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As TrainBot, I'll create a 7-day diet plan tailored to meet the nutritional needs of an athlete, focusing on high-performance ingredients and portion control. This plan is designed to fuel the body for optimal energy production, support muscle growth and recovery, and promote overall well-being.

Day 1

- * Breakfast: Greek yogurt with berries and granola (300 calories, 20g protein, 40g carbs, 10g fat)
 - + 1 cup Greek yogurt
 - + 1/2 cup mixed berries
 - + 2 tbsp granola
- * Lunch: Grilled chicken breast with quinoa and steamed vegetables (400 calories, 35g protein, 30g carbs, 10g fat)
 - + 4 oz grilled chicken breast
 - + 1/2 cup cooked quinoa
 - + 1 cup steamed mixed vegetables
- * Dinner: Baked salmon with sweet potato and green beans (500 calories, 35g protein, 30g carbs, 20g fat)
 - + 4 oz baked salmon
 - + 1 medium sweet potato
 - + 1 cup green beans
- * Snacks: Apple slices with almond butter (150 calories, 4g protein, 15g carbs, 8g fat) and a handful of mixed nuts (100 calories, 2g protein, 5g carbs, 10g fat)

Day 2

- * Breakfast: Avocado toast with scrambled eggs and cherry tomatoes (350 calories, 20g protein, 30g carbs, 20g fat)
 - + 1 slice whole grain bread

+ 1/2 avocado

+ 2 scrambled eggs

+ 1/2 cup cherry tomatoes

* Lunch: Turkey and avocado wrap with mixed greens (500 calories, 25g protein, 40g carbs, 20g fat)

+ 1 whole wheat tortilla

+ 2 oz sliced turkey breast

+ 1/2 avocado

+ 1 cup mixed greens

* Dinner: Grilled chicken breast with roasted broccoli and brown rice (400 calories, 30g protein, 30g carbs, 10g fat)

+ 4 oz grilled chicken breast

+ 1 cup roasted broccoli

+ 1/2 cup cooked brown rice

* Snacks: Greek yogurt with honey and almonds (200 calories, 15g protein, 30g carbs, 10g fat) and a piece of fruit (50 calories, 1g protein, 10g carbs, 0g fat)

Day 3

* Breakfast: Smoothie bowl with banana, spinach, and almond milk (300 calories, 15g protein, 40g carbs, 10g fat)

+ 1 cup frozen banana

+ 1 cup frozen spinach

+ 1 cup almond milk

+ 1/4 cup sliced almonds

* Lunch: Grilled chicken Caesar salad (400 calories, 30g protein, 10g carbs, 20g fat)

+ 4 oz grilled chicken breast

+ 2 cups mixed greens

+ 1/4 cup Caesar dressing

* Dinner: Shrimp and vegetable stir-fry with brown rice (500 calories, 20g protein, 40g carbs, 20g fat)

+ 1 cup cooked shrimp

+ 1 cup mixed vegetables

+ 1/2 cup cooked brown rice

* Snacks: Carrot sticks with hummus (100 calories, 5g protein, 10g carbs, 10g fat) and a handful of

trail mix (150 calories, 4g protein, 20g carbs, 8g fat)

Day 4

* Breakfast: Oatmeal with banana and almond butter (300 calories, 10g protein, 40g carbs, 15g fat)

+ 1 cup cooked oatmeal

+ 1/2 cup sliced banana

+ 2 tbsp almond butter

* Lunch: Turkey and cheese sandwich on whole grain bread with a side of mixed greens (500 calories, 25g protein, 40g carbs, 20g fat)

+ 2 slices whole grain bread

+ 2 oz sliced turkey breast

+ 1 oz cheddar cheese

+ 1 cup mixed greens

* Dinner: Grilled chicken breast with roasted asparagus and quinoa (400 calories, 30g protein, 30g carbs, 10g fat)

+ 4 oz grilled chicken breast

+ 1 cup roasted asparagus

+ 1/2 cup cooked quinoa

* Snacks: Rice cakes with peanut butter and banana slices (200 calories, 8g protein, 30g carbs, 16

