

Afya Performance

Nutrition Plan

Prepared for: John Doe

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This personalized plan has been created specifically for you based on your goals, preferences, and current fitness level.

Please consult with a healthcare provider before starting any new exercise or nutrition program.

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Overview

Title: Your Personalized Nutrition Plan

Description: This plan has been created specifically for your goals and preferences.

Goals

- Lose weight
- Build muscle
- Improve energy

Calorie Breakdown

Bmr: 1800

Tdee: 2400

Target Calories: 1900

Adjustment: -500

Explanation: To support fat loss, we've created a 500 calorie deficit.

Macro Details

Protein

Grams: 150

Calories: 600

Percentage: 32

Explanation: Protein supports muscle maintenance and recovery.

Carbs

Grams: 180

Calories: 720

Percentage: 38

Explanation: Carbohydrates fuel your training and daily activities.

Fats

Grams: 64

Calories: 580

Percentage: 30

Explanation: Fats support hormone production and overall health.

Meal Timing

Meals Per Day: 4

Schedule

#1

Meal: Breakfast

Time: 7:00-8:00 AM

Focus: Protein and carbs to start the day

Examples: Oatmeal with protein powder, eggs with toast

#2

Meal: Lunch

Time: 12:00-1:00 PM

Focus: Balanced meal

Examples: Chicken salad with quinoa, turkey wrap

#3

Meal: Pre-Workout Snack

Time: 4:00-5:00 PM

Focus: Carbs for energy

Examples: Banana, rice cakes with honey

#4

Meal: Dinner

Time: 7:00-8:00 PM

Focus: Protein and vegetables

Examples: Salmon with vegetables, chicken with salad

Sample Meals

Breakfast

- Greek yogurt parfait with berries and granola
- Scrambled eggs with whole grain toast and avocado
- Protein oatmeal with banana and almond butter

Lunch

- Grilled chicken salad with mixed greens and quinoa
- Turkey and avocado wrap with side salad
- Chicken breast with brown rice and steamed broccoli

Dinner

- Baked salmon with roasted sweet potato and asparagus
- Lean ground turkey stir-fry with mixed vegetables
- Grilled chicken breast with quinoa and Brussels sprouts

Shopping List

Proteins

- Chicken breast
- Salmon fillets
- Greek yogurt
- Eggs
- Protein powder

Carbs

- Brown rice
- Quinoa
- Sweet potatoes
- Oats
- Whole grain bread

Fats

- Avocados
- Almonds
- Almond butter
- Olive oil

- Chia seeds

Vegetables

- Spinach
- Broccoli
- Bell peppers
- Carrots
- Asparagus

Adherence Tips

- Track your intake for the first 2 weeks to learn portion sizes
- Meal prep on Sundays to make healthy eating convenient
- Keep healthy snacks readily available
- Stay hydrated - aim for 8-10 glasses of water daily
- Allow flexibility for social occasions (80/20 rule)