

AI Athlete Trainer - Diet Plan

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Based on the athlete's profile, I'll suggest a 7-day diet plan that focuses on nutrition for athletic performance. This plan is tailored to meet the athlete's energy needs and support muscle recovery.

Day 1 (2026-01-07)

* Breakfast: Overnight oats with banana and almond milk (400 calories, 60g carbs, 20g protein)

+ 1 cup rolled oats

+ 1 cup almond milk

+ 1 mashed banana

+ 1 tablespoon honey

* Lunch: Grilled chicken breast with quinoa and mixed vegetables (500 calories, 60g carbs, 40g protein)

+ 4 oz grilled chicken breast

+ 1 cup cooked quinoa

+ 1 cup mixed vegetables (broccoli, carrots, bell peppers)

* Dinner: Baked salmon with sweet potato and green beans (500 calories, 60g carbs, 40g protein)

+ 4 oz baked salmon

+ 1 medium sweet potato

+ 1 cup green beans

* Snacks: Apple slices with almond butter (150 calories, 20g carbs, 4g protein)

+ 1 medium apple

+ 2 tablespoons almond butter

Day 2 (2026-01-08)

* Breakfast: Avocado toast with scrambled eggs and whole wheat bread (400 calories, 30g carbs, 20g protein)

+ 1 slice whole wheat bread

+ 1 mashed avocado

+ 2 scrambled eggs

* Lunch: Turkey and avocado wrap with mixed greens (500 calories, 40g carbs, 30g protein)

+ 1 whole wheat tortilla

+ 2 oz sliced turkey breast

+ 1/2 avocado

+ 1 cup mixed greens

* Dinner: Grilled chicken breast with brown rice and steamed asparagus (500 calories, 60g carbs, 40g protein)

+ 4 oz grilled chicken breast

+ 1 cup cooked brown rice

+ 1 cup steamed asparagus

* Snacks: Greek yogurt with berries and honey (150 calories, 30g carbs, 15g protein)

+ 6 oz Greek yogurt

+ 1/2 cup mixed berries

+ 1 tablespoon honey

Day 3 (2026-01-09)

* Breakfast: Smoothie bowl with banana, spinach, and almond milk (400 calories, 60g carbs, 20g protein)

+ 1 cup frozen banana

+ 1 cup frozen spinach

+ 1 cup almond milk

+ 1 tablespoon almond butter

* Lunch: Grilled chicken Caesar salad (500 calories, 20g carbs, 40g protein)

+ 4 oz grilled chicken breast

+ 2 cups romaine lettuce

+ 1/4 cup Caesar dressing

* Dinner: Baked chicken thighs with roasted Brussels sprouts and sweet potato (500 calories, 60g carbs, 40g protein)

+ 4 oz baked chicken thighs

+ 1 cup roasted Brussels sprouts

- + 1 medium sweet potato

- * Snacks: Cottage cheese with cucumber slices (150 calories, 5g carbs, 20g protein)

- + 1/2 cup cottage cheese

- + 1/2 cup sliced cucumber

Day 4 (2026-01-10)

- * Breakfast: Whole grain waffles with mixed berries and whipped cream (400 calories, 60g carbs, 20g protein)

- + 1 whole grain waffle

- + 1/2 cup mixed berries

- + 2 tablespoons whipped cream

- * Lunch: Turkey and cheese sandwich on whole wheat bread with a side of carrot sticks (500 calories, 40g carbs, 30g protein)

- + 2 slices whole wheat bread

- + 2 oz sliced turkey breast

- + 1 oz cheddar cheese

- + 1 cup carrot sticks

- * Dinner: Grilled salmon with quinoa and steamed green beans (500 calories, 60g carbs, 40g protein)

- + 4 oz grilled salmon

- + 1 cup cooked quinoa

- + 1 cup steamed green beans

- * Snacks: Rice cakes with almond butter and banana slices (150 calories, 30g carbs, 4g protein)

- + 2 rice cakes

- + 2 tablespoons almond butter

- + 1 medium banana

Day 5 (2026-01-11)

- * Breakfast: Scrambled eggs with whole wheat toast and mixed vegetables (400 calories, 30g carbs, 20g protein)

- + 2 scrambled eggs

+ 1 slice

