

# AI Athlete Trainer - Diet Plan

Generated for: test | Date: 2026-01-06 23:44

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

