

Personalized 7-Day Diet Plan

Day	Breakfast	Lunch	Dinner
Day 1	<ul style="list-style-type: none">- Oatmeal with Almonds (1.5 cups)- Greek Yogurt (1 cup) <p>Cal: 641 P 35g C 78g F 19g</p>	<ul style="list-style-type: none">- Grilled Chicken Salad (1 large bowl)- Whole Wheat Bread (2 slices) <p>Cal: 897 P 57g C 95g F 26g</p>	<ul style="list-style-type: none">- Salmon with Quinoa (1 plate)- Steamed Vegetables (1 cup) <p>Cal: 1026 P 60g C 80g F 35g</p>
Day 2	<ul style="list-style-type: none">- Scrambled Eggs (3 eggs)- Avocado Toast (1 slice) <p>Cal: 641 P 28g C 42g F 38g</p>	<ul style="list-style-type: none">- Beef Stir Fry (1 plate)- Brown Rice (1 cup) <p>Cal: 897 P 47g C 108g F 27g</p>	<ul style="list-style-type: none">- Chicken Curry (1 bowl)- Naan Bread (1 piece) <p>Cal: 1026 P 53g C 110g F 35g</p>
Day 3	<ul style="list-style-type: none">- Smoothie Bowl (1 bowl)- Chia Seed Pudding (1 cup) <p>Cal: 641 P 25g C 75g F 25g</p>	<ul style="list-style-type: none">- Turkey Sandwich (1 sandwich)- Fruit Salad (1 bowl) <p>Cal: 897 P 40g C 130g F 17g</p>	<ul style="list-style-type: none">- Pasta with Marinara Sauce (1 plate)- Grilled Vegetables (1 cup) <p>Cal: 1026 P 30g C 125g F 20g</p>
Day 4	<ul style="list-style-type: none">- Pancakes with Syrup (3 pancakes)- Bacon (3 slices) <p>Cal: 641 P 25g C 60g F 35g</p>	<ul style="list-style-type: none">- Quinoa Salad with Chickpeas (1 bowl)- Grilled Chicken Breast (1 piece) <p>Cal: 897 P 50g C 80g F 25g</p>	<ul style="list-style-type: none">- Beef Tacos (3 tacos)- Mexican Rice (1 cup) <p>Cal: 1026 P 40g C 120g F 35g</p>
Day 5	<ul style="list-style-type: none">- French Toast (2 slices)- Orange Juice (1 glass) <p>Cal: 641 P 14g C 110g F 12g</p>	<ul style="list-style-type: none">- Lentil Soup (1 bowl)- Whole Grain Roll (1 roll) <p>Cal: 897 P 35g C 130g F 15g</p>	<ul style="list-style-type: none">- Grilled Shrimp (1 plate)- Couscous (1 cup) <p>Cal: 1026 P 60g C 80g F 35g</p>
Day 6	<ul style="list-style-type: none">- Bagel with Cream Cheese (1 bagel)- Banana (1 large) <p>Cal: 641 P 12g C 135g F 12g</p>	<ul style="list-style-type: none">- Chicken Caesar Wrap (1 wrap)- Sweet Potato Fries (1 serving) <p>Cal: 897 P 40g C 110g F 35g</p>	<ul style="list-style-type: none">- Lamb Chops (2 chops)- Mashed Potatoes (1 cup) <p>Cal: 1026 P 50g C 60g F 70g</p>

Day	Breakfast	Lunch	Dinner
Day 7	<div>- Granola with Milk (1 bowl)</div> <div>- Apple (1 large)</div> <div>Cal: 641 P 16g C 140g F 10g</div>	<div>- Tofu Stir Fry (1 plate)</div> <div>- Rice Noodles (1 cup)</div> <div>Cal: 897 P 30g C 130g F 22g</div>	<div>- Roast Chicken (1 /2 chicken)</div> <div>- Baked Sweet Potato (1 large)</div> <div>Cal: 1026 P 65g C 70g F 45g</div>

Daily Nutritional Summary

Day 1: 2564 kcal | Protein 152g ; Carbohydrates 253g ; Fats 80g)

Day 2: 2564 kcal | Protein 128g ; Carbohydrates 260g ; Fats 100g)

Day 3: 2564 kcal | Protein 95g ; Carbohydrates 330g ; Fats 62g)

Day 4: 2564 kcal | Protein 115g ; Carbohydrates 260g ; Fats 95g)

Day 5: 2564 kcal | Protein 109g ; Carbohydrates 320g ; Fats 62g)

Day 6: 2564 kcal | Protein 102g ; Carbohydrates 305g ; Fats 117g)

Day 7: 2564 kcal | Protein 111g ; Carbohydrates 340g ; Fats 77g)

Plan Summary

Average Calories: 2565 kcal/day

Average Macros - Protein: 224.4g, Carbs: 256.5g, Fats: 71.3g