

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

