

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 32g C 78g F 13g</p>	<ul style="list-style-type: none">- Grilled Chicken Salad (1 large bowl)- Quinoa (1 cup) <p>Cal: 897 P 56g C 102g F 22g</p>	<ul style="list-style-type: none">- Beef Stir Fry (1.5 plates) <p>Cal: 1026 P 70g C 80g F 40g</p>
Day 2	<ul style="list-style-type: none">- Scrambled Eggs (3 eggs)- Whole Wheat Toast (2 slices)- Orange Juice (1 cup) <p>Cal: 641 P 28g C 84g F 22g</p>	<ul style="list-style-type: none">- Turkey Sandwich (1 sandwich)- Mixed Nuts (0.5 cup) <p>Cal: 897 P 42g C 66g F 55g</p>	<ul style="list-style-type: none">- Salmon with Brown Rice (1.5 plates) <p>Cal: 1026 P 60g C 90g F 40g</p>
Day 3	<ul style="list-style-type: none">- Smoothie Bowl (1 bowl)- Boiled Eggs (2 eggs) <p>Cal: 641 P 27g C 62g F 30g</p>	<ul style="list-style-type: none">- Chicken Wrap (2 wraps)- Fruit Salad (1 bowl) <p>Cal: 897 P 45g C 150g F 17g</p>	<ul style="list-style-type: none">- Pasta with Marinara Sauce (1.5 plates) <p>Cal: 1026 P 30g C 150g F 30g</p>
Day 4	<ul style="list-style-type: none">- Avocado Toast (2 slices)- Protein Shake (1 shake) <p>Cal: 641 P 38g C 60g F 23g</p>	<ul style="list-style-type: none">- Vegetable Stir Fry (1 plate)- Grilled Tofu (1 plate) <p>Cal: 897 P 40g C 80g F 40g</p>	<ul style="list-style-type: none">- Lamb Curry with Rice (1.5 plates) <p>Cal: 1026 P 50g C 100g F 50g</p>
Day 5	<ul style="list-style-type: none">- Pancakes with Maple Syrup (3 pancakes)- Bacon (3 slices) <p>Cal: 641 P 22g C 70g F 33g</p>	<ul style="list-style-type: none">- Beef Burger (1 burger)- Sweet Potato Fries (1 serving) <p>Cal: 897 P 34g C 100g F 43g</p>	<ul style="list-style-type: none">- Chicken Curry with Naan (1.5 plates) <p>Cal: 1026 P 60g C 100g F 40g</p>
Day 6	<ul style="list-style-type: none">- French Toast (2 slices)- Banana (1 large) <p>Cal: 641 P 16g C 130g F 11g</p>	<ul style="list-style-type: none">- Fish Tacos (3 tacos)- Black Beans (1 cup) <p>Cal: 897 P 45g C 120g F 22g</p>	<ul style="list-style-type: none">- Spaghetti Bolognese (1.5 plates) <p>Cal: 1026 P 50g C 120g F 40g</p>

Day	Breakfast	Lunch	Dinner
Day 7	<div>- Chia Seed Pudding (1 bowl)</div> <div>- Apple (1 large)</div> <div>Cal: 641 P 11g C 120g F 20g</div>	<div>- Quinoa Salad (1 large bowl)</div> <div>- Grilled Shrimp (1 plate)</div> <div>Cal: 897 P 45g C 90g F 35g</div>	<div>- Chicken Alfredo (1.5 plates)</div> <div>Cal: 1026 P 60g C 100g F 50g</div>

Daily Nutritional Summary

Day 1: 2564 kcal | Protein 158g ; Carbohydrates 260g ; Fats 75g)

Day 2: 2564 kcal | Protein 130g ; Carbohydrates 240g ; Fats 117g)

Day 3: 2564 kcal | Protein 102g ; Carbohydrates 362g ; Fats 77g)

Day 4: 2564 kcal | Protein 128g ; Carbohydrates 240g ; Fats 113g)

Day 5: 2564 kcal | Protein 116g ; Carbohydrates 270g ; Fats 116g)

Day 6: 2564 kcal | Protein 111g ; Carbohydrates 370g ; Fats 73g)

Day 7: 2564 kcal | Protein 116g ; Carbohydrates 310g ; Fats 105g)

Plan Summary

Average Calories: 2565 kcal/day

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