

Weekly Meal Plan for John Doe

BMI: 22.5

Day	Morning	Afternoon	Night	Total
Monday	Oats (300C)	Rice & Chicken (600C)	Salad (200C)	1100C
Tuesday	Fruits (250C)	Pasta (550C)	Soup (250C)	1050C
Wednesday	Eggs (200C)	Fish & Rice (650C)	Vegetables (180C)	1030C
Thursday	Smoothie (180C)	Chicken Salad (500C)	Soup (250C)	930C
Friday	Pancakes (250C)	Grilled Fish (600C)	Dal & Rice (400C)	1250C
Saturday	Omelet (220C)	Veggie Wrap (500C)	Paneer Curry (350C)	1070C
Sunday	Toast (180C)	Biryani (700C)	Yogurt & Fruits (300C)	1180C
Total Weekly Calories:				7610C