

Weekly Meal Plan for John Doe

BMI: 22.5

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